

12 April 2019

# Army Public Health Weekly Update

Army Public Health Center



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We're sorry for the inconvenience.

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- Brazil: Rio de Janeiro- Powerful, 'abnormal' rains lash, at least six dead

## U.S. MILITARY

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### A unit will soon deploy with the newest night vision devices that can take troops from ‘marksman to expert’

9 April- An armored brigade combat team headed to South Korea later this year will take with them the Army’s most advanced night vision optic, a binocular device that includes thermal imaging and connects to the soldier’s weapon with a camera and sight picture that feeds into the goggle display. The Enhanced Night Vision Goggle-Binocular has been touted by commanders including Army Chief of Staff Gen. Mark Milley over the past year as a leap-ahead technology in night vision. Army infantry, Rangers and Marines have tested the device, which is expected to be with the unidentified ABCT by October. “I have used the goggle. I have shot [with] the goggle. It is better than anything I’ve experienced in my Army career,” Lt. Gen. James Richardson, deputy commander of Army Futures Command, said in recent congressional testimony. [Army Times](#)

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### Car bomb kills 3 U.S. troops and a contractor in Afghanistan

8 April- Three U.S. service members and one contractor were killed by an improvised explosive device Monday near Bagram Air Base, Afghanistan. Three other U.S. service members were wounded in the blast, U.S. Forces-Afghanistan said in a press release Monday afternoon. The wounded troops were evacuated and are receiving medical care, U.S. officials said. The Taliban claimed responsibility for the attack through the group’s spokesman, Zabihullah Mujahid. The insurgent group claimed the attack was conducted by a suicide vehicle-borne IED. The identities and units of those killed are being withheld until 24 hours after their next of kin have been notified. Bagram Air Base is one of the largest U.S. military bases in Afghanistan. The airfield is located in the country’s northern Parwan province. [Military Times](#)

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### Is military aviation getting any safer? New mishap data shows mixed results

8 April- Last spring Military Times reported that the Navy, Marine Corps, Army and Air Force’s aircraft were in deep trouble. Manned aviation accidents had spiked almost 40 percent over the past five years, killing 133 service members since 2013. More catastrophic crashes followed and Congress got laser-focused on the problem. After multiple hearings, lawmakers injected \$39.4 billion into this year’s budget “to begin to overcome the crisis in military aviation by getting more aircraft in the air.” Capitol Hill also passed legislation creating a National Commission on Military Aviation Safety. No one expected a quick fix.

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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.



The 2013 budget cuts — known as “sequestration” — had contributed to a hollowing of the maintainer force, an exodus of skilled pilots and had left aircraft without spare parts, rendering them unable to fly. At the same time, intensified air operations against the Islamic State and back-to-back years when Congress was unable to pass a budget on time compounded the problem. The accidents climbed. So now, a year later, and again through multiple Freedom of Information requests, Military Times has obtained updated data to report on every major aviation accident that has occurred during the past year to answer the question: Are things getting better? For too many military families, the answer was no. Military aviation accident deaths hit a six-year high in fiscal year 2018, killing another 38 pilots or crew. Of those most recent deaths, 24 were killed on training flights. Two were crew killed by rotor blades; another died when an HH-60H Navy Pave Hawk fuel tank dropped and struck him. Eleven died in non-hostile aviation accidents that occurred while they were deployed. For comparison, in that same time frame, 25 service members died in attacks in Iraq, Syria and Afghanistan. [Military Times](#)

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## Two Georgia veterans died by suicide at VA hospitals this past weekend

9 April- Two veterans in Georgia took their own lives this past weekend, in separate incidents, each in front of a Veterans Affairs facility. The first incident occurred Friday in a parking lot outside the Carl Vinson Veterans Affairs Medical Center in Dublin, Georgia. The second, which occurred just one day later, reportedly involved a 68-year-old who shot himself outside the Atlanta VA Medical Center, the Atlanta Journal-Constitution reported. The VA has not released the identities of those involved or any additional details of the incidents. “This incident remains under investigation and we are working with the local investigating authorities,” an email from the VA, obtained by the AJC, said. “The family has been contacted and offered support.” The two suicides signal a continuation of an alarming trend of veterans taking their own lives on VA campuses. Between October 2017 and November 2018, 19 veterans died by suicide on the grounds of VA medical facilities, according to a report from the Washington Post. Many believe these grisly incidents are final acts of protest by former service members who feel the country they served turned its back on them. [Military Times](#)

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## 2017 DRC Ebola event tied to novel strain as current outbreak grows

5 April- A new analysis of a 2017 Ebola outbreak in the Democratic Republic of the Congo (DRC) that occurred in a remote location and was limited to 16 cases involved a novel variant of the virus and was probably triggered single spillover, according to a new study. In other Ebola developments, World Health Organization (WHO) vaccine advisors this week recommended that lactating women and babies older than 6 months be included in the Ebola ring vaccination campaign, and the DRC's health ministry today reported 10 more cases. [CIDRAP](#)

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## Alarming rise in children taken to the ER with suicidal thoughts or attempts, analysis finds

9 April- The number of children across the U.S. who have been taken to the emergency room for suicidal attempts or thoughts has doubled since 2007, according to a new analysis. The report, published Monday in JAMA Pediatrics and based on data extracted from the Centers for Disease Control and Prevention (CDC)'s National Hospital Ambulatory Medical Care Survey, concluded that diagnoses of suicide-related behavior of children aged between 5 and 18 burgeoned from 580,000 in 2007 to 1.12 million in 2015 – marking an uptick of 2.17 percent of all visits to 3.5 percent in the eight-year period. The average age of the child sampled for data collection was 13, but some 43 percent of those taken to the ER with suicidal attempts or tendencies were between 5 and 11 years old. "The trend of increased rates of suicide ideation and suicidal thoughts amongst the most precious of our society is more than alarming; it is also disheartening," Dr. Melanie Burkholder, a Board Certified Counselor, told Fox News. [Fox News](#)

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## A new way to detect Parkinson's—by smell

