

10 May 2019

Army Public Health Weekly Update

Army Public Health Center



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We're sorry for the inconvenience.

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U.S. MILITARY

Here's how improving enemy anti-aircraft threats put pilots and crews at risk

6 May- The days of sequential air campaigns may be gone. No longer will the U.S. Air Force plan to roll over an enemy air defense network in a matter of days, then pepper the battlefield with close-air support as ground units trample through ill-equipped armies with legacy weapons systems. Instead, the service should be prepared to provide close-air support on Day One of the campaign, and be prepared for hideaway surface-to-air missiles, anti-aircraft artillery, man-portable air defense systems and more that will be rolled out even beyond Day 20 of this hypothetical fight. "This is going to be a formidable threat throughout the conflict. It's not going to be quick; it's going to take time," said Mark Gunzinger, a senior fellow at the Center for Strategic and Budgetary Assessments and a former deputy assistant secretary of defense. "If Russia invaded Poland or the Baltic states, we're not going to have the luxury of knocking down Russian air defenses before providing close-air support," he added. "On Day One, we're going to need to conduct close-air support." That's just one of the challenges in the contested airspace of the future, and it's a threat the Air Force agrees must be addressed, as it has been lobbying Congress for 74 more squadrons to prepare for war against major powers. [Air Force Times](#)

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Will this proposal help DoD's water cleanup efforts?

6 May- The Pentagon is on board with a new proposal from the Environmental Protection Agency aimed at clarifying state and federal cleanup standards to address groundwater and drinking water contaminated by decades of seepage of chemicals -- including those used in the military's firefighting foams. For decades, the military used firefighting foams that contained PFAS chemicals. These per- and polyfluoroalkyl substances are also found in everyday household products. PFAS chemicals have been linked to cancers and other health problems. Meanwhile, today, an advocacy group that says even those standards are "woefully inadequate" released its updated, interactive map showing PFAS contamination at 610 sites in 43 states. Of those on the Environmental Working Group's list, 117 are military sites, including 77 military airports. Service members and families can click on military locations to find the levels of contamination, based on EWG's research on DoD and other data. The EPA's proposal doesn't lower the cleanup standards -- the Pentagon had reportedly sought to weaken the standards, according to press reports. This proposal aligns with the EPA's 2016 health advisory that recommended water sources contain no more than 70 parts per trillion of the PFAS chemicals perfluorooctanoic acid, or PFOA, and/or perfluorooctane sulfonate, or PFOS at sites being addressed, including those under federal cleanup programs. The PFOA and PFOS are the two most well-known of the hundreds of PFAS chemicals currently in use. The proposal also would set a rate of 40 ppt as the level

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**Residential Indoor
Mold and
Residential Mold Air
Sample Results
What Do They
Mean?**

The term "mold" is used to refer to fungi that are naturally occurring in the environment. Molds are found in virtually every environment and can be detected, both indoors and outdoors, year round. Mold growth is encouraged by warm and humid conditions.



where no adverse effects are expected. [Military Times](#)

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GLOBAL

6 in 10 infectious diseases come from animals: The CDC is most worried about these 8

7 May- More than half of the infectious diseases that affect people come from animals. Now, for the first time, the government is releasing a list of the top eight illnesses spread from animals — called zoonotic diseases — in the United States. The list includes some strains of the flu, Salmonella infection, West Nile virus, the plague, emerging coronaviruses such as Middle East respiratory syndrome, rabies, brucellosis (a bacterial infection) and Lyme disease, according to the list, released May 6 by the Centers for Disease Control and Prevention (CDC). Experts from the CDC, along with experts from the U.S. Department of Agriculture and the Department of the Interior, came up with the list during a workshop held last December in Washington, D.C. [Live Science](#)

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97% of Texas students protected from measles

6 May- According to the Annual Report of Immunization Status of Students, the overall vaccination rate for Texas kindergarten and 7th graders increased for the 2018-2019 school year. And, the vast majority of these Texas students are protected from the measles virus. This new Texas Department of State Health Services (DSHS) report (5/2019), says the measles immunization coverage was 98.85 percent for 7th graders, and 96.93 percent for kindergarten students. During 2018, the median vaccination coverage in the USA was 94.3 percent for 2 doses of the measles vaccine. [Precision Vaccinations](#)

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F.D.A approves the first vaccine for dengue fever, but limits its use

