

1 March 2019

Army Public Health Weekly Update

Army Public Health Center



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We're sorry for the inconvenience.

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2018 Health of the Force

The health of the individual Soldier is the foundation of the Army's ability to deploy, fight, and win against any adversary. Health of the Force provides an evidence-based portrait of the health and well-being of the U.S. Army Active Component (AC) Soldier population. Leaders can use Health of the Force data to inform health promotion and prevention measures, as well as drive cultural and programmatic changes necessary to achieve Force dominance.



U.S. MILITARY

Death of 7-month-old military child fuels questions about unlicensed daycare on base

27 February- The Honolulu Police Department is investigating the Feb. 24 death of a 7-month-old military child found dead in the home of a daycare provider at a military installation in Hawaii, officials said. A neighbor who lives near the home where the child died said the death came four days after she filed a complaint alleging the provider, a Navy wife, was operating an unlicensed daycare after being shut down at least three times by base officials who allegedly found violations. The daycare is in privatized housing at Aliamanu Military Reservation, part of U.S. Army Garrison-Hawaii. The neighbor, Katie Camario, told Military Times that she had reported her concerns for more than a year about numerous young children crying and left unattended outside the home, citing various incidents such as the children playing with a lighter, and one child's head being stuck in playground equipment. Other neighbors also said they reported similar concerns. The Honolulu Police Department's Criminal Investigation Division classified the child's death as an unattended death and have launched an investigation, said Michelle Yu, a police department spokeswoman. She said police have made no arrests and they are not releasing the police report at this time. The local medical examiner's office is conducting an autopsy but has not released any official cause of death. The baby's name is Abigail. The mother of the baby, reportedly the wife of an Army National Guard member, has requested that her name not be used. Friends have set up a GoFundMe page for the family. "We don't know what happened," Camario, an Air Force wife, said in an interview. She added that she and others are not placing blame on anyone. [Military Times](#)

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New fitness test presents challenges for Army National Guard

26 February- The Army National Guard is looking for nearly 5,000 fitness instructors and buying roughly \$40 million in workout equipment in the next seven months to help its soldiers meet new physical fitness standards being set by the military service. But even as commanders begin delivering the new 10-pound medicine balls, pull-up bars and hexagon barbells, they also worry whether America's 330,000 citizen soldiers will have the time and the drive to master the new, more grueling Army fitness test. [Army Times](#)

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Strep outbreak prompts antibiotics for all at Fort Benning basic training

25 February- A strain of group A streptococcus bacteria has caused an outbreak affecting six soldiers at Fort Benning, Georgia's one-station unit training, a garrison spokesman confirmed to Army Times on Monday. As a precaution, all trainees and cadre are taking a preventative round

The Surgeon General Weekly Read Book

The Surgeon General Weekly Read Book is available with articles classified up to the **SECRET** level on the APHC SIPRNet site:

<https://intelshare.intelink.sgov.gov/sites/medcom-g2/SitePages/Home.aspx>

To access this version, you will need a **SECRET** clearance and a SIPRNet account.

of antibiotics, Benjamin Garrett said in a statement. "These particular cases were complications of strep infection and should be characterized as a cluster of cases and not as an epidemic," the statement said. An initial group of four soldiers prompted Benning's Martin Army Community Hospital to screen other soldiers they might have come in contact with beginning Feb. 13, the statement said. That screen found two cases of strep throat on Feb. 15. "These two peritonsillar abscess cases have been treated and returned to duty and their entire company have been screened," the statement said. "Trainees testing positive for strep in their company have been treated." Though there have been no new cases since the screening, the statement said, all trainees and cadre will be put on a dose of preventative antibiotics, to stem the spread of any early infections that haven't been identified. Health care professionals regularly monitor trainees for illnesses like strep, which can spread quickly in close quarters. So far, no soldiers have been put into medical isolation and the outbreak has not affected anyone outside of the training organization, the statement said. [Army Times](#)

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The military is getting serious about putting eyes on your mold and other housing problems

25 February- In the wake of reports from military families dealing with problems ranging from mold to mice to lead paint in their housing — and persistent frustrations in getting their concerns addressed — service officials are taking immediate steps to identify and fix problems, and to give their residents a voice. It started with mandates from the highest levels to put eyes on the problem. The Army characterizes its effort as an "installation-wide" housing inspection, and the Air Force as a "100 percent in-person health and safety check" of all family housing units. The Navy and Marine Corps are contacting all their service members, but are leaving it up to their service members to agree to a voluntary visit of their homes, for privacy reasons. The Marine Corps is taking the effort a step further, by including off-base civilian rental properties in their visits, in addition to government and privatized housing. The Army and Air Force are also looking into a possible "tenant bill of rights" that would allow service members to suspend their rent payments if their problems are not resolved. This remedy was brought up by military spouses during a Feb. 13 Senate hearing as an immediate step to help get problems resolved more quickly. Defense and service housing officials, and representatives from five of the companies that manage a large number of privatized housing units, said they wouldn't oppose the idea of withholding the rent payments if problems are not resolved. The services are also working with privatized housing companies to put additional permanent processes in place for addressing residents' problems, which were the subject of an investigation by Reuters. [Military Times](#)

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What Big Navy will do to fix its housing problem

February 24- Fearing that they're losing the trust of sailors and their families living in base housing, Navy leaders on Saturday ordered subordinates to quickly contact their personnel and start fixing problems ranging from life-threatening mold infestation to wastewater leaks and crumbling structures. Signed by Chief of Naval Operations Adm. John Richardson and Master Chief Petty Officer of the Navy Russ Smith, NavAdmin message mandates that every sailor must be contacted by April 15. Both CNO and MCPON acknowledged that the military's oversight of privatized partnership arrangements grew "too passive, leaving the day-to-day operation of the housing program to the residents and the private partners." Investigative reporting by Reuters has revealed atrocious conditions for military families nationwide, including pervasive lead poisoning risks for children and houses be populated by mice and mold spores. [Navy Times](#)