10 April- ...This study highlights the potential of analyzing the sebum from Parkinson's patients and raises the possibility that individuals can be screened non-invasively using a diagnostic device with a nose for these odor-based biomarkers. Such a device could allow earlier diagnosis and treatment to prevent the disease from progressing to stages with severe symptoms. However, with samples from just over 60 people, the current study is limited by sample size. The next steps are to study the sebum of more patients for an odor signature to establish a panel of odor-based biomarkers associated with Parkinson's disease. Without an objective test, such as a blood test or brain scan, to make a definitive diagnosis of Parkinson's disease, doctors instead look for key neurological symptoms. However, the misdiagnosis rate remains significant because the symptoms are similar to

### Army Mold Remediation Guidance

This document provides the Army's guidance for remediation of clean water damage and mold contamination. This guide has been designed to provide information to industrial hygienists, facility managers, and anyone else who needs assistance with mold remediation. It will guide them in making a reasonable judgment as to whether the situation can be handled in-house or if additional assistance is required (i.e., contracting out).



**The Surgeon  
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other neurological conditions, and patients cannot be treated until symptoms manifest. As the foundation of a diagnostic medical device, odorous biomarkers for Parkinson's can open new avenues for facilitating earlier detection of the disease to prevent progressive neurodegeneration and motor symptoms, such as tremor. However, the concept of using disease-associated odorous biomarkers as the basis for a medical device has been simmering for nearly 40 years and so far come up empty handed. Since the 1980s, devices called 'electronic noses' that mimic the human olfactory system have been developed but have only been used for research purposes. In the future, the development of new sensors with improved sensitivity could make the electronic nose an effective clinical tool for the early detection of Parkinson's and other health problems such as infections, tumors, and exposure to toxic agents. An electronic nose with the accuracy to identify specific volatile organic compounds has the potential to yield a catalog of diagnostic odorous biomarkers for patients with diseases that cannot be diagnosed with traditional clinical tools. [Scientific American](#)

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## ASF outbreak reported in Xinjiang Uygur

9 April- The China Ministry of Agriculture and Rural Areas reported this week (computer translated) on an additional African swine fever (ASF) outbreak in the Xinjiang Uygur Autonomous Region. The outbreak occurred on a farm in Yecheng County. This resulted in the death of 39 pigs out of a farm of 341. Immediately after the outbreak, the Ministry of Agriculture and Rural Affairs sent a steering group to the local area. The local government has started the emergency response mechanism according to the requirements, and adopted measures such as blockade, culling, harmless treatment, disinfection, etc., to treat all the sick and culled pigs harmlessly. At the same time, all pigs and their products are prohibited from being transferred out of the blockade, and pigs are prohibited from being transported into the blockade. At present, the above measures have been implemented. Since the first cases last August, China has now reported more than 110 cases of ASF.

[Outbreak News Today](#)

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## CDC finds 78 new measles cases as outbreak sprints toward record and experts blame anti-vaxxers

9 April- For the second week in a row, U.S. health officials added dozens of new reports to the year's list of confirmed measles cases, bringing the total to 465 — already the highest number in the past five years. It's another significant milestone on the road to what will probably become a record outbreak after vaccines led to the disease's "elimination" in the United States. The number of people sickened by the highly contagious, occasionally deadly disease climbed by 78 during the first week of April, as four more states reported their first cases of 2019. Now, measles has been found in more than a third of U.S. states — up and down both coasts, and across the plains, the Midwest and the South — with most of the illnesses occurring in children. In 2000, officials announced that they had eradicated measles

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in the United States. Yet since then, there have been years when the number of cases has surged, notably in 2014, when 667 were reported — the highest annual total since the turn of the century. That year, the disease was reported at a rate of 1.83 cases per day. In 2019, however, the rate has increased to 4.84 cases a day. If that pace continues, this year could surpass 2014 by June. As The Washington Post has previously reported, public health experts link the surge to pockets of unvaccinated children across the country, populations deemed vulnerable in large part because their parents have hesitated or refused to get them immunized. One of the main reasons is an anti-vaccination movement that has spread misinformation around the world. [Washington Post](#)

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## Culture of secrecy shields hospitals with outbreaks of drug-resistant infections

8 April- In January, the Centers for Disease Control and Prevention sent out an urgent public alert about a deadly bacteria, resistant to virtually every known antibiotic that sickened more than a dozen Americans who had elective surgery at Grand View Hospital in Tijuana, Mexico. But when similar outbreaks take place at hospitals on American soil, the C.D.C. makes no such public announcement. That is because under its agreement with states, the C.D.C. is barred from publicly identifying hospitals that are battling to contain the spread of dangerous pathogens. The rise of a deadly drug-resistant fungus called *Candida auris*, a focus of a New York Times report last weekend, has raised fresh questions about the secrecy enveloping infectious outbreaks at American medical institutions. [New York Times](#)

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## Cure for Hepatitis B Pushed

10 April- The International Liver Conference kicked off here today with a push to find a cure – not just maintenance treatment – for the one quarter billion people living with hepatitis B virus (HBV) infection, but researchers said that finding a cure could be elusive, and it certainly won't come quickly. "I think we are still at least 3 years away from starting a Phase III clinical trial that would probably include a combination therapy," said Massimo Levrero, PhD, a member of the governing body of the International Coalition to Eliminate HBV (ICE-HBV) and director of the Cancer Research Centre of Lyon in France. Levrero, one of several participants in a press conference at the start of the 5-day annual meeting of the European Association for the Study of the Liver, told Med Page Today that there are numerous drug treatment candidates being tested to attack various structures of the virus, but he compared HBV to HIV rather than hepatitis C virus – for which an 8-week functional cure is now available. "Hepatitis B is very different than hepatitis C, and it is very difficult to eradicate, as is HIV," he said. [Med Page Today](#)

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## **Dramatic rise in STIs with PrEP among gay, bisexual men**