3 May- The Food and Drug Administration has approved the first vaccine for dengue, Dengvaxia, but placed significant restrictions on its use because the vaccine has been shown to put some people at heightened risk for a severe form of the disease. In clearing the vaccine, the agency acknowledged the serious public health benefit of slowing a disease that affects hundreds of millions of people around the world. The decision may also help a struggling product whose use has stalled because of concerns over its possible risks. "It tells the world that if properly used, the vaccine can be effective," said Duane Gubler, an emeritus professor at Duke-NUS Medical School who is one of the inventors of a competing dengue vaccine made by Takeda, and has consulted in the past for Sanofi, which makes Dengvaxia. Sanofi has sold Dengvaxia overseas since 2015, but the vaccine hit a major

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.

roadblock in 2017 after the Philippines, which had widely distributed the product to schoolchildren, halted its use and revoked Sanofi's license. That decision came after Sanofi announced that in rare cases, if people who never had dengue were vaccinated and later became infected, the vaccine might provoke a much more severe form of the illness. [The New York Times](#)

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Get your children vaccinated or face fine: German health minister

5 May- German Health Minister Jens Spahn has drawn up draft legislation to oblige parents to get their children vaccinated against measles or else face fines and their exclusion from daycare. Spahn's initiative comes amid a highly charged debate in Germany about whether the measles vaccine should be obligatory, and as the number of cases of the once-eradicated disease in the United States hit the highest levels since 2000. "I want to eradicate measles," Spahn told the Bild am Sonntag newspaper. "Anyone going to a kindergarten or school should be vaccinated against measles," said Spahn, setting out his plans, which would oblige parents to show proof of vaccination. "Whoever does not get their child vaccinated, faces up to 2,500 euros in fines," he added. Spahn believes he has broad support for his draft law in the ruling coalition of Chancellor Angela Merkel's conservatives, to which he belongs, and the left-leaning Social Democrats (SPD). SPD health policy expert Karl Lauterbach spoke of a "very good basis" for a joint discussion. "It will not work without fines," he told the Augsburg Allgemeine newspaper. [Reuters](#)

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Heart failure deaths rising in US, especially in younger adults

7 May- More U.S. adults are dying from heart failure today than a decade ago, and the sharpest rise in mortality is happening among middle-aged and younger adults, a new study suggests. Researchers examined data from the U.S. Centers for Disease Control and Prevention (CDC) on deaths from heart failure between 1999 and 2017 among adults 35 to 84 years old. Between 1999 and 2012, annual heart failure death rates dropped from 78.7 per 100,000 people to 53.7 per 100,000, the researchers found. But then mortality rates started to climb, reaching 59.3 fatalities for every 100,000 people by the end of the study period. "Up until 2012, we saw decline in cardiovascular deaths in patients with heart failure and this was likely due to advances in medical and surgical treatments for heart failure," said senior study author Dr. Sadiya Khan of Northwestern University Feinberg School of Medicine in Chicago. "However, this study demonstrates for the first time that the cardiovascular death rate is now increasing in patients with heart failure and this increase is especially concerning for premature death in people under 65," Khan said by email. [VOA News](#)

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More than 1,000 dead in Congo Ebola outbreak

3 May- As of Wednesday, 1,510 cases of Ebola have been reported in North Kivu and Ituri provinces of the Democratic Republic of Congo, the country's Ministry of Health reported Thursday. Friday afternoon Congo's Ministry of Health said there had been 1,008 Ebola deaths to date. The tragic milestone of 1,000 Ebola deaths during this outbreak was probably exceeded Thursday, with reports filed Friday, said Dr. Michael Ryan, an executive director at the World Health Organization. [CNN](#)

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Setting precedent, a federal court rules jail must give inmate addiction treatment

4 May- This week, a federal appeals court addressed the right to treatment for an inmate who suffers from opioid addiction, a move that legal advocates say could have wide repercussions. The United States Court of Appeals for the First Circuit in Boston ruled that a rural Maine jail must provide Brenda Smith with medication for her opioid use disorder. One of her attorneys, Emma Bond, a staff attorney with the ACLU of Maine, says the new ruling has the potential to create a "big signal" for jails across the country and combat the social barriers preventing incarcerated people from receiving treatment. "This is the first federal appeals court in the country to address the right to treatment for opioid addiction in jail," says Bond. "It represents a huge step forward in the fight against the opioid crisis and for our client who will get her medication in jail." Brenda Smith, a resident of Madawaska, Maine, was sentenced in 2018 to 40 days in the Aroostook County Jail for theft at an area Walmart, according to statements in an earlier court decision. Smith currently receives a twice-daily dose of buprenorphine — more commonly known by the brand name Suboxone. This medication helps people with opioid addiction control cravings and maintain recovery. Smith has been in stable recovery for five years on the medication. [NPR](#)