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GLOBAL

African swine fever spreads to fourth Vietnamese province: state media

24 February- African swine fever is spreading in Vietnam hitting two more provinces, after it was first detected in three separate farms in two other provinces earlier this month. The new farms hit by the highly contagious disease are in Haiphong and Thanh Hoa provinces, 100 km to the east and 160 km to the south of Hanoi, respectively, according to a report in the Nong Nghiep Vietnam newspaper, run by the Ministry of Agriculture. The virus is spreading at locations around the capital city of Hanoi, which will host the second summit between U.S. President Donald Trump and North Korean leader Kim Jong Un later this week. Authorities have culled all the pigs at the farms, including 226 pigs at the farm in Thanh Hoa province. Authorities said last week that African swine fever had been detected at three farms in the Thai Binh and Hung Yen provinces, the first confirmed cases of the disease in the Southeast Asian country. The disease, which is incurable in pigs but harmless to humans, has spread rapidly across neighboring China since August. Pork accounts for three quarters of total meat consumption in Vietnam, a country of 95 million people where most of its 30 million farm-raised pigs are consumed domestically. "Our first priority at the moment is to contain the disease from spreading," Deputy Minister of Agriculture Phung Duc Tien was quoted as saying in the report. "If it spreads further, it will be very difficult to contain," Tien said. [Reuters](#)

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CBD is everywhere, but scientists still don't know much about it

25 February- Cannabidiol, or CBD, a nonintoxicating component of the marijuana plant, is touted as a magic bullet that eases pain, anxiety, insomnia and depression. Salves, sprays, tinctures and oils containing CBD are marketed as aphrodisiacs that boost desire; as balms for eczema, pimples and hot flashes; and even as treatments for serious diseases like diabetes and multiple sclerosis. Unlike THC, or tetrahydrocannabinol, the "psychoactive" component of the cannabis plant, CBD won't get you "high." But scientists know little about what it can do: Most of the information about CBD's effects in humans is anecdotal or extrapolated from animal studies, and few rigorous trials have been conducted. "It is a kind of a new snake oil in the sense that there are a lot of claims and not so much evidence," said Dustin Lee, an assistant professor in psychiatry and behavioral sciences at Johns Hopkins University who is planning a human trial of CBD for use in quitting smoking. The Food and Drug Administration has approved some drugs made from synthetic substances similar to THC to treat poor appetite and nausea in people with A.I.D.S. or cancer. But so far, the F.D.A. has approved only one drug containing CBD, Epidiolex, after clinical trials found it reduced seizures in children with two rare, severe forms of epilepsy...The F.D.A. still considers CBD a drug, so it cannot be sold in foods or drinks or as a dietary supplement, and several states and cities — including New York City, California, Maine and Ohio — have ordered restaurants to remove CBD from lattes, smoothies, muffins and other foods. The F.D.A. has issued several warnings to companies that make unproven claims that their CBD products will treat or prevent disease. [New York Times](#)

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CDC: Flu activity reaches new seasonal high

22 February- US flu activity increased again in the last week, reaching the highest levels of influenza-like illness (ILI) so far during the 2018-19 flu season, the Centers for Disease Control and Prevention (CDC) said today in its latest FluView update. The ILI rate hit 5.1%, up from 4.8% reported in the previous week. Last year, ILI peaked at 7.5%—one of the highest rates in decades. "Flu activity has been similar to what has been seen during other H1N1-predominant seasons, but indicators that track hospitalizations and deaths remain well below what was observed last season," the CDC said in an accompanying summary. Last year during the same week, overall hospitalization rates were 78.8 per 100,000 people and at their peak. This year, that percentage is 27.4 hospitalizations per 100,000 people, up from 23.8 the previous week and likely still climbing. Flu activity will likely remain elevated for several more weeks, the CDC said, adding that it is still beneficial for anyone over the age of 6 months to get a seasonal flu shot.

[CIDRAP](#)

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Colorectal cancer test kits could speed up screening process

27 February- An at-home screening test for colorectal cancer might soon replace awkward trips to the doctor for a colonoscopy. A recent review of 31 studies found that fecal immunochemical test or FIT has identified 75 to 80 percent of people who have the disease. This suggests that the at-home screening test can be an alternative to colonoscopy for individuals who have an average risk of colorectal cancer. The FIT works by detecting the presence of blood in an individual's stool that otherwise might not be visible to the naked eye. One of the telltale symptoms of colorectal cancer is blood in or on the stool, according to the Centers for Disease Control Prevention. To use the test, the patient places a paper sling that catches a sample of the stool on the toilet seat. The sample is then sent to a lab for analysis. The results are forwarded to a physician who will communicate the findings back to the patient. If the stool sample tested positive for colorectal cancer, the patient is advised to have a colonoscopy. [Tech Times](#)

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Congo Ebola center set on fire after armed attack

27 February- Armed assailants attacked an Ebola treatment center in eastern Democratic Republic of Congo on Wednesday, setting off a fire and becoming embroiled in an extended gun battle with security forces, health officials said. The identity and motive of the assailants were unclear. Aid workers have faced mistrust in some areas as they work to contain an Ebola outbreak. Dozens of armed militia also regularly attack civilians and security forces in eastern Congo's borderlands with Uganda and Rwanda, which has significantly hampered the response to the disease. The health ministry said in a statement that 38 suspected Ebola patients and 12 confirmed cases were in the center at the time of the attack. Four of the patients with confirmed cases fled and are being looked for, it said. None of the patients who have been accounted for were injured, nor were any staff members, the ministry added. French medical charity Medecins Sans Frontieres (MSF), which runs the center together with the ministry, condemned the "deplorable attack" and said its efforts were focused on the immediate safety of patients and staff. The attack in the city of Butembo was the second in Congo's Ebola-hit east this week. On Sunday unidentified assailants set fire to a treatment center in the nearby town of Katwa, killing a nurse. The current Ebola outbreak, first declared last August, is the second deadliest of the hemorrhagic fever since it was discovered in Congo in 1976. It is believed to have killed at least 553 people so far and infected over 300 more. [VOA News](#)

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FDA warns of potentially harmful and illegal marketing of dietary supplements

22 February- ...In February, FDA Commissioner Scott Gottlieb announced new efforts to modernize the regulation of the dietary supplement industry, stating: "As the popularity of supplements has grown, so have the number of entities marketing potentially dangerous products or making unproven or misleading claims about the health benefits they may deliver." The FDA also warned companies illegally selling products as dietary supplements, falsely

claiming to treat or cure Alzheimer's disease, among other health conditions. Americans spent more than \$40 billion on supplements last year. Three out of every four Americans regularly take a supplement, according to the FDA, in an industry that's grown from about 4,000 products to more than 50,000 in the past 25 years. [CBS News](#)

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Fighting off the Flesh Eater: Controlling Mycetoma in Sub-Saharan Africa