9 April- Rates of sexually transmitted infections (STIs) went higher among men after they began pre-exposure prophylaxis (PrEP) to prevent HIV infection, Australian researchers found. Among patients (most of them gay or bisexual) with pre-enrollment data, incidence of STIs rose from 69.5 per 100 person-years prior to enrollment to 98.4 per 100 person-years during follow-up, reported Michael W. Traeger, of the Burnet Institute in Melbourne, and colleagues. After adjusting for testing frequency, significant increases in incidence of any STI (adjusted incidence rate ratio 1.12, 95% CI 1.02-1.23) and chlamydia (adjusted IRR 1.17, 95% CI 1.04-1.33) were seen, the authors wrote in JAMA. This was an exploratory outcome of the study, whose primary outcome was the incidence of any STI during the follow-up period in all participants (including those without pre-enrollment data) -- a rate of 91.9 per 100 person-years, they noted. The rising rates of STIs linked to PrEP use has become a controversial topic. One recent article in the U.S. edition of The Guardian suggesting that PrEP may be "propelling" the epidemic of STIs, citing a meta-analysis by Traeger's group that found PrEP use was linked with a significant increase in rectal chlamydia and any STI diagnosis. However, Traeger and colleagues noted here that "many studies have lacked comprehensive data for STI incidence prior to use of PrEP, and only a few have accounted for changes in population STI rates or for the confounding effect of increased STI testing." Researchers examined a secondary study objective from the Pre-exposure Prophylaxis Expanded (PrEPX) study, whose primary objective was "to measure changes in population-level HIV incidence in Victoria, Australia following study rollout." It looked at 2,981 participants in 5 Australian Collaboration for Coordinated Enhanced Sentinel Surveillance (ACCESS) clinics, who had at least one follow-up visit. [Med Page Today](#)

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## **Emerging fungus-Candida auris**

29 March- Candida auris is an emerging fungus that presents a serious global health threat. CDC is concerned about C. auris for three main reasons:

- It is often multidrug-resistant, meaning that it is resistant to multiple antifungal drugs commonly used to treat Candida infections.
- It is difficult to identify with standard laboratory methods, and it can be misidentified in labs without specific technology. Misidentification may lead to inappropriate management.
- It has caused outbreaks in healthcare settings. For this reason, it is important to quickly identify C. auris in a hospitalized patient so that healthcare facilities can take special precautions to stop its spread.

CDC encourages all U.S. laboratory staff who identify C. auris to notify their state or local public health authorities and CDC at [candidaauris@cdc.gov](mailto:candidaauris@cdc.gov). [CDC](#)

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## **Guyana update: 2nd Chinese worker died from leptospirosis**

7 April- In a follow-up on the leptospirosis outbreak among Guyana Manganese Inc. (GMI) workers, local media report a second Chinese worker has died after falling sick. Both fatalities were found to have died due to hemorrhagic pneumonia as a result of leptospirosis, according to post mortem examinations. At least a dozen workers at the Manganese operation in Region One have fallen ill recently. The health ministry found that the affected patients had previously worked to clean a tunnel of bat droppings and other items. Leptospirosis is a disease spread by animal urine. People get infected when they come in contact with urine of infected animals or with urine-contaminated water, soil, or food. Symptoms include fever, headache, chills, muscle aches, vomiting, jaundice (yellow eyes and skin), red eyes, stomach pain, diarrhea, and rarely, a rash. This disease can be deadly and in the more severe cases can cause kidney or liver failure, meningitis (swelling of the tissue covering the brain), or bleeding in the lungs. Leptospirosis can be treated with antibiotics. The US Centers for Disease Control and Prevention (CDC) says the risk of acquiring leptospirosis can be greatly reduced by not swimming or wading in water that might be contaminated with animal urine, or eliminating contact with potentially infected animals. Protective clothing or footwear should be worn by those exposed to contaminated water or soil because of their job or recreational activities. [Outbreak News Today](#)

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## **Pediatrician group urges recall of baby rocker linked to infant deaths**

10 April- The American Academy of Pediatrics called on the U.S. Consumer Product Safety Commission (CPSC) on Tuesday to issue a full recall of the "Fisher-Price Rock 'n Play Sleeper" infant rocker, which has been linked to 32 infant deaths, it said on its website. The infant deaths were tallied by an analysis from the consumer watchdog group, Consumer Reports. "AAP urges all parents to stop using the product immediately," the pediatricians' association said in an announcement. "This product is deadly and should be recalled immediately," said Kyle Yasuda, president of the pediatrician group. A representative for Fisher-Price could not be reached early Wednesday. But the company said on its website that it voluntarily issued a joint alert with the CPSC on April 5, to "warn parents and caregivers to discontinue use of Rock 'n Play Sleeper when infants begin to roll over," or when the child turns three months old. "Child safety is our priority," the company said. The deaths occur when infants rolled from their backs to their stomach or side and could not breathe, the joint alert said. The sleeper features a cradle on a metal stand that rocks infants. The company said it will continue to work with the Consumer Product Safety Commission. But the AAP said on Tuesday that the warning does not go far enough. "We cannot put any more children's lives at risk by keeping these dangerous products on the shelves," Rachel Moon, a doctor with the AAP said in the statement. A representative with the CPSC was not available early Wednesday. [Reuters](#)

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## Precise brain stimulation boosts memory

8 April- Using electricity to precisely stimulate the brain can boost people's working memory, a study suggests. The team at Boston University, in the US, gave people in their sixties and seventies the working memory of someone in their twenties. The effect lasted at least 50 minutes after the stimulation stopped. But larger studies are now needed to see if stimulation could help people in the "real world" or in treating brain diseases like Alzheimer's...The researchers were focused on brainwaves in two regions of the brain involved in working memory - the temporal and prefrontal brain regions. "The brain is like a conductor of an orchestra, and it's using low frequency rhythms [brainwaves] to communicate information," says Dr. Reinhart. But the study showed that brainwaves become out of sync - like musicians giving a disjointed performance - as we age. The team at Boston University started by recording people's brainwaves with an electroencephalogram. They used electricity stimulation - specifically high definition transcranial alternating current - to strengthen and resynchronise the brainwaves. [BBC News](#)