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The oral and genital herpes viruses are having 'sex'- The result is worrisome

3 May- There's a lot more "sex" going on between the oral and genital herpes viruses than scientists previously thought, according to a new study. The study, published April 23 in The Journal of Infectious Diseases, found that the two herpes simplex viruses — known as HSV-1 and HSV-2 — mix their genetic material together, or "recombine," more often than thought. (HSV-1 classically causes oral infections and HSV-2 causes genital infections.) The researchers "found, basically, that there was considerably more recombination than had previously been appreciated," between the two viruses, said study co-author Dr. Alex Greninger, an assistant professor of laboratory medicine at the University of Washington (UW) School of Medicine. [Live Science](#)

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Vaping companies facing European opposition to higher nicotine level

7 May- A push by makers of electronic cigarettes to raise nicotine levels in the European Union towards their far higher American levels is running into opposition, a senior executive at U.S. market leader Juul said on Tuesday. But there is little sign in Europe of the kind of regulatory backlash seen in the United States over youth vaping, said Grant Winterton, EMEA president of Juul. E-cigarettes, which offer a nicotine alternative to cigarettes without the same toxic and cancer-causing chemicals, have seen rapid growth in the United States, prompting Marlboro maker Altria Group to buy a 35 percent stake in Juul for \$12.8 billion in December. But the roll-out across European Union countries of Juul, whose devices resemble a USB flash drive and work by vaporising a nicotine-laced liquid, has been hampered by limits of 20 milligrams of nicotine per millimetre of liquid compared to 59 in the United States. This, the company says, makes it less effective as an alternative to cigarettes for heavy smokers. [Reuters](#)

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INFLUENZA

AFHSB: DoD Seasonal Influenza Surveillance Summary

Seasonal Influenza Surveillance Summary - Week 17

NORTHCOM-Influenza activity was minimal to low across NORTHCOM; only seven states or territories had low activity.

EUCOM-Influenza activity remained minimal across EUCOM.

PACOM-Influenza activity was minimal across PACOM.

CENTCOM-Data are not presented this week due to delays in receiving the TMDS data.

AFRICOM-Data are not presented this week due to delays in receiving the TMDS data.

SOUTHCOM-Data are not presented this week due to delays in receiving the TMDS data.

[DHA -Armed Forces Health Surveillance Branch](#)

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APHC: U.S. Army Influenza Activity Report

Week ending 27 April 2019 (week 17): The overall number of positive respiratory specimens continues to decrease. During week 17, a 37% decrease in the number of positive specimens was noted when compared to week 16 with 177 samples in week 16 and 111 samples in week 17. The largest decreases were seen in specimens of adenovirus and respiratory syncytial virus, with decreases of 70% and 64%, respectively, when compared to the previous week. The number of positive specimens of influenza B increased by 15%,

when compared to week 16; there were 26 cases in week 16 and 30 in week 17. No influenza-associated hospitalizations with an onset date in week 17 were reported in the Disease Reporting System internet. Although this is the final report of the season, the Army Public Health Center will continue to monitor for positive cases. [APHC](#)

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

2018-2019 Influenza Season Week 17 ending April 27, 2019:

-Viral Surveillance: The percentage of respiratory specimens testing positive for influenza viruses in clinical laboratories decreased. During the most recent three weeks, influenza A(H3) viruses were reported more frequently than influenza A(H1N1)pdm09 viruses nationally, and in all 10 HHS Regions.

-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: Five influenza-associated pediatric deaths were reported to CDC during week 17. [CDC](#)

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ECDC: Flu News Europe

Week 17/2019 (22–28 April 2019):

-For week 17/2019, all countries reporting ILI or ARI thresholds reported activity at baseline levels, indicating that the influenza season may be coming to an end in Europe.

-Few countries reported influenza detections and the number of detections was low. Specimens collected from individuals presenting with ILI or ARI to sentinel primary health care sites yielded an influenza virus positivity rate of 16%, this rate was mainly driven by a high proportion of positives in one country.