26 February- Farming is the major source of income for young adults residing in sub-Saharan Africa. But for those living in the mycetoma belt, it's also a curse—one that will continue to destroy lives until affected countries step up and prioritize mycetoma surveillance, management and prevention. Mycetoma, a flesh-eating, bone-destroying disease, disables thousands of young adults in affected areas. It predominantly afflicts lower-income farmers, typically breadwinners, who are easily exposed to the fungal or bacteria spores that cause the disease. Left untreated, affected limbs often must be amputated—with immense social and economic implications, including disability and financial burdens associated with the price of medication and loss of income. Yet far too little has been invested in education, surveillance, and measurement of the disease...Decentralized patient care within communities featuring free medical and surgical treatment, part of Sudan's mycetoma control program, also improved awareness of the disease. The approach relied on local community engagement to promote health education and address related environmental and hygienic conditions. Though proper surveillance systems for mycetoma are still needed, this approach has proven tremendously effective in reducing inequalities in access to health care services and treatment in the endemic areas. In Sudan they resulted in a sizable drop in the number of patients with massive lesions requiring amputation, reflecting improved knowledge. [Global Health Now](#)

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Health agencies to assess chemical exposure in 8 US communities near military bases

21 February- People who live near current or former military installations in eight states will have their blood and urine examined by government officials. They want to understand the extent of residents' exposure to manmade chemicals known as per- and polyfluoroalkyl substances, according to the US Centers for Disease Control and Prevention and the Agency for Toxic Substances and Disease Registry, a division of the US Department of Health and Human Services. Called PFAS, they are a family of more than 4,000 chemicals that have been used in consumer products for more than six decades. Studies have shown that they may affect the growth, learning and behavior of babies and children or interfere with the body's natural hormones, in addition to other negative health effects. The eight communities are in Alaska, Colorado, Delaware, Massachusetts, New York, Texas, Washington and West Virginia, the CDC said in an announcement Thursday. Assessments will begin this year and continue through 2020. [CNN](#)

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'Ice tsunami' spawned by windstorm spurs evacuations along Lake Erie, as thousands without power across East

25 February- High winds causing chaos across the eastern half of the country with power outages and travel delays have created another problem: a literal wall of ice. The windstorm created an "ice tsunami" Sunday across parts of New York along Lake Erie, pushing large chunks of ice along lakeshore areas. The Niagara Parks Police Service posted video to Twitter showing the chunks of ice stacked up along the Niagara River Parkway along the lake, forcing the roadway to be closed in some sections. [Fox News](#)

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Kratom 'poisonings' have increased 50-fold in recent years

21 February- Calls to U.S. poison centers regarding the herbal supplement kratom have increased dramatically in recent years, a new study finds. According to the study, calls to U.S. poison centers about kratom exposure increased more than 50-fold, from just 13 calls in 2011 to 682 calls in 2017. Overall, there were more than 1,800 calls related to kratom exposure during the seven-year study period. Kratom, or *Mitragyna speciosa*, is a plant that grows in Thailand, Malaysia, Indonesia and Papua New Guinea, according to the U.S. Food and Drug Administration (FDA). In recent years, it's gained national attention for its growing use as an herbal supplement, which people report taking to treat pain, anxiety or depression, as well as symptoms of opioid withdrawal. But health officials have expressed concern about the substance — last year, the FDA said it considered kratom to be an opioid drug because it interacts with opioid receptors, and the agency warned the public not to use it. Indeed, there are no FDA-approved uses for kratom, but because the substance is sold as a dietary supplement, it is not regulated the way that prescription drugs are for quality, purity and dosage accuracy, the study authors said. [Live Science](#)

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Lassa fever outbreak reaches 22% fatality ratio

20 February- The Lassa Fever outbreak in Nigeria has now caused 72 deaths across 20 states and the Federal Capital Territory through February 10, 2019. This new data is important since it, unfortunately, represents a case fatality ratio of 22 percent, based on 324 confirmed cases and 3 probable cases during 2019, which was published by the World Health Organization (WHO). Of the 3,746 contacts identified in 2019, 2,658 are still under follow-up care, while 1,045 people have completed the 21 days of follow-up monitoring. Since there is currently no approved vaccine, early supportive care with rehydration and symptomatic treatment improves an infected person's survival, says the WHO. [Precision Vaccinations](#)

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Northern California river floods 2,000 buildings

28 February- A Northern California river that surged over its banks after days of rain has flooded some 2,000 homes, businesses and other buildings. Sonoma County spokeswoman Briana Khan says the Russian River has submerged areas of Guerneville and neighboring Monte Rio, which are described as “islands” because of flooded roads. The river in California’s wine country has hit its highest level in about 25 years. Some places were standing in 8 feet (2.44 meters) of water and residents were using kayaks and boats instead of cars. The river is expected to return to its banks late Thursday night. It rose because of storms that also dumped rain and heavy snow in several states in the western U.S. [NY Post](#)

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People, places touched by Listeria outbreak will be forever changed

25 February- The World Health Organization (WHO) reported it was the largest Listeria outbreak on record. After 1,060 confirmed cases and 216 deaths between January 2017 and July 2018, officials in South Africa declared an end to the outbreak linked to polony made by Enterprise Foods. But, many people in the country are still physically, emotionally or financially dealing with the after effects for themselves, relatives, or someone else they knew who became infected after eating the ready to eat meat product. Polony is similar to baloney and hot dog products sold in the United States, but is often made with chicken instead of beef and/or pork. South African law firm Richard Spoor Inc. Attorneys has teamed up with the Seattle food safety law firm Marler Clark LLP to bring a class action lawsuit against Tiger Brands on behalf of those sickened in the outbreak. [Food Safety News](#)

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Public health emergency risk communication and social media reactions to an errant warning of a ballistic missile threat