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## Websites to be fined over 'online harms' under new proposals

8 April- Internet sites could be fined or blocked if they fail to tackle "online harms" such as terrorist propaganda and child abuse, under government plans. The Department for Digital, Culture, Media and Sport (DCMS) has proposed an independent watchdog that will write a "code of practice" for tech companies. Senior managers could be held liable for breaches, with a possible levy on the industry to fund the regulator. But critics say the plans threaten freedom of speech. The Online Harms White Paper is a joint proposal from the DCMS and the Home Office. A public consultation on the plans will run for 12 weeks. [BBC News](#)

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### INFLUENZA

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## AFHSB: DoD Seasonal Influenza Surveillance Summary

Seasonal Influenza Surveillance Summary - Week 13

NORTHCOM-Influenza activity continued to decrease and ranged from minimal to moderate depending on the state. No states had high activity.

EUCOM-Influenza activity was minimal across EUCOM.

PACOM-Influenza activity was minimal across PACOM, except for Hawaii which had low activity.

CENTCOM-Influenza activity was minimal in CENTCOM countries with available data.

AFRICOM-In Djibouti, influenza activity remained minimal.

SOUTHCOM-Influenza activity in Honduras and Cuba remained minimal. [DHA -Armed Forces Health Surveillance Branch](#)

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## **APHC: U.S. Army Influenza Activity Report**

Week ending 30 March 2019 (week 13): The overall number of positive respiratory specimens continue to decrease. In week 13, a 27% decrease in the number of positive specimens was noted when compared to week 12; there were 716 samples in week 12 and 526 samples in week 13. However, a 47% increase in the number of influenza B cases was noted; there were 30 cases in week 12 and 44 cases in week 13. Six influenza-associated hospitalizations with an onset date in week 13 were reported in the Disease Reporting System internet. Two of these cases were Active Duty (AD) Service Members (SMs). Outpatient visits for influenza-like illness in week 13 among AD SMs increased by 15% when compared to the previous week. Leaders should continue to stress the importance of proper hand hygiene and respiratory etiquette in the prevention of respiratory illnesses. [APHC](#)

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

2018-2019 Influenza Season Week 13 ending March 30, 2019

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

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

-Influenza-associated Pediatric Deaths: Six influenza-associated pediatric deaths were reported to CDC during week 13. Five deaths occurred during the 2018-2019 season and one death occurred during the 2017-2018 season. [CDC](#)

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## **ECDC: Flu News Europe**

Week 13/2019 (25-31 March 2019)

-Of 45 countries reporting on geographic spread, 11, located in northern, southern, and western areas of the European Region, reported widespread activity. Specimens collected from individuals presenting with ILI or ARI to sentinel primary health care sites yielded an influenza virus positivity rate of 32%, a decrease for the third week in a row.

-Of 45 countries reporting on influenza activity, 42 reported baseline or low intensity levels and none reported high intensity.

-Influenza type A virus detections dominated with more A(H3N2) than A(H1N1)pdm09 viruses among sentinel and non-sentinel source specimens. Very few influenza B viruses were detected.

-Of the specimens from patients with severe acute respiratory infection (SARI) collected in week 13/2019 that were tested for influenza viruses, 33% were positive and all viruses were type A.

-Pooled data from 22 Member States and areas reporting to the EuroMOMO project indicated that the excess mortality observed in previous weeks has returned to normal levels. [European Center for Disease Prevention and Control/WHO](#)

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## Flu shot effectiveness may be 'hindered' by food additives

7 April- Scientists at Michigan State University (MSU) said they have linked a common food preservative to an altered immune response that possibly hinders influenza vaccine effectiveness. This pre-human study in mice which was published on April 1, 2019, shows that Tert-butylhydroquinone (tBHQ), at a dose relevant to the human diet, impairs the primary and memory immune responses to influenza infection. "If you get a vaccine, but part of the immune system doesn't learn to recognize and fight off virus-infected cells, then this can cause the vaccine to be less effective," said Robert Freeborn, a fourth-year doctoral student who led the study with Cheryl Rockwell, an associate professor in pharmacology and toxicology at MSU, in a press release published on April 7, 2019. "We determined that when tBHQ was introduced through the diet, it affected certain cells that are important in carrying out an appropriate immune response to the flu." [Precision Vaccinations](#)

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### **VETERINARY/FOOD SAFETY**

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## 72 infected in five-state outbreak of rare E. coli O103, says CDC

5 April- The Kentucky-centered outbreak of the rare E. coli O103 strain infects 72 people in five states, according to the federal Centers for Disease Control and Prevention (CDC) in Atlanta. Eight people with the outbreak strain have been hospitalized, the CDC report says. No cases of the hemolytic uremic syndrome (HUS) or deaths have been reported. CDC says the U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS), the U.S. Food and Drug Administration (FDA), and several states are also involved in the ongoing investigation. The probe has yet to identify a specific food item, grocery store or restaurant that is responsible for the outbreak. CDC's report, coming shortly before noon on Friday,

was the first information released by the federal agency since Kentucky officials a week earlier disclosed the outbreak occurrence. "This is a rapidly evolving investigation," CDC said. "We will update our advice if a source is identified." [Food Safety News](#)

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## **43,000 pounds of beef recalled for plastic bits**

10 April- JBS Plainwell, Inc. of Plainwell, MI is recalling approximately 43,292 pounds of ground beef products that may be contaminated with extraneous materials, "specifically, pieces of hard plastic," the U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS) announced Tuesday. The firm received two complaints of green hard plastic in the ground beef products, and notified FSIS last Friday, April 5, leading to the recall. The ground beef loaf products were produced on March 20, 2019...The recalled products bear the establishment number "EST. 562M" inside the USDA mark of inspection or printed on the bottom of the label. These items were shipped to retail locations in Michigan and Wisconsin. [Food Safety News](#)