-In a subset of specimens from patients with severe acute respiratory infection (SARI) collected in week 17/2019 that were tested for influenza viruses, 3.5% were positive and all viruses detected were type A.

-Pooled data from 20 Member States and areas reporting to the EuroMOMO project indicated that all-cause mortality remained at levels expected for this time of year. [European Center for Disease Prevention and Control/WHO](#)

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1,300 hit by food poisoning in Mexico

2 May- More than 1,300 people have suffered suspected food poisoning in the Mexican state of Veracruz after eating cake. The Veracruz government reported that 1,358 people were treated in eight hospitals and clinics. People ate the cake, described as being in “poor condition” as part of a celebration of Children’s Day, which is marked every April 30 in Mexico. The Ministry of Health of Veracruz posted a statement on Facebook confirming medical attention was given to intoxicated adults, infants and three pregnant women. According to a health agency in Veracruz (SESVR), ingestion of contaminated food happened during an event organized by a non-governmental organization which distributed tamales, cake and beverages. A tamale is made with ground meat packed in dough, wrapped in corn husks, and steamed. The non-governmental organization World Vision Mexico issued a statement saying food for the event was provided by different organizations and it was working with authorities to determine the cause of the illnesses. Between two and four hours after the event, infants had abdominal pain, vomiting and diarrhea. Initial evaluations did not find severe cases or deaths but emergency care continues and more patients are expected due to any incubation period. [Food Safety News](#)

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Canada again expands recall of pea shoots because of Listeria

6 May- For the second time since April 19 the Canadian government has posted an expansion of a recall of raw pea shoots from Golden Pearl Mushrooms Ltd. The recalls all report positive test results for *Listeria monocytogenes*. It can take up to 70 days after exposure to *Listeria monocytogenes* for symptoms of listeriosis to develop. Public health officials advise consumers who have eaten any food recalled for *Listeria* contamination to monitor themselves for several weeks and seek medical attention if they develop symptoms. The Canadian Food Inspection Agency has not been able to provide specific distribution details, initially reporting that the raw pea shoots were only sent to some provinces, then reporting that they could have been sent to retailers nationwide. As with the recalls posted April 19 and 24, the new recall names only GPM brand pea shoots. Similar to other fresh sprouts, pea shoots are generally served raw, with no kill step to eliminate bacteria, viruses and parasites. [Food Safety News](#)

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Cargill recalls feed for excessive aflatoxins; handlers at risk of liver damage

8 May- Cargill pulled a variety of animal feeds with excessive levels of aflatoxins from retail shelves from February through April, but the company did not announce the action until this week. Aflatoxin is a fungal toxin that commonly contaminates maize and other types of crops during production, harvest, storage or processing, according to the Centers for Disease Control and Prevention. Exposure to aflatoxin is known to cause both chronic and acute liver damage in humans. People working with or eating contaminated feeds or foods are at risk of illness. In its announcement posted with the Food and Drug Administration this week, Cargill did not reveal the volume of a dozen types of feed products subject to the recall. For two other feed products, Cargill reported single buyers had purchased two tons of poultry feed and 23 tons of dairy cattle feed, respectively. [Food Safety News](#)

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CDC's chicken washing warning sparks fierce debate: 'You sound crazy'

4 May- The Centers for Disease Control and Prevention (CDC) certainly had some cooks steaming over their tweet last week that advised consumers to stop washing raw chicken before cooking it. The April 26 tweet received nearly 1,000 comments and 1,600 retweets, with many weighing in over whether or not to follow the health agency's advice. "We didn't mean to get you all hot about not washing your chicken!" the agency tweeted on April 29. "But it's true: kill germs by cooking chicken thoroughly, not washing it. You shouldn't wash any poultry, meat, or eggs before cooking. They can spread germs around your kitchen. Don't wing food safety!" [Fox News](#)

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CDHP warns public not to eat oysters from Baja after 12 illnesses reported