22 February- On January 13, 2018, at 8:07 a.m. Hawaii Standard Time, an errant emergency alert was sent to persons in Hawaii. An employee at the Hawaii Emergency Management Agency (EMA) sent the errant alert via the Wireless Emergency Alert (WEA) system and the Emergency Alert System (EAS) during a ballistic missile preparedness drill, advising persons to seek shelter from an incoming ballistic missile. WEA delivers location-based warnings to wireless carrier systems, and EAS sends alerts via television and radio (1). After 38 minutes, at 8:45 a.m., Hawaii EMA retracted the alert via WEA and EAS (2). To understand the impact of the alert, social media responses to the errant message were analyzed. Data were extracted from Twitter* using a Boolean search for tweets (Twitter postings) posted on January 13 regarding the false alert. Tweets were analyzed during two 38-minute periods: 1) early (8:07–8:45 a.m.), the elapsed time the errant alert circulated until the correction was issued and 2) late (8:46–9:24 a.m.), the same amount of elapsed time after issuance of the correction. A total of 5,880 tweets during the early

period and 8,650 tweets during the late period met the search criteria. Four themes emerged during the early period: information processing, information sharing, authentication, and emotional reaction. During the late period, information sharing and emotional reaction themes persisted; denunciation, insufficient knowledge to act, and mistrust of authority also emerged as themes. Understanding public interpretation, sharing, and reaction to social media messages related to emergencies can inform development and dissemination of accurate public health messages to save lives during a crisis. [CDC](#)

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Sunscreen 'Sea Change' may be coming with new FDA rules

22 February- ...The U.S. Food and Drug Administration (FDA) announced that it was proposing new sunscreen regulations aimed at improving the safety and effectiveness of these essential summer products. The proposed rules include updates on which ingredients are considered safe for use in sunscreens, which products can be marketed "broad spectrum," how high the "sun protection factor" (SPF) can be and what information needs to be on the products' labels...One of the biggest proposed changes is an update to the types of sunscreen ingredients that are classified "generally recognized as safe and effective (GRASE)," a term that means the ingredient doesn't need to be approved by the FDA to be marketed. Of the 16 currently marketed active ingredients in sunscreen, only two — zinc oxide and titanium dioxide — would be considered GRASE under the new proposal. Due to safety concerns, two other ingredients, PABA and trolamine salicylate, would not be considered GRASE, the FDA said. For the other 12 ingredients, there is currently not enough data to determine whether they are GRASE. So, the FDA is asking the sunscreen industry for additional evidence so it can evaluate those ingredients' safety and effectiveness. The FDA is also concerned about the ability of some sunscreens to protect against ultraviolet A (UVA) rays. This type of radiation doesn't necessarily cause sunburns — as is the case with another type of radiation, ultraviolet B (UVB) rays — but UVA rays may cause skin aging and increase the risk of skin cancer. [Live Science](#)

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Teenagers say depression and anxiety are major issues among their peers

20 February- Most American teenagers — across demographic groups — see depression and anxiety as major problems among their peers, a new survey by the Pew Research Center found. The survey found that 70 percent of teenagers saw mental health as a big issue. Fewer teenagers cited bullying, drug addiction or gangs as major problems; those from low-income households were more likely to do so. The consistency of the responses about mental health issues across gender, race and income lines was striking, said Juliana Horowitz, an associate director of research at the center. The survey also asked respondents if they considered alcohol consumption or teen pregnancy to be major problems among their peers. Half of the teenagers from households earning less than \$30,000 said alcohol was a major problem; that number decreased to 43 percent among teenagers in households earning more than \$75,000. Teenagers diverged most drastically across income lines on the issue of teen pregnancy. Fifty-five percent

of teenagers in lower-income households said it was a major problem among their peers. Just 22 percent of teenagers in wealthier households agreed. The survey of 920 teenager's ages 13 to 17 in the United States was conducted online and by phone in the fall. In their report, the researchers broke down results by income level and gender but not race or ethnicity, citing the small sample size. [New York Times](#)

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Zytiga may up mortality risk in prostate cancer patients with CVD

27 February- An increased risk of early death was observed in men with pre-existing cardiovascular disease (CVD) starting abiraterone acetate (Zytiga) for advanced prostate cancer, a registry study found. Among abiraterone-treated patients, increased mortality ranged from 21.4% for those with ischemic heart disease to 25.6% for those with acute myocardial infarction (MI), compared with 15.8% for those without a heart condition, reported Grace Lu-Yao, PhD, MPH, of the Sidney Kimmel Cancer Center at Thomas Jefferson University in Philadelphia.

[MedPage Today](#)

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INFLUENZA

AFHSB: DoD Seasonal Influenza Surveillance Summary

For Week 7:

- NORTHCOM: Influenza activity increased in many states. Activity continued to range from minimal to high (Texas, Georgia, Virginia, and Massachusetts).
- EUCOM: Influenza activity was minimal across EUCOM, with the exception of Germany and Turkey which had low activity.
- PACOM: Influenza activity remained low in Japan and minimal in the Republic of Korea, Guam, and Hawaii.
- CENTCOM: Influenza activity decreased in Afghanistan, Jordan, and Kuwait and remained minimal in other CENTCOM countries with available data.
- AFRICOM: In Djibouti, influenza activity remained minimal.
- SOUTHCOM: Influenza activity remained minimal in Honduras and Cuba during week 07. [DHA - Armed Forces Health Surveillance Branch](#)

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APHC: U.S. Army Influenza Activity Report

For the week ending 16 February 2019 (Week 7): In week 7, there was a 6% decrease in the number of positive respiratory specimens when compared to surveillance week 6. There were 1291 positive specimens in week 6 and 1214 in week 7. A 53% increase in the number of positive influenza B specimens was noted in week 7; 17 positive specimens were reported in week 6 and

26 were reported in week 7. Five influenza-associated hospitalizations with an onset date in week 7 were reported in the Disease Reporting System internet, with one case being an Active Duty Service Member. Outpatient visits for influenza-like illnesses (ILIs) reported in ESSENCE were down 6% in week 7 when compared to week 6. When compared to week 7 from the 2017-2018 season, there were 19% fewer outpatient ILI visits in this season's week 7. [APHC](#)

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CDC: Flu View - Weekly U.S. Influenza Surveillance Report

2018-2019 Influenza Season Week 7 ending February 16, 2019

-Viral Surveillance: The percentage of respiratory specimens testing positive for influenza viruses in clinical laboratories increased. While influenza A(H1N1)pdm09 viruses predominated in most areas of the country, influenza A(H3) viruses have predominated in HHS Region 4 and accounted for 47% of subtyped influenza A viruses detected nationally during week 7. During the most recent three weeks, influenza A(H3) viruses were reported more frequently than influenza A(H1N1)pdm09 viruses in HHS Regions 6 and 7 and influenza A(H1N1)pdm09 and influenza A(H3) viruses were reported in approximately equal numbers in HHS Region 2.