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## **Australia: NSW salmonella cases reach 167 cases linked to eggs**

8 April- NSW Health now report a total of 167 cases of Salmonella Enteritidis since the strain was first detected in May 2018. The outbreak is linked to contaminated eggs. The ongoing investigation into the outbreak have resulted in the following products to be recalled: Southern Highland Organic Eggs 300g (6 pack) and Southern Highland Organic Eggs 700g (12 pack). The Best Before dates on the cartons are all dates up to and including 9 May 2019. Consumers are advised they should not eat the eggs and to dispose of them in the garbage or return them to your place of purchase for a full refund. Proof of purchase is not required for recalled products. [Outbreak News Today](#)

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## **Bremer hot stuffed sandwiches recalled for foreign material**

8 April- J & J Snack Foods Handhelds Corporation of North Carolina is recalling about 56,578 pounds of stuffed sandwiches that may be contaminated with foreign materials. More specifically, the sandwiches may contain pieces of semi-transparent plastic, posing a choking hazard. No adverse events or injuries have been reported to date in connection with this recalled product. The recalled products were made on February 19 and February 20, 2019. They include:

-9-ounce carton packages containing 2 stuffed pepperoni sandwiches with "Bremer CLASSIC PEPPERONI PIZZA Hot Stuffed Sandwiches" and best if used by dates of "AUG 12 2020" or "AUG 13 2020" on the label.

-9-ounce carton packages containing 2 ham and cheese sandwiches with "Bremer CLASSIC HAM & CHEESE Hot Stuffed Sandwiches" and best if used by dates of "AUG 12 2020" or "AUG 13 2020" on the label.

These products have the establishment number "EST. 27231" inside the USDA mark of inspection. They were shipped to retail locations nationwide. The problem was discovered after consumer complaints were lodged. [Food Poisoning Bulletin](#)

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## **Dairy recalls raw milk for E. coli; best-by dates through April 20**

11 April- Anyone who has retail raw whole milk, skim milk and cream on hand from Dungeness Valley Creamery should not consume it because samples have tested positive for E. coli, which can cause serious and sometimes fatal illnesses. The Sequim, WA, based creamery issued the recall Tuesday after routine sampling conducted by the Washington State Department of Agriculture (WSDA) revealed the presence of toxin-producing E. coli in retail raw whole milk dated 4/6. According to a recall notice posted by the WSDA, the recalled raw whole milk, skim milk and cream have best-by dates between April 6 and April 20. The recalled product was bottled in gallon, half-gallon, quart, and pint containers and was sold to customers, including retail stores, in Western Washington. This is at least the fourth time Dungeness Valley Creamery has recalled its raw milk because of contamination issues. The implicated dairy was linked to an E. coli outbreak in 2009 and recalled some of its raw milk in 2013 after state tests found E. coli. In 2018 laboratory tests confirmed E. coli infections in a young child and an elderly person in Washington state who drank unpasteurized, raw milk from the same dairy. The Dungeness Valley Creamery website did not appear to include information about the April 9 warning. Their Facebook "notice to consumers" says the product in question was taken for sampling along with a sample of cream and skim milk on 3/25 and was received by WSDA's lab on 3/26. "We received notification from WSDA that a sample of our milk with an expiration date of 4/6 confirmed the presence of an e. coli STEC. While this batch of product is already past its expiration date we are initiating a voluntary recall of all products with 'Best By' dates of 4/6 through 4/20." [Food Safety News](#)

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## **Salmonella Enteritidis sickens 63 in new Canadian outbreak**

April 8- The Public Health Agency of Canada (PHAC) is investigating an outbreak of Salmonella Enteritidis infections involving residents of six Canadian provinces. PHAC, its provincial partners, and the Canadian Food Inspection Agency are collaborating in the investigation of this outbreak, which is apparently unrelated to two other outbreaks of Salmonella illnesses linked to raw chicken and raw turkey. As of April 5, 2019, 63 laboratory-confirmed cases have been reported by provincial public health authorities in six provinces:

British Columbia (23), Alberta (10), Saskatchewan (8), Manitoba (10), Ontario (10) and Quebec (2). Eighteen individuals have been hospitalized. Two of the outbreak victims are dead; however, it has not been determined whether Salmonella was a contributing cause to their deaths. The outbreak has affected individuals of all ages, from 1 year to 87 years of age; 57% of the victims are female. The source of the outbreak has not yet been identified. The first Salmonella illnesses related to this outbreak occurred in early November 2018, and new illnesses continue to be reported. [Food Safety News](#)

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## Seattle area restaurant's employees and patrons connected to norovirus outbreak

10 April- Seattle-King County Public Health is investigating an outbreak of norovirus-like illness with vomiting, diarrhea, body aches, chills, and fever associated with Dave & Buster's in Auburn, WA. Since April 5, 2019, five people from a single meal party reported becoming ill after consuming food and beverages from Dave & Buster's in Auburn on March 31, 2019. Since then public health identified at least seven employees who also experienced symptoms consistent with norovirus dating back to March 21, 2019. At least one employee worked while ill with norovirus-like symptoms. None of the 12 cases of apparent norovirus required hospitalization and no deaths are involved. The investigation is ongoing. Dave & Buster's is located at 1101 Outlet Collection Way SW, Ste 1057 in Auburn, which is in South King County. Dave & Buster's has maintained an excellent licensing and inspection record with King County. Public health has not been able to identify how norovirus was spread within the restaurant. Norovirus can spread through contaminated food items, environmental surfaces, and from person to person. [Food Safety News](#)

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### WELLNESS

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## A guide to sustainable eating