7 May- The California Department of Public Health is recommending that consumers avoid eating raw oysters harvested from Estero El Cardon in Baja California Sur, Mexico, because they are linked to an outbreak of gastrointestinal illnesses in California. A dozen people reported illness in February, March, and April after consuming raw oysters sold by restaurants and retailers in Los Angeles, Orange, Santa Barbara, and San Diego Counties. The raw oysters have been distributed throughout the state. Laboratory testing was performed for eight patients and multiple pathogens were identified: *Vibrio parahaemolyticus* in 3, *Vibrio albensis* in 1, *Vibrio* species unidentified in 1, *Shigella flexneri* serotype 1 in 2 cases, and norovirus in 1. One of the *Vibrio parahaemolyticus* patients was co-infected with non-O157 Shiga toxin-producing *E. coli*. The investigation is ongoing. CDPH continues to work closely with local health jurisdictions to collect information about the sick people. Traceback evidence collected to date confirms that the oysters were

harvested from Estero El Cardon. Shellfish authorities in Mexico have been notified about the outbreak and are investigating. [Food Safety News](#)

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Cholera, more civilian casualties feared in Libya: WHO

8 May- A month-old battle for Libya's capital Tripoli risks causing an "exponential" rise in civilian casualties as well as outbreaks of deadly diseases including cholera, the World Health Organization (WHO) said on Wednesday. Both sides are using ever more sophisticated weapons in a conflict straining life-saving hospital supplies near front lines that will last only a few more weeks, Dr. Syed Jaffar Hussain, WHO representative in Libya, also said in an interview. So far, 443 people have been killed and 2,110 injured since the assault by eastern commander Khalifa Haftar's forces on the internationally-recognized government, according to WHO. Twenty-three civilians have died, including four health workers. At least 60,000 people who have fled the fighting in southern outskirts are in makeshift refuges, swelling the city center's nearly half a million population, Hussain added. "The numbers will increase definitely, because the fighting is closing in toward the center, or the more populated area in Tripoli, where then there is a higher likelihood that more and more civilians will be trapped in the cross-fire and there will be more and more civilian casualties," he told Reuters. [Reuters](#)

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Denmark and Sweden investigating Yersinia outbreak

4 May- Danish officials are investigating an outbreak of Yersinia after 18 people fell ill in March. Statens Serum Institut, a public health research institute, reported the source of infection is still unknown. Cases in the outbreak in Denmark have been linked to more than 60 infections in Sweden. The 18 confirmed Yersinia enterocolitica cases live across the country. Ten of those ill are women and eight are men aged from two to 74 years old. Most patients are between 20 and 30 years old. One person needed hospital treatment. Cases have been recorded in Hovedstaden, Sjælland, Syddanmark, Midtjylland, and Nordjylland. [Food Safety News](#)

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More eggs recalled as Salmonella outbreak investigation continues

8 May- Port Stephens Eggs has issued a recall in Australia because of potential Salmonella Enteritidis contamination. Eggs were sold at local butchers, independent supermarkets and retailers in Port Stephens, New South Wales. They were stamped NSW 219 and have best-before dates up to and including June 8. Port Stephens Eggs Country Fresh Eggs Just Free to Range Eggs in 700-gram cardboard boxes and Port Stephens Eggs 12 Free Range Eggs Jumbo in 800-gram cardboard boxes are affected. The NSW Food Authority advised that food products contaminated with Salmonella may cause illness if consumed. The agency

told consumers concerned about their health to seek medical advice and to return products to the place of purchase for a full refund. Salmonella Enteritidis can be found in the egg whites and yolk, not just on shells which makes it different than other strains. To minimize food safety risks eggs should be cooked thoroughly. Port Stephens Eggs is the fifth company, after Steve's Fresh Eggs, Synergy Produce Pty. Ltd., Bridgewater Poultry Eggs, Ash and Son Eggs, and Glendenning Farms to recall eggs since September 2018 as part of an investigation into a Salmonella outbreak. [Food Safety News](#)

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Not listing milk on label requires 1,047 ton recall by Conagra of P.F. Chang's products

4 May- Conagra Brands Inc., in Russellville, AR, has recalled approximately 2,094,186 pounds of frozen entrees due to misbranding and an undeclared allergen, according to the U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS). The product contains milk, a known allergen, which is not declared on the product label. The P.F. Chang's Home Menu Chicken Pad Thai and Chicken Fried Rice are frozen, heat treated, not fully cooked and not shelf stable. They were produced on various dates between Oct. 1, 2018 and April 11, 2019, with "Best By" dates of Sept. 26, 2019 through April 5, 2020. The chart contains a list of the products subject to recall. The products subject to this recall bear establishment number "EST. P-115," which appears on the panel above the nutritional statement as "P115" along with the best by date. These items were shipped to retail locations nationwide and impacts only the P.F. Chang's Home Menu Brand products listed. It does not include any product sold at P.F. Chang's restaurants. The problem was discovered when Conagra Brands, Inc. conducted a routine label verification check and determined that the product did not declare milk on the label. [Food Safety News](#)