-Pneumonia and Influenza Mortality: The proportion of deaths attributed to pneumonia and influenza (P&I) was below the system-specific epidemic threshold in the National Center for Health Statistics (NCHS) Mortality Surveillance System.

-Influenza-associated Pediatric Deaths: Seven influenza-associated pediatric deaths were reported to CDC during week 7. [CDC](#)

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ECDC: Flu News Europe

Week 7/2019 (11-17 February 2019)

-Influenza activity is widespread in the European Region. Specimens collected from individuals presenting with ILI or ARI to sentinel primary health care sites yielded an influenza virus positivity rate of 53%.

-Influenza type A virus detections dominated with slightly more A(H1N1)pdm09 viruses than A(H3N2). Very few influenza B viruses were detected.

-36% of specimens from patients hospitalized with severe acute respiratory infection (SARI) collected in week 7/2019 were positive for influenza virus, and almost all were type A.

-Pooled data from 22 member States and areas reporting to the EuroMOMO project indicated excess mortality mostly among elderly people aged 65 years and above, but also in adults in the age group of 15-64 years. [European Center for Disease Prevention and Control/WHO](#)

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NHRC: Operational Infectious Diseases - Weekly Surveillance Report

21 February- For Epi Week 6, 2019

- Military Recruits – 38 received
- DoD Beneficiaries – 71 received (testing pending)
- CDC Border Infectious Disease Surveillance – 55 received

[Naval Health Research Center](#)

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VETERINARY/FOOD SAFETY

Chicken caesar salads recalled for undeclared milk, anchovy allergens

26 February- Russ Davis Wholesale is recalling more than 700 pounds of packaged “Crazy Fresh” and “Jerry’s” brand chicken caesar salads that it sent to retailers in nine states, according to a notice posted by the USDA’s Food Safety and Inspection Service. The salads contain known allergens, specifically milk and anchovy ingredients, that are not declared on the labels, which is required by federal law. There is concern that consumers may have unused portions of the recalled salads in their homes because some of them have today as the use-by date. To view product photos, please click [here](#). Consumers who have purchased the salads are urged not to eat them. The salads should be thrown away or returned to the place of purchase, according to the Food Safety and Inspection Service (FSIS). The company distributed the recalled Crazy Fresh and Jerry’s The Kitchen brand salads to retailers in Iowa, Michigan, Minnesota, Montana, Nebraska, North Dakota, South Dakota, Wisconsin and Wyoming. When available, the FSIS will post retail distribution list(s) at www.fsis.usda.gov/recalls. The chicken caesar salads, produced from Feb. 11 through Feb. 22, are packaged in plastic bowls with black bottoms and clear lids. All of the recalled salads have the establishment number “P-45204” printed inside the USDA seal on their labels. [Food Safety News](#)

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Glass, plastic bits spur recall of Boston Market meals from stores, DOD facility

24 February- Consumer complaints about pieces of glass or plastic in Boston Market brand dinners have prompted the recall more than 86 tons of the frozen meals from retailers nationwide and from a Department of Defense facility in Arizona. Federal officials are urging consumers to check their homes for the not-ready-to-eat boneless pork rib “shaped patty” meals with mashed potatoes. Bellisio Foods of Jackson, OH, distributed the frozen dinners, according to a recall notice posted by the USDA’s Food Safety and Inspection Service (FSIS). The recalled Boston Market microwave dinners have best-by dates ranging from December this year to mid-

February 2020...Bellisio Foods reported to FSIS that the 173,376 pounds of recalled Boston Market dinners were produced on various dates between Dec. 7, 2018, and Feb. 15 this year. All of the recalled frozen dinners have the USDA establishment number "EST. 18297" printed on the end of the individual dinner boxes. The 14-ounce dinners are packaged in black cardboard boxes and marked as "BOSTON MARKET Home Style Meals BONELESS PORK RIB SHAPED PATTY WITH BBQ SAUCE & MASHED POTATOES." [Food Safety News](#)

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Texas company recalls more than 100,000 pounds of wild caught catfish

23 February- A Houston company initiated a recall of more than 100,000 pounds of catfish because they were not inspected, according to the USDA's Food Safety and Inspection Service (FSIS). Fulton Seafood Inc. "produced" the wild caught catfish between Jan. 1 and Feb. 21, inclusive, the FSIS reported. Federal officials are concerned that people may have the recalled catfish in their homes and not realize it. "Upon arrival at retail locations, the catfish were removed from boxes and placed in the seafood display case for consumer purchase," according to the recall notice. "These items were shipped to retail locations within Texas." Consumers who have recently purchased catfish from seafood display cases in retail stores in Texas are urged to contact the stores to determine whether the fish is subject to this recall. If consumers cannot find out if the catfish they bought is under recall, they should return it to the place of purchase or throw it away. [Food Safety News](#)

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Walmart's bagged fresh green beans and squash recalled for Listeria risk

27 February- Southern Specialties Inc. has issued a recall notice for some Marketside bagged fresh green beans and pre-cut butternut squash because of possible contamination with Listeria bacteria. Marketside is one of Walmart's brands. The produce company's recall notice says it is unknown whether any of the implicated vegetables reached retail shelves. Southern Specialties shipped the bags of green beans and pre-cut butternut squash to one retail distribution center, according to the recall notice. The notice does not specifically reference Walmart, which owns the Marketside brand. The produce company reported to the FDA that most of the bagged vegetables were retrieved before distribution to retail stores. However, some product shipped on Feb. 17 "may have reached stores" in Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee and Virginia. "This recall was voluntarily issued after a raw material supplier notified the company (Southern Specialties) that it was issuing a recall after a routine test of a food contact surface tested positive for the bacterium. As a precautionary measure, Southern Specialties is recalling all products that were repacked at its facility on the same repacking line as the supplier's product," according to the recall notice provided to the Food and Drug Administration. [Food Safety News](#)

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How chronic stress boosts cancer cell growth

25 February- Studies have tied chronic stress to accelerated cognitive impairment, a higher risk of heart problems, and problems with gut health. Previous research also suggests that exposure to stress could speed up the growth of cancer through its impact on gene activity. Now, researchers from the Dalian Medical University in China — in collaboration with colleagues from across the world — have located a key mechanism, which chronic stress triggers, that fuels the growth of cancer stem cells that tumors originate from. More specifically, the researchers have studied this mechanism in mouse models of breast cancer. Their findings — which they report in *The Journal of Clinical Investigation* — point the finger at the hormone epinephrine, but they also suggest a strategy to counteract the effects of stress mechanisms on cancer cells. "You can kill all the cells you want in a tumor," notes co-author Keith Kelley, from the University of Illinois at Chicago, "but if the stem cells, or mother cells, are not killed, then the tumor is going to grow and metastasize." "This," he adds, "is one of the first studies to link chronic stress specifically with the growth of breast cancer stem cells." [Medical News Today](#)