8 April- In January, The New York Times described a comprehensive new report from the EAT-Lancet Commission on Food, Planet and Health. It was compiled by 37 scientists and other experts from 16 countries, with the aim of establishing a global food economy that could combat chronic diseases in wealthy nations like ours and provide better nutrition for poor ones, all without destroying the planet. The scientists' goal was to outline a healthy sustainable diet that could feed the nearly 10 billion people expected to inhabit the world by 2050. For more than a century, most Americans have been eating far too high on the hog for the sake of their own health and the health of the planet. In 1900, two-thirds of our protein came not from animals but from plant foods. By 1985, that statistic was reversed, with more than two-thirds of our protein coming from animals, primarily beef cattle. They consume up to eight pounds of grain to produce one pound of meat and release tons of greenhouse gases in the process while their saturated fat and calories contribute heavily to

our high rates of chronic diseases. As Dr. Walter C. Willett, professor of epidemiology and nutrition at the Harvard T.H. Chan School of Public Health and a contributor to the Lancet report told Nutrition Action Health letter, "We simply cannot eat the amounts of beef that we're now consuming and still have a future for our grandchildren." In an editorial, The Lancet wrote: "Intensive meat production is on an unstoppable trajectory comprising the single greatest contributor to climate change. Humanity's dominant diets are not good for us, and they are not good for the planet." [New York Times](#)

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## **Ingredient in whitening strips is harmful to deep layer of teeth, research says**

9 April- Hydrogen peroxide, the active ingredient in over-the-counter whitening strips, may be harmful to the layer under the enamel of teeth, according to research presented Tuesday at a scientific meeting. Teeth are made up of three layers: the outer enamel, an underlying dentin layer and connective tissue that binds it to the gum. The middle layer, dentin, is rich in proteins, of which collagen is the most abundant. Most studies on the safety of hydrogen peroxide have focused on enamel. The chemical is known to penetrate the enamel and reach the dentin, although in miniscule amounts, explained Dr. Edmond Hewlett, associate dean at the UCLA School of Dentistry and spokesman for the American Dental Association, who was not involved in the new study. Kelly Keenan, senior author of the study and associate professor of chemistry at Stockton University in New Jersey, said in a statement that she and her colleagues "sought to further characterize what the hydrogen peroxide was doing to collagen." Essentially, all whitening products in the United States contain hydrogen peroxide and/or carbamide peroxide, according to the American Dental Association. [CNN](#)

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## **It's great to be 'in the zone' — while working, exercising and creating art**

9 April- By mile 10 of my first half-marathon, the persistent, frigid drizzle had forced my fingers into a clenched C shape. The thrill of running alongside thousands of people after weeks of solo training had mellowed into a quiet, somewhat dull drive toward the finish line. Then, without warning or conscious effort, my body started moving faster. The hard pavement felt like a supportive mattress. A sense of elegance freed me from my clumsy body. I was — there is no other way to put it — at one with the cityscape around me. I was in the zone. In the 1960s, psychologist Abraham Maslow became the first academic to write about what he called "peak experiences," moments of elation that come from pushing ourselves in challenging tasks. Psychologist Mihaly Csikszentmihalyi called it "flow," and his extensive studies, beginning in the late 1960s, eventually drew interest from researchers around the world. Psychologists have since amassed a wealth of data and insights on flow, also known as "being in the zone": what it is, how it works and why it matters. The research has created a road map for all the runners — and artists, chess players, rock climbers, etc. —



who seek the exhilaration you feel when completely absorbed in the pursuit of something difficult. And that road map points to one direction: The best way to reach flow is to forget you're trying to get there...To Wulf, the reason for chasing the zone is simple: "More than anything," she says, "it's enjoyable." But science has shown that being in the zone has unexpected benefits. Last year, a group of researchers from the Karolinska Institute reported results from a study of 10,000 Swedish twins showing that people with a predilection for getting into the zone were less likely to feel depressed or burned out from work. Genetics accounted for some cases of depression, but not all. "Flow experience," lead author Miriam Mosing wrote in an email, "may indeed be somewhat protective from mental health problems." Because the good feeling of reward washes in on a wave powered by our own efforts, flow helps us excel. That may even be its purpose. "Flow," de Manzano suggests, "evolved as a reward signal to promote long-term skill acquisition." [Washington Post](#)

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## Overdoing it with antibiotics

9 April- Mass produced generics have made first-line antibiotics like amoxicillin affordable to the world's poor. In Kenya, easy access to antibiotics has led to drug resistance that means salmonella kills a third of kids severely sickened by the disease. Well known as a problem driven by well-insured wealthy countries, urban poverty is another massive driver of antibiotic resistance. The impact is disproportionate in poor communities like Nairobi's Kibera slum. Crowded living quarters, poor sanitation and lax drug oversight fuel resistant infections. Partial courses or ubiquitous weak counterfeits spur the disproportionate impact. In Kibera, 90% of households reported using antibiotics in the previous year, compared to 17% among American families. [Global Health Now](#)

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## USAFRICOM

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## Africa: Monkeypox update

5 April- In a follow-up on the monkeypox situation in Africa in 2018, several countries are still reporting cases in 2019 according to World Health Organization numbers: Three cases, including one confirmed, were reported in Ippy in the week ending 3 March 2019. Since 2 October 2018, clusters of cases have been identified across three health districts, namely; Mbaiki district with nine cases including eight confirmed, Bangassou district with five cases including three confirmed, and Bossembele district with four cases including three confirmed. One death was reported in Bossembele. In total, 34 cases have been reported, including two deaths. [Outbreak News Today](#)

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## **Kenya: Suspected anthrax outbreak**

7 April- At least twenty-two people from Tegat Village in Molo were admitted at the Nyayo hospital in Elburgon, with residents fearing they may have contracted anthrax after consuming milk from a sick cow, according to a Citizen TV report. Elburgon assistant commissioner Naftali Korir says 18 people have been treated and discharged. The area veterinary officer has confirmed anthrax in the meat. Anthrax is a serious infectious disease caused by gram-positive, rod-shaped bacteria known as *Bacillus anthracis*. Anthrax can be found naturally in soil and commonly affects domestic and wild animals around the world. Although it is rare, people can get sick with anthrax if they come in contact with infected animals or contaminated animal products. [Outbreak News Today](#)

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## **Nigeria: Lassa update- 16 confirmed cases, two deaths**