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Source of contamination for food aid linked to 3 deaths remains elusive

4 May- The World Food Programme (WFP) has halted global distribution of a fortified blended food linked to illnesses in Uganda with investigations so far unable to find what caused the outbreak. The United Nations agency has temporarily stopped distribution of Super Cereal from one supplier as testing continues to establish whether it is linked to illness in East Africa. Food supplies on hold around the world total more than 21,000 metric tons with an estimated replacement value of US\$22 million. Three people died and 293 were admitted to health centers in the Karamoja region of Northeast Uganda in March and April after eating Super Cereal, distributed by WFP to prevent malnutrition. Super Cereal is maize or wheat blended with soya beans, fortified with vitamins and minerals, processed into flour and supplied in 25-kilogram bags. In March, 262 people were sickened in Uganda with symptoms of mental confusion, vomiting, headache, high fever, and abdominal pain. Officials urged people to stop eating the food until further notice. The WFP appealed for

calm while investigations were ongoing. Officials requested people report any suspected illnesses to the nearest health facility. [Food Safety News](#)

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Tyson chicken strip recall for metal pieces expanded to nearly 6000 tons

4 May- Arkansas's Tyson Foods, Inc. has recalled approximately 11,829,517 million pounds of frozen, ready-to-eat chicken strip products that may be contaminated with extraneous materials, specifically pieces of metal, according to the U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS). This recall is an expansion of the March 21, 2019 recall, which consisted of 69,093 pounds of frozen, ready-to-eat chicken strip products. The scope of this recall expansion now includes more information and an additional 11,760,424 pounds of product. The frozen, ready-to-eat chicken strip items were produced on various dates from Oct. 1, 2018 through March 8, 2019 and have "Use By Dates" of Oct. 1, 2019 through March 7, 2020. The chart contains a list of the products subject to recall. The products subject to recall bear establishment number "P-7221" on the back of the product package. These items were shipped to retail and Department of Defense locations nationwide, for institutional use nationwide and to the U.S. Virgin Islands. The problem was discovered when FSIS received two consumer complaints of extraneous material in the chicken strip products. FSIS is now aware of six complaints during this time frame involving similar pieces of metal with three alleging oral injury. [Food Safety News](#)

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Undeclared soy necessitates recall of frozen, ready-to-eat meatballs

8 May- A California company is recalling about 1,600 pounds of ready-to-eat chicken meatballs because they contain a soy ingredient that is not declared on the label, which is a violation of federal law. Santa Fe Importers Inc. of Long Beach, CA, establishment, is recalling the frozen chicken Thai-style meatballs, which were produced and packaged April 24, according to a recall notice posted by the USDA's Food Safety and Inspection Service (FSIS). There is concern that some of the recalled product may still be in restaurant freezers. Anyone who has purchased these products is urged not to consume or serve them. These products should be thrown away or returned to the place of purchase...All of the recalled frozen, ready-to-eat chicken meatballs have the establishment number "EST. P-4118" printed inside the USDA mark of inspection on their labels. The implicated chicken meatballs also have a date code of "04/24/2019" and case code "114-102130" on the labels. [Food Safety News](#)

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WELLNESS

From gloom to gratitude: 8 Skills to cultivate joy

5 May- Feel like you're living under a rain cloud? Life not going your way? Lots of us have a bit of Eeyore's angst and gloom. But here's the good news (sorry to be so cheery): You can be taught to have a more positive attitude. And — if you work at it — a positive outlook can lead to less anxiety and depression. The latest evidence comes from a new study of caregivers — all of whom had the stressful job of taking care of a loved one with dementia. The study found that following a five-week course, participants' depression scores decreased by 16 percent and their anxiety scores decreased by 14 percent. The findings were published in the current issue of Health Psychology. The course teaches eight skills to help people cope with stress. Techniques include mindfulness and deep breathing, setting an attainable daily goal, keeping a gratitude journal and — yes, it works — performing small acts of kindness. [NPR](#)

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The health benefits of fasting