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Insomnia: Certain types of brain cell explain genetic risk

26 February- New research in the journal *Nature Genetics* identifies individual types of brain cell and brain areas that are involved in insomnia, offering new treatment targets for this condition...As many people with insomnia will know, there is a tendency to think that falling asleep is a matter of willpower. However, more and more studies are showing that it actually has a strong neurobiological component. For instance, in 2016, scientists found abnormalities in the white matter tracts of people living with insomnia, as well as in parts of their limbic system. More recent studies have uncovered specific genetic variants linked with insomnia risk. Now, an international team of researchers has gone further, analyzing genetic data from over 1.3 million people in an attempt to tease out the individual genes, brain cell types, brain areas, and neurobiological processes that underlie insomnia. [Medical News Today](#)

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Taking prenatal vitamins early in pregnancy is associated with lower risk of autism, study says

27 February- Taking prenatal vitamins during the first month of pregnancy is associated with a lower risk of developing autism in children who are at high risk for the disorder, according to a new study. Researchers followed 241 children whose older siblings had a diagnosis of autism and who therefore had an increased risk of being diagnosed with the disorder. The researchers evaluated the children's development starting at 6 months through 3 years of age. At the same time, the moms were asked through phone interviews and mailed questionnaires about prenatal vitamin use. Approximately 1 in every 4 children enrolled in the study went on to be diagnosed

with autism spectrum disorder, similar to the rate of 1 in 5 for younger siblings of children with autism reported in prior studies. Of the children whose mothers took prenatal vitamins in the first month of the pregnancy, 14.1% went on to develop autism, compared with 32.7% in children whose mothers did not. Autism spectrum disorder is a developmental disability that results in behavioral and social changes, including communication. According to the US Centers for Disease Control and Prevention, an estimated 1 in 59 children in the US has autism. The condition affects many more boys than girls. In the new study, the reduction in the risk of developing autism also seemed to be greater for the children whose moms took greater doses of folic acid and iron during pregnancy, suggesting that there might be at least a partial dose effect. This means prenatal vitamins with greater concentrations of folic acid and iron seemed to work better at preventing autism in children at risk. [CNN](#)

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This weight loss strategy takes just 15 minutes a day

25 February- ...The study found that, after six months of diet tracking as part of a weight loss program, participants who lost weight spent just under 15 minutes a day, on average, recording their dietary intake...Interestingly, those who lost the most weight didn't spend more time tracking their diet than those who lost less weight. But the most successful participants did have more frequent and consistent logins on the monitoring site. For example, those who lost at least 10 percent of their body weight after six months logged in 2.7 times per day, on average, compared with 1.7 times per day, on average, for those who lost less than 10 percent of their body weight. In addition, those who lost at least 10 percent of their body weight recorded their food intake more than 20 days per month, compared with only 11 days per month for those who lost less than 10 percent of their body weight. "It seems to be the act of self-monitoring itself that makes the difference — not the time spent or the details included," Harvey said. [Live Science](#)

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Africa: Kenya- Maternal and neonatal tetanus eliminated

23 February- The World Health Organization (WHO) announced this week that Kenya has achieved maternal and neonatal tetanus elimination (MNTE) status. Speaking at the event before handing over the certificate, WHO representative in Kenya Dr. Rudi Eggers said: "I applaud the Kenya Government for having attained elimination status of maternal and neonatal tetanus." "Kenya among other countries that have eliminated MNT need to maintain the elimination status by vaccinating women of reproductive age with tetanus-toxoid-containing vaccines (TTCV) and implementing clean practices during delivery." Dr. Eggers said WHO estimated a 94% reduction in neonatal deaths from 1988 when an estimated 787,000 newborn babies died of tetanus within their first month of life. Today, 14 countries are yet to eliminate maternal and neonatal tetanus.

[Outbreak News Today](#)

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Africa: Measles update in Chad- Spike in cases, vaccine shortages

24 February- In a follow-up on the measles outbreak in Chad that was declared on 30 May 2018, the Ministry of Health of Chad is reporting a spike in cases since the beginning of the year. From 1 January to 15 February 2019, more than 2,000 cases and 11 deaths were registered in 73 out of 117 districts in the east, south and central parts of the country and in the capital N'Djamena. In addition, health officials report a shortage of the vaccination doses at central level. Based on latest data, only one in four children aged 12-23 months is fully immunized in Chad.

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Democratic Republic of the Congo: Ebola response in the Democratic Republic of the Congo risks slowdown

26 February- WHO Director-General Dr Tedros Adhanom Ghebreyesus today called on donors to continue funding the response to the Ebola outbreak in the Democratic Republic of the Congo or risk backsliding. There is an urgent need for US \$148 million for all partners involved in the response to continue their work. So far, under US \$10 million has been pledged. The call comes a week ahead of Dr Tedros' next mission to DRC. He is scheduled to meet President Tshisekedi in Kinshasa before travelling to the Ebola-stricken areas of Butembo and Katwa. "The situation is unprecedented: there has never been an Ebola outbreak in these conditions, with such a highly mobile population and with many gaps in the health system." said Dr Tedros.

