

22 March 2019

# Army Public Health Weekly Update

Army Public Health Center



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## NOTE:

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We're sorry for the inconvenience.

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## Subscription or Comments

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## U.S. MILITARY

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### Arthritis can hit troops and vets hard. Here's how advocates want to respond

19 March- As active-duty personnel and veterans feel the damaging effects of arthritis stemming from their service, advocates are pushing Congress to dedicate more money for research on potential ways to treat and prevent the disease. Veterans are more likely to develop arthritis than civilians, according to an October 2018 study. Other studies indicate that osteoarthritis is the second-leading cause of military discharge, behind combat wounds. "A lot of the progress to be made with arthritis is about prevention," said Dr. Colin Edgerton, a former Army rheumatologist and current chair of the American College of Rheumatology's Committee on Rheumatological Care. "It's about stopping those injuries before they occur so that that person is not looking at early joint replacement surgery and disability at a point in life where they otherwise would not have had that," he said. During his time in the military, Edgerton was primarily responsible for treating soldiers with musculoskeletal disorders. As part of his job, he had to judge whether soldiers with arthritis or similar degenerative issues needed to be medically discharged or not. [Military Times](#)

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### Extended ketogenic diet and physical training intervention in military personnel

16 March- Ketogenic diets (KDs) that elevate ketones into a range referred to as nutritional ketosis represent a possible nutrition approach to address the emerging physical readiness and obesity challenge in the military. An emerging body of evidence demonstrates broad-spectrum health benefits attributed to being in nutritional ketosis, but no studies have specifically explored the use of a KD in a military population using daily ketone monitoring to personalize the diet prescription...US military personnel demonstrated high adherence to a KD and showed remarkable weight loss and improvements in body composition, including loss of visceral fat, without compromising physical performance adaptations to exercise training. Implementation of a KD represents a credible strategy to enhance overall health and readiness of military service members who could benefit from weight loss and improved body composition. [Military Medicine](#)

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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.



## Gender-neutral fitness test for all? Air Force considering running-based formula

19 March- The Air Force is developing a new formula that it hopes will provide a more accurate measure of fitness vs fatness — and could possibly result in a gender-neutral fitness test for all airmen. The new formula will measure airmen's aerobic fitness against their body composition to come up with a fitness score, Neil Baumgartner, chief of the Air Force's exercise science unit, said Tuesday at a meeting of the Defense Advisory Committee on Women in the Services. Baumgartner said the military's focus on weight loss is a failed approach — one that it needs to get away from. Instead, aerobic fitness is key. There is an "inextricable link between aerobic fitness and body composition," Baumgartner said. "We've got to teach our airmen that." Baumgartner wants to measure an airman's "VO2 max" score — a fitness standard that measures the maximum amount of oxygen a person can use while exercising intently — while running, and making that the numerator in the formula. For example, he said someone running a mile and a half in 10 minutes and 23 seconds could have a VO2 max score of 50, which is on the more fit end of the scale. [Air Force Times](#)

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## With lawsuits on the horizon, DoD looks for ways to cut contaminated water cleanup costs

16 March- The Pentagon is facing global bill of at least \$2 billion — and likely more — to clean up groundwater and drinking wells contaminated by years of seepage from the military's firefighting foams. It has already paid several hundred million dollars to install filters and provide bottled water to affected areas. Behind the scenes, however, the Pentagon has worked to convince Congress and the administration to support new contamination standards that could save the Pentagon billions — potentially at the expense of public health. Right now, more than 126 military installations or sites and their surrounding communities have either wells or groundwater sources that contain dangerous levels of perfluorooctane sulfonate (PFOS) and perfluorooctanoic acid (PFOA), chemical compounds tied to birth defects and cancers. The chemical compounds were part of the military's firefighting foam for decades and continued to be used as recently as last year. In 2016, the Environmental Protection Agency issued a health advisory that recommended that water sources contain no more than 70 parts per trillion of the compounds. However, the EPA's advisory is not law, so neither the Pentagon nor any other municipality is required to meet the 70 ppt standard. Since 2016, however, DoD has voluntarily been providing bottled water and filters to areas where exposure exceeds the 70 ppt limit. But the Pentagon also would like to see a national standard set — at levels higher than 70 ppt, according to Sen. Tom Carper, D-Del. Over the last year DoD has worked along with NASA and the Small Business Administration to push "for the adoption of a much higher 400 ppt clean-up standard and 1200 ppt emergency level," Carper said, a standard that would allow much higher exposure in public water sources. The Pentagon's effort was first reported by The New York Times. "Such levels would, among other consequences, subject fewer sites that