5 May- ...Experts have also found that restricting food intake during the day can help prevent health problems such as high cholesterol, heart disease and obesity, as well as improve mental health and wellbeing. By not consuming any food, our body is able to concentrate on removing toxins, as we give the digestive system a rest. Nutritionist Claire Mahy told Al Jazeera: "Fasting allows the gut to cleanse and strengthens its lining. It can also stimulate a process called autophagy, which is where cells self-cleanse and remove damaged and dangerous particles." Scientists have also been studying the link between diet, gut health and mental wellbeing and, as Mosley explained, fasting can lead to the release of BDNF (brain-derived neurotrophic factor) in the brain. "This has been shown to protect brain cells and could reduce depression and anxiety, as well as the risk of developing dementia," Mosley added. Many people who have embraced fasting have also found that, done properly, it has helped them lose fat and gain lean muscle mass. [Al Jazeera](#)

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USAFRICOM

Africa: Democratic Republic of the Congo- Warns of new Ebola wave after latest violence

6 May- Spasms of insecurity and violence continued to rock Ebola hot spots in the Democratic Republic of the Congo (DRC) outbreak region over the weekend, temporarily halting response activities in Butembo, as the number of new cases reported in recent days grew by 43. In research developments, a new study on the impact of intravenous (IV) fluid

therapy during West Africa's outbreak found no difference in survival at the 28-day mark compared with people who didn't receive it, though the investigators said randomized controlled trials are needed to clarify its impact and role in resource-limited field settings. [Cidrap](#)

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USCENTCOM

Afghanistan and Pakistan: Three wild poliovirus cases reported in past week, 15 total cases in 2019 to date

5 May- Officials with the Global Polio Eradication Initiative (GPEI) reported three additional wild poliovirus type 1 (WPV1) cases from Afghanistan and Pakistan, bringing the total for 2019 to date to 15. In Afghanistan, one WPV1 case was reported from Nawzad district in Helmand province this past week. The onset of paralysis was on 3 April 2019. There are now seven WPV1 cases reported in 2019 from Afghanistan. Two wild poliovirus type 1 (WPV1) cases were confirmed in Pakistan, one from Bannu district in Khyber Pakhtunkhwa province and one from North Waziristan district in Khyber Pakhtunkhwa. The cases have onset of paralysis reported on 2 and 4 April 2019, respectively. There are a total number of eight WPV1 cases in Pakistan. Lastly, on Tuesday, GPEI launched the Polio Endgame Strategy 2019-2023, which will guide the program and its partners to overcome the final hurdles to eradication and move toward sustaining a polio-free future. The strategy details the three main goals—eradication, integration and certification and containment. It also addresses the three key risks towards achieving global eradication of WPV—insecurity and conflict, weak and fragile health systems and operational and resource risks. [Outbreak News Today](#)

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USEUCOM

Measles in Ukraine, WHO Europe update and Madagascar sees decreasing trend

6 May- The measles outbreak in Ukraine increased by 1,399 cases during the past week, according to the Center for Public Health of the Ministry of Health of Ukraine. This brings the total cases 45,147 since the beginning of the year. Seventeen people died from complications of measles to date. Since the middle of 2017, more than 100,000 people contracted measles in Ukraine and 38 died. [Outbreak News Today](#)

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Mongolia: Plague quarantine lifted; is foodborne transmission possible?

7 May- In a follow-up on the report of two plague deaths, a husband and wife in Mongolia, who reported consumed raw marmot meat, the BBC reports that the 6-day quarantine has been lifted. According to Ariuntuya Ochirpurev with the World Health Organization (WHO), the couple had eaten raw marmot meat and kidney, thought to be a folk remedy for good health. The quarantine was imposed due to suspicion that the couple developed pneumonic plague, a form of the disease that can be transmitted person-to-person. More than 100 contacts were given antibiotic prophylaxis. [Outbreak News Today](#)

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New Zealand: Auckland measles outbreak up to 40, Wellington reports 1st case

6 May- The number of measles cases in the New Zealand outbreak this year is now well over 100 and Auckland health officials are officially reported 40 confirmed cases as of today. In Wellington, the Capital & Coast District Health Board (CCDHB) is reporting a case of measles has been confirmed at Wellington Regional Hospital in a teenager visiting the region. In total, New Zealand has reported 111 measles cases thus far in 2019, including 14 cases in past week. Of the total, 95 cases were unvaccinated, eight partially vaccinated and eight fully vaccinated. Health officials remind the public that measles is very contagious. A person with measles is infectious from 5 days before and until 5 days after the rash appears (about 10 days in total). During this time the infected person needs to stay away from other people; children need to be kept home from school and adults from work, do not invite other children or visitors to your house. Measles can cause serious complications including diarrhea, ear infections, pneumonia and encephalitis (swelling of the brain). About 1 in 10 people with measles will need hospital treatment. Vaccination with the MMR vaccine is the best way to protect against measles. You need 2 doses to be fully immunized. [Outbreak News Today](#)