[World Health Organization](#)

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Democratic Republic of the Congo: Ebola returns to Beni—survivor transmission suspected

22 February- In a disappointing development today, the Democratic Republic of the Congo (DRC) health ministry reported a new Ebola case in Beni, coming just 2 days after the former outbreak epicenter had reached the hopeful mark of going a full 21-day incubation period without new illness. Today's announcement also noted five other new cases, including four from two current hot spots. In other Ebola developments, a research team from the United Kingdom and Guinea that conducted a detailed epidemiological investigation paired with antibody testing in the Guinea community where West Africa's outbreak began found evidence of eight more survivors and two probable deaths from the virus. [CIDRAP](#)

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USCENTCOM

Pakistan, Afghanistan: Polio- 3 addition WPV1 cases reported

24 February- Officials with the Global Polio Eradication Initiative (GPEI) reported three additional wild poliovirus type 1 (WPV1) cases in the past week—one in Afghanistan and two in Pakistan. In Afghanistan, one WPV1 case was reported in the past week from Ghorak district in Kandahar province. The onset of paralysis was on 12 January 2019. This the second WPV1 case reported in 2019 to date. Pakistan saw two cases of WPV1 this week: one in Hangu district, Khyber Pakhtunkhwa province and one in Lahore district in Punjab province. The onset of paralysis for both cases was on 20 January 2019. The total number of WPV1 cases this year is four. This brings the total WPV1 reported globally in 2019 to six. [Outbreak News Today](#)

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USEUCOM

Norway: Reports Salmonella Agbeni outbreak, 9 people infected

23 February- Norway health officials are reporting (computer translated) investigating a Salmonella Agbeni outbreak affected nine people in five counties. The cases were reported in January and February and affect five men and four women from Oslo, Akershus, Buskerud, Rogaland and Vest-Agder. Bacteria with similar DNA profile have been detected in all nine persons. To date, the source of the outbreak is unknown and health authorities are interviewing patients and sampling food to try to discover the outbreak source. The Norwegian Institute of Public Health notes that the investigation work can be complicated and take time. In many cases, one will not be able to find the source of infection or to clarify whether it is a common source. It is too early to say whether this is a limited outbreak or whether it will increase in scope. Healthy

persons infected with Salmonella often experience fever, diarrhea (which may be bloody), nausea, vomiting and abdominal pain. In rare circumstances, infection with Salmonella can result in the organism getting into the bloodstream and producing more severe illnesses such as arterial infections (i.e., infected aneurysms), endocarditis and arthritis. [Outbreak News Today](#)

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Ukraine: Measles outbreak in Ukraine- 21,000+ cases in 2019

23 February- In an update on the measles outbreak in Ukraine, the Center for Public Health of the Ministry of Health of Ukraine reports an additional 3,264 cases in the past week. This includes 1,545 adults and 1,719 children. This brings the total measles cases to 21,355 through Feb. 15, health official's state. Lviv continues to report the most cases with 3,446, followed by Rivne (1,927), Vinnytsia (1,901), Khmelnytsky (1,542) and Kyiv (1,791). The vaccination drive in Lviv began Feb. 18 where 50,000 children are slated to get vaccinated. "I once again appeal to parents to agree to vaccination, to allow teachers to bring these children to the clinic, where under the supervision of the doctor who is responsible for the vaccination process, your child will be vaccinated and will be protected from the measles virus," – says the head of the department of protection Volodymyr Zub, Health Center of the Lviv City Council. In total, nearly 3,000 children have been harassed in the first three days of a campaign against measles. This is more than the average monthly rate of vaccination of children of Lviv region last year. [Outbreak News Today](#)

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USINDOPACOM

Australia: Sydney- Residents warned of Ross River virus risk

24 February- Officials with New South Wales Health (NSW Health) are warning residents of Sydney to protect themselves against mosquito bites, as mosquito trapping at Deepwater Park, Bankstown and Sydney Olympic Park has identified mosquitoes carrying Ross River virus. It is particularly important for people enjoying outdoor activities, such as camping or fishing, in areas with high mosquito numbers take precautions to avoid being bitten. NSW Health Director of Environmental Health Dr. Richard Broome said while Ross River infection was relatively rare in Sydney, high numbers of mosquitoes at this time of year mean people should be cautious. Ross River virus disease (RRVD) is a mosquito borne virus. About 55%–75% of people who are infected do not feel sick, according to the US Centers for Disease Control and Prevention (CDC). [Outbreak News Today](#)

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China: China moves to halt swine fever with hog industry overhaul

27 February- China plans to divide its hog industry into five zones in an attempt to halt the spread of African swine fever across the world's top pork producer and guarantee supplies. Beijing has reported more than 100 outbreaks of the disease, which is fatal to pigs but not harmful to people, in 28 provinces and regions since last August, causing turmoil in the \$1 trillion industry and related sectors. China's Ministry of Agriculture and Rural Affairs drew up the plan to ease the trade of pigs and pork within the regions, after earlier measures distorted prices and the market. The plan, which was outlined in a document reviewed by Reuters, was sent to provincial governments and municipalities for their feedback last week. It is not clear if it has already been approved. The Ministry of Agriculture and Rural Affairs did not respond to a fax with questions on the document, which was issued on Feb. 18 and requested feedback by Feb. 22. In a separate document, Beijing said it is targeting fewer outbreaks of the disease in the first half of 2019 than in the second half of last year. [Reuters](#)

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Cook Islands: Declare dengue outbreak in Rarotonga, 1st in a decade

28 February- The Cook Islands Health Ministry declared a dengue fever outbreak this week following the confirmation of seven dengue cases in Rarotonga in the past month. Of these cases, one was a visitor from French Polynesia with dengue serotype 3 (DENV-3), while the others were dengue serotype 1 (DENV-1). There are no dengue cases in the Pa Enua. In addition, officials diagnosed four probable dengue cases this week one of whom recently arrived from Fiji. Further diagnostic tests will be undertaken to confirm dengue and to determine the subtype. In the last dengue outbreak in Rarotonga in 2009, the dengue virus serotype was DENV-4. The last DENV-1 outbreak occurred in 2007. [Outbreak News Today](#)

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Philippines: Measles death toll tops 200

24 February- In a follow-up on the measles epidemic in the Philippines, government officials report a total of 12,736 cases through Feb. 24. In addition, the number of deaths in the current outbreak has risen to 203. The most affected age groups are in children- 1-4 years (3,981 or 31%) and <9 months (3,295 or 26%). The National Capital Region, or Metro Manila, CALABARZON, Central Luzon, Western Visayas and Northern Mindanao account for 72 percent of cases. More than 8,000 of the outbreak cases were unvaccinated. The measles-mumps-rubella (MMR) vaccine is available for free in government hospitals and health centers for both children and adults. [Outbreak News Today](#)

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Canada: Alberta- Second-ever reported case of PED