9 April- Nigerian health officials reported an addition 16 Lassa fever cases during the most recent week, including two fatalities. The new confirmed cases were reported from five states – Edo(6), Ondo(4), Bauchi(2), Taraba(2) and Plateau(2) with the new deaths in Bauchi(1) and Taraba (1) states. During the first quarter of 2019, 526 confirmed cases in 21 of the 36 Nigerian states have been reported. In addition, there have been 121 deaths in confirmed cases. Case fatality ratio in confirmed cases is 23 percent. One new health care worker was affected in Plateau state. A total of seventeen health care workers have been infected since the onset of the outbreak in seven states. Two have died. Lassa fever is spread primarily by rats. Rats that carry the Lassa fever virus live in homes and areas where food is stored. People usually become ill with Lassa fever after direct contact with rat droppings or urine and through touching objects or eating food contaminated with rat droppings or urine. Lassa fever may also spread when a person comes into contact with an infected person's blood, tissue, or body fluids, especially when that person is seriously ill.

[Outbreak News Today](#)

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### **USCENTCOM**

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## **Iraq: As blast walls come down, Baghdad life edges towards normality**

10 April- With the blast finally walls gone, some 16 years after the U.S.-led invasion, life in the Iraqi capital Baghdad is starting to look like any normal bustling city. Families and friends hang out in cafes and shopping malls, people hold birthday parties in public and traders ply their wares from roadside stalls. Saif Ahmed, an owner of a cafe in the upscale district of Zayyona in eastern Baghdad, said the removal of miles of the concrete walls from the streets had encouraged families to visit malls and cafes and stay until late into the night. "Baghdad is looking different now, for the better. Families are staying until after midnight in

markets, restaurants and cafes. I feel so happy to see Baghdad life is returning to normal," he said. The walls, put up a year after the U.S.-led invasion in 2003, served to protect the city from years of sectarian civil war and the fight against Islamic State militants. Iraq declared victory over the group in late 2017. Senior military commanders say there have been no attacks by insurgents for more than a year. "Baghdad is enjoying considerable security. We managed to keep terrorists away from the capital," said Lieutenant General Jaleel al-Rubaie, commander of the Baghdad Operations Command. [Reuters](#)

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## **Pakistan: Pakistan polio worker killed, WHO condemnation**

10 April- It was recently reported that a polio worker in Pakistan was shot and killed while he was supporting polio eradication and immunization efforts in Khyber Pakhtunkhwa province in Pakistan. The victim has been identified as Mr. Wajid Ali of the Kamali Union Council of Tehsil Haleemzai in Mohmand District. This tragic incident drew condemnation from UN health officials. "We strongly condemn this and any attack targeting health care staff like Mr. Ali, who are working hard to rid the world of polio and other diseases," said Dr. Ahmed Al-Mandhari, WHO Regional Director for the Eastern Mediterranean." Health care should never be a target and WHO and our partners will not be deterred by such attacks. We will continue our efforts to work with the Government of Pakistan, UNICEF, and other partners to eradicate polio and ensure the highest possible level of health for all the people of Pakistan." There has been nine wild poliovirus type 1 (WPV1) cases reported year-to-date—six in Pakistan and three in Afghanistan. "We are devastated by this tragic news and extend our sincere condolences to Mr. Ali's family and friends," said Dr. Ni'ma Abid, Acting WHO Representative for Pakistan. "The only tribute we can pay to those who have sacrificed their lives to protect Pakistani children from the death and lifelong disability polio brings, is to complete their mission and eradicate polio from Pakistan." [Outbreak News Today](#)

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### **USEUCOM**

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## **Norway: Outbreak of pneumococcal disease reported in shipbuilding industry**

9 April- The Norwegian Institute of Public Health is reporting an pneumococcal disease outbreak in people working the shipyards in Vestnes municipality. Since January this year, nine people working in the shipbuilding industry in Møre og Romsdal have been hospitalized with severe pneumococcal disease. These are confirmed with the same bacterial strain. The patients have been treated and discharged. In addition, there are six unconfirmed cases that may be related to the outbreak. Professions with an increased risk of pneumococcal disease are welders and laboratory personnel. A working environment where you work closely and with limited ventilation can contribute to increased infection

pressure and increased risk of disease. We know that certain types of work give rise to an increased risk of serious pneumococcal disease, and we are aware that there has been a similar outbreak in Europe earlier, says department director Didrik Vestrheim at the Norwegian Institute of Public Health. Local health authorities and the ship's management have initiated information measures and are preparing the vaccination offer for the workers. The Norwegian Institute of Public Health has prepared information letters in Norwegian, English, Polish and Italian on the outbreak and vaccination advice. This has been sent to the yard and the municipal health service for use in infection control work. [Outbreak News Today](#)

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## **USINDOPACOM**

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### **Australia: Measles- New Zealand and Australia updates**

11 April- More than half the cases were reported from Canterbury, while nearly two out of 10 cases were from Waikato. The majority of cases have occurred in children, adolescents and young adults aged under 29 years. Australian officials have reported 83 measles cases through Apr. 5. This is compared to 103 and 81 cases in all of 2018 and 2017, respectively. Nationally, vaccination rates (receiving two doses of the vaccine) for children under 2 years of age are below the 95 percent threshold (93.5 percent). [Outbreak News Today](#)

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### **Australia: Promotes vaccine education to combat measles outbreaks**

8 April- The country of Australia launched a major measles education campaign to encourage its residents to get vaccinated. Particularly those traveling overseas. The announcement by Australian Health Minister Hon Greg Hunt MP, said 'there were 83 measles cases so far in 2019, compared to 103 for all of 2018, reported SCMP. "I am concerned about the recent increases in measles cases in Australia and want to make sure our community is well protected against this very serious disease," Hunt said. Hunt also warned that 'due to changing vaccine schedules for Australians born between 1966 and 1994, some people may have received only 1 dose of vaccine, instead of 2, making them more susceptible to measles viruses.' Currently, some 93.5 percent of 2-year-olds in Australia have received 2 doses of measles vaccine. Australia's actions are in alignment with the recent World Health Organization (WHO) recommendations. On March 30, 2019, the WHO Western Pacific Region said 'countries are putting babies, children and young people at significant health risk.' Nine countries and areas in the Region have been previously verified as having eliminated measles, are currently reporting cases: Australia, Brunei Darussalam, Cambodia, Hong Kong SAR (China), Japan, Macao SAR (China), New Zealand, the Republic of Korea and Singapore. So far in 2019, the Philippines has reported 23,000 cases with 333 deaths, which is more than all of 2018. [Precision Vaccinations](#)