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South Korea: CDC reports 1st severe fever with Thrombocytopenia Syndrome (SFTS) case of 2019

4 May- Officials with the Korea Centers for Disease Control and Prevention (KCDC) report (computer translated) the first case of the tick-borne infection, severe fever with thrombocytopenia syndrome (SFTS) in a 55-year-old female from Chungcheongnam-do (Chungnam) province in the west of the country. This has prompted health officials to advise the public to take precautions when doing outdoor activities to avoid tick bites. The

patient was gardening prior to the appearance of symptoms. On April 28th, she presented with symptoms of fever and erythema and was hospitalized at the medical institution. SFTS testing returned positive. [Outbreak News Today](#)

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USNORTHCOM

Canada: Alberta grapples with ‘alarming’ increases in syphilis and gonorrhea

4 May- Alberta Health Services (AHS) is reporting that across the province, the number of infectious syphilis and gonorrhea cases continue to rise at alarming rates. Gonorrhea cases have more than doubled from 1900 cases in 2014 to over 5,000 cases in 2018 and syphilis cases have increased from 160 in 2014 to over 1500 cases in 2018. In addition, Edmonton Zone has reported six out of 10 of the 25 congenital syphilis cases reported since 2015. Two fetal deaths were reported. The Medical Officer of Health, Christopher Sikora MD is advising primary care providers talk to their patients about sexual health and complete the following:

- Create an inclusive environment that values sexual, gender and cultural diversity where everyone feels safe, respected and free of discrimination, keeping in mind that all genders and socio-economic groups are affected by this outbreak.
- Ask all adult and adolescent patients for permission to take a sexual history at every reasonable opportunity, be it during walk-in or follow-up visits.
- Provide safe sex counselling, which includes the promotion of condom use when appropriate.
- Provide appropriate syphilis, gonorrhea, chlamydia, hepatitis B and HIV screening for all sexually active and pregnant patients if indicated.
- Advise patients on immunization for related infections (i.e. Hepatitis B, HPV and Hepatitis A). [Outbreak News Today](#)

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U.S.: California- Additional measles case reported in Los Angeles, 1st case in Long Beach

5 May- LA County health officials report investigating an additional confirmed case of measles in a Los Angeles County resident and an additional non-resident measles case that traveled throughout Southern California. This brings the measles tally in LA County to eight among Los Angeles County residents in 2019, and six non-resident measles cases that traveled through the county. Of the eight measles cases among residents, three are not linked to any of the others, and two of these cases are linked to international travel. The majority of the cases were unvaccinated. “It is very important if you or someone you know has symptoms of measles or has been exposed to measles to contact your healthcare

provider by phone right away before going in," said Muntu Davis, MD, MPH, and Los Angeles County Health Officer. "We will likely see additional measles cases in Los Angeles County, so if you are not already immune to measles, the best way to protect yourself and to prevent the spread of measles is to get the measles immunization, with two doses of measles immunization being about 97% effective at preventing measles." Individuals who have been free of symptoms for more than 21 days after exposure are no longer at risk.

[Outbreak News Today](#)

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USSOUTHCOM

Brazil: 1st human rabies case reported in Santa Catarina in nearly 40 years

7 May- Santa Catarina State, Brazil health officials are reporting (computer translated) a human rabies death in 58-year-old woman from Gravatal over the weekend. This is the first human rabies case in the state since 1981. There was no information regarding a history of animal exposure. The last cases of rabies in dogs and cats were recorded in 2006, in the municipalities of Xanxerê (one dog and one cat), Itajaí (one dog), and in 2016, in Jaborá (one dog). Santa Catarina is considered a controlled area for animal rabies in the urban cycle. The Office of Epidemiological Surveillance of Santa Catarina met with the Regional Health Management, the Municipal Health Department of Gravatal and Capivari de Baixo, CIDASC (Integrated Company for Agricultural Development of Santa Catarina) and UNISUL for the development of actions, as per Ministry of Health protocol. [Outbreak News Today](#)

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