26 February- In a follow-up on the porcine epidemic diarrhea (PED) virus situation in Alberta, Canada, Alberta Pork is reporting the second-ever reported case of PED in the province. A 600-head farrow-to-finish hog operation in Alberta has contracted the virus, a disease that causes diarrhea and vomiting in pigs. Strict biosecurity protocols are of utmost importance in limiting the impact of disease in agriculture. It is especially critical during this outbreak that producers consider enhancing biosecurity on-farm and in animal transportation. Producers are encouraged to submit all swine manifests, including farm-to-farm movements, in a timely manner. Any place off-farm, such as an abattoir, should be considered as a potential source for bringing disease to your herd. Producers are reminded to review their farms' biosecurity policies regularly and consult Alberta Pork or your herd veterinarian as required. Producers should also consult their herd veterinarians before making shipping decisions as a precaution if herd health issues are suspected. PED affects pigs but poses no risk to human health. This incident has not caused any food safety concerns, and pork products remain safe for consumption. [Outbreak News today](#)

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Canada: Vancouver, British Columbia- BC reports more measles, possible exposure locations listed

25 February- In a follow-up on the measles outbreak in the Vancouver, British Columbia area, health officials are reporting two new cases. Both people acquired the infection while traveling abroad. One person lives in the Vancouver Coastal Health (VCH) region and the other was traveling through Richmond and YVR (Vancouver International Airport) en route to Edmonton, then the Northwest Territories. [Outbreak News Today](#)

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U.S.: Kansas- 10% of deer tested were positive for Chronic Wasting Disease

26 February- Officials with the Kansas wildlife department released new numbers of the monitoring of the prevalence of chronic wasting disease (CWD) in Kansas deer in an update and what they report is of the 360 deer tested this year to date, 37 were confirmed positive for the transmissible spongiform encephalopathy (TSE). The targeted region for sampling deer taken by hunters this year was southwestern Kansas. The 37 confirmed positives came from deer taken in Cheyenne, Rawlins, Decatur, Norton, Phillips, Smith, Thomas, Sheridan, Gove, Rooks, Osborne, Scott, Lane, Hamilton, Haskell, Hodgeman, Ford, Edwards, Stafford, Reno, and Pratt counties. CWD is a progressive, fatal disease that results in small holes developing in the brain, giving it a sponge-like appearance under the microscope. While deer may carry the disease for up to two years without showing any outward signs, in latter stages a deer may exhibit decreased brain function and display a droopy head, staggering, loss of appetite, and a lack of response to

people. It is advised that hunters who take deer from areas where CWD has been found have their deer tested whether or not they exhibited any symptoms. CWD infects members of the deer family, including whitetail and mule deer, elk and moose. The first CWD occurrence documented in a wild Kansas deer was a whitetail doe killed by a hunter in 2005 in Cheyenne County. To date, 216 deer have tested positive, and most have occurred in a region that includes Decatur, Rawlins, Sheridan and Norton counties. [Outbreak News Today](#)

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U.S.: Los Angeles- Increase in whooping cough clusters reported

28 February- The Los Angeles County Department of Public Health is reporting an increase in clusters of pertussis cases among 11 to 18-year olds across the county. Health officials note that the overall number of pertussis cases has not yet increased in LA County compared to the prior five years, the number of reported clusters of pertussis cases has risen in 11 to 18-year-olds who share classrooms, carpools/transportation, or extracurricular activities. Currently, there are three reported clusters in different areas of LA County with a median of 17 cases per cluster. According to a Patch report, thirty students at the private Harvard-Westlake School campuses in Studio City and Beverly Crest. The health department is advising providers to consider pertussis even in vaccinated persons with minimal to mild symptoms, especially in adolescents because of the waning immunity from pertussis-containing vaccines and the increased exposure in facilities with multiple cases. [Outbreak News Today](#)

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U.S.: New York City- Measles cases in Brooklyn, Rockland Co. up, 228 cases in NYC area

25 February- In a follow-up on the measles outbreak in the New York City area, NYC health officials along with Rockland County officials have reported an additional 20 cases since our last report on Feb. 14. 17 additional confirmed cases were reported in Brooklyn since October, bringing the total to 90. Most of these cases have involved members of the Orthodox Jewish community. The neighborhood of Williamsburg reported 15 cases in the past week, while Borough Park saw two more. In Rockland County, three additional cases were reported, bringing that outbreak total to 138 since Sept. 2018. Officials say the cases are presently clustered in eastern Ramapo (New Square, Spring Valley, Monsey), however due to Rockland County's small geographic size, exposure to the measles may occur anywhere in the county. [Outbreak News Today](#)

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Costa Rica: Costa Rica investigates imported measles case, 1st since 2014

24 February- The Costa Rica Ministry of Health is reporting (computer translated) a suspected reintroduction of measles into the country after an unvaccinated 5-year-old French boy on holidays with his parents had been put under quarantine at a hospital in Puntarenas. Costa Rica has been measles free since 2014... Costa Rica enjoys very good vaccination coverage in general, however, it is always important, in order to avoid particular cases and their possible complications, that those in charge of minors ensure that children have the complete vaccination scheme. At this time the CCSS is in the vaccination campaign so it is reiterated to fathers and mothers the need to protect children with that extra dose (it must be remembered that the basic scheme is two doses for the case of measles, to the year and three months and to the entrance to the school). [Outbreak News Today](#)

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Panama: Four dead in family outbreak of ‘enteric febrile syndrome’

24 February- The Panama Ministry of Health (MINSAs) reports investigating (computer translated) a family outbreak of enteric febrile syndrome, which has resulted in four deaths to date. The outbreak occurred in the community of Quebrada Negra, Red Stone village, Kankintú district, Ngäbe Buglé district. This is the same area of the country that is also battling a pertussis outbreak. Currently, there are four hospitalized cases, two minors and two adults. Of the minors, one is stable in the Changuinola Hospital and one was transferred to the Children’s Hospital due to its serious condition, the two serious adults are stabilizing to be transferred to a third level.

[Outbreak News Today](#)

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Panama: Update on pertussis- 11 deaths in current outbreak

24 February- In a follow-up on the pertussis, or whooping cough outbreak, especially in the areas of the Comarca Ngäbe Buglé, Panamanian health officials (computer translated) report the outbreak in the Comarca, which began at the end of last year has grown to 95 confirmed cases, of which 84 recovered and 11 died. In 2019, at the national level, there have been 11 cases of pertussis including two deaths, distributed as follows: Metropolitan Region 7 cases, Panama East 2 cases and Coclé 2 cases. Pertussis is an infectious-contagious disease of the upper respiratory tract, caused by bacteria and preventable by vaccination. Appearance is possible at any age, but children under five are the most affected. It is characterized, at the beginning, by catarrhal symptoms and then, it can evolve to a persistent cough and lack of air especially in the minors.

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