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## Malaysia: Dengue total tops 38,000 cases

7 April- Malaysia health officials reported (computer translated) more than 38,000 dengue fever cases through April 6. Of this total, 59 fatalities have been reported. Nearly six out of 10 cases have been reported from Selangor state, followed by Kuala Lumpur and Johor. There are reports of the future release of Wolbachia-infected Aedes mosquitoes to try to stem the spread of dengue. In all of 2018, 80,615 and 147 deaths were reported. Dengue is a viral infection transmitted by the bite of an infected mosquito. There are four closely related but antigenically different serotypes of the virus that can cause dengue (DEN1, DEN 2, DEN 3, DEN 4). [Outbreak News Today](#)

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## Philippines: Rabies in the Philippines, Central Visayas dengue situation

8 April- The lethal diseases remains a major public health issue in the Philippines as health officials reported a total of 1,176 human rabies cases from Jan. 1, 2014 to June 30, 2018, averaging about 250 fatalities annually. The hardest hit regions include Central Luzon, Calabarzon and Soccsksargen. Health officials contribute the high number of human rabies cases to vaccinated pets. In fact, dogs are responsible for as much as 99 percent of rabies transmissions to humans annually. In addition, a reluctance to seek rabies post exposure prophylaxis after sustaining a dog or cat bite or scratch and failure to continue the required number of post-bite vaccinations are contributing factors to the high incidence. [Outbreak News Today](#)

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**USNORTHCOM**

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## Canada: Salmonella outbreak reported in six provinces

6 April- Canadian health officials report investigating an outbreak of Salmonella infections involving six provinces: British Columbia, Alberta, Saskatchewan, Manitoba, Ontario and Quebec. As of April 5, 2019, there have been 63 laboratory-confirmed cases of Salmonella Enteritidis illness investigated in the following provinces: British Columbia (23), Alberta (10), Saskatchewan (8), Manitoba (10), Ontario (10) and Quebec (2). Individuals became sick between November 2018 and March 2019. Eighteen individuals have been hospitalized. Two deaths have been reported; however, it has not been determined whether Salmonella was a contributing cause in these deaths. The source of the outbreak has not been identified, and the investigation is ongoing. [Outbreak News Today](#)

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## U.S.: Iowa- Reports 28 percent increase in gonorrhea cases

8 April- Keeping in line with national numbers, Iowa state health officials have reported an increase in some sexually transmitted infections (STI). According to 2018 data from the Iowa Department of Public Health (IDPH), 4839 gonorrhea cases were reported, representing a 28.3 percent increase from 2017. It is unclear if the increases are due to increased access to testing, increased transmission or both. In addition to gonorrhea, Iowa also saw an increase in chlamydia infections (5.8 percent); however, saw a slight decrease in syphilis cases (1.7 percent). In February, the Centers for Disease Control and Prevention (CDC) reported increases in the use of injection drugs, methamphetamine and heroin among persons who have recently acquired syphilis. Data indicate a similar trend in Iowa. The number of individuals diagnosed with these early stages of syphilis who reported having used methamphetamine more than doubled from 2016-2018. These data suggest a connection between drug addiction and STIs. [Outbreak News Today](#)

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## U.S.: New Jersey reports 13 measles cases year to date

10 April-The New Jersey Department of Health (NJDOH) has reported 13 measles cases year-to-date in 2019. Of the 13 cases, there are 11 outbreak cases—7 in Ocean County residents and 4 in one Monmouth County household. This household has a direct epidemiologic link to the outbreak community in Ocean County. Between October 2018 and January 2019, the NJDOH and local health officials worked together to investigate an outbreak of measles in Ocean County. A total of 33 outbreak-associated cases were identified, including 30 confirmed cases in Ocean County residents and 3 cases in one Passaic County household that had a direct epidemiologic link to the outbreak community. As of January 16, two incubation periods (a total of 42 days) had passed from the last day the last known case was infectious. Because no new cases were identified during that period, the first Ocean County outbreak was considered over. However, on Mar. 15, the second Ocean County measles outbreak was declared. [Outbreak News Today](#)

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### USSOUTHCOM

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## Brazil: Rio de Janeiro- Powerful, 'abnormal' rains lash, at least six dead

9 April- Torrential rains doused Rio de Janeiro on Tuesday, killing at least six people and sowing chaos in Brazil's second largest city, which declared a state of emergency after a storm that the mayor described as "absolutely abnormal." A woman and her 7-year-old granddaughter were buried in a mudslide as they rode in a taxi, and the driver's body was also found inside the vehicle, police detective Valeria Aragao told O Globo newspaper. Two

adult sisters died when their home in a slum was buried in a mudslide, while a man drowned in another part of the city, the mayor's office said in a statement. The rains began around Monday evening and had not let up by midday Tuesday, with a heavy downpour forecast through the end of the day. More than 34 cm (13 inches) of rain fell on parts of the city in the last 24 hours, according to the mayor's office. Videos on local news showed normally calm residential streets turned into raging torrents that dragged people and cars. A coastal bike path meant to be a legacy of the 2016 Olympics that had been weakened by previous storms suffered more damage, with chunks of the path falling into the sea. "These rains are absolutely abnormal for this time of year; none of us expected so much rain at this time," Mayor Marcelo Crivella told an early morning news conference. The mayor's office declared a state of emergency on Monday night. Major roads were closed, and the mayor's office said 785 places were without power. [Reuters](#)

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