## 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).



were contaminated through the military's use of PFOA/PFOS from having to be remediated in the first place," Carper said. Pentagon spokeswoman Heather Babb said the department isn't trying to skirt its cleanup responsibility. [Military Times](#)

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### GLOBAL

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## Apple Watch detects irregular heart beat in large U.S. study

16 March- The Apple Watch was able to detect irregular heart pulse rates that could signal the need for further monitoring for a serious heart rhythm problem, according to data from a large study funded by Apple Inc. (AAPLO), demonstrating a potential future role for wearable consumer technology in healthcare. Researchers hope the technology can assist in early detection of atrial fibrillation, the most common form of irregular heartbeat. Patients with untreated AF are five times more likely to have a stroke. Results of the largest AF screening and detection study, involving over 400,000 Apple Watch users who were invited to participate, were presented on Saturday at the American College of Cardiology meeting in New Orleans. Of the 400,000 participants, 0.5 percent, or about 2,000 subjects, received notifications of an irregular pulse. Those people were sent an ECG (electrocardiography) patch to wear for subsequent detection of atrial fibrillation episodes. A third of those whose watches detected an irregular pulse were confirmed to have atrial fibrillation using the ECG technology, researchers said. Some 84 percent of the irregular pulse notifications were later confirmed to have been AF episodes, data showed....The study also found that 57 percent of participants who received an alert on their watch sought medical attention... "The study is an important first step in figuring out how we can use these technologies in a way that's evidence based," he said. Researchers urged caution by doctors in using data from consumer devices when treating patients. But they also see great future potential for this type of technology. [Reuters](#)

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## Coffee compounds may stop prostate cancer growth

18 March- Drinking a cup of coffee regularly may help prevent the development of prostate cancer in men, according to a new study by Japanese researchers...Iwamoto and his team first identified six compounds found naturally in coffee to see how they can affect the growth of cancer cells in the prostate. As their research progressed, they narrowed it down to two specific compounds: kahweol acetate and cafestol. The researchers tested the compounds on laboratory mice transplanted with prostate cancer cells. They then divided the animals into four groups, where one group would be treated with kahweol acetate, one group with cafestol, one group with both kahweol acetate and cafestol, and another group that would serve as controls. The team saw that the mice treated with a combination of kahweol acetate and cafestol had their prostate cancer grow far slower than those that did

### 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.

not receive any treatment. After 11 days of testing, the animals that received both compounds had their tumors grow by only one and a half times or 167 percent compared to their original size. Meanwhile, those that did not receive any of the compounds had their tumors grow by about three and a half times or 342 percent than their original size. Kahweol acetate and cafestol helped retard even the growth of malignant cells that are known to be highly resistant to cancer treatment drugs. [Tech Times](#)

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## Ebola epidemic in Congo could last another year, C.D.C. director warns

16 March- The Ebola outbreak in the Democratic Republic of Congo is not under control and could continue for another year, Dr. Robert R. Redfield, director of the Centers for Disease Control and Prevention, said in an interview on Friday. "Let's not underestimate this outbreak," he said. His outlook was less optimistic than that of the director general of the World Health Organization, Dr. Tedros Adhanom Ghebreyesus, who said at a news conference on Thursday that his goal was to end the outbreak in six months. Dr. Redfield has just returned from a trip to the region that included a visit on March 9 to a treatment center in Butembo that, just hours before, had come under gunfire by attackers who killed a police officer. It was the second attack on that center. Another was attacked on Thursday. Also on Thursday, Dr. Redfield related his observations from the region, telling a Senate subcommittee that sometime between May and mid-September, Congo could run out of an Ebola vaccine that is widely believed to have kept the epidemic from becoming even worse. More than 87,000 people have received the vaccine, which is being donated by its manufacturer, Merck. The vaccine is not yet licensed and cannot be sold. So far, Merck has donated 133,000 doses. [New York Times](#)

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## F.D.A. approves first drug for postpartum depression

19 March- The first drug for women suffering postpartum depression received federal approval on Tuesday, a move likely to pave the way for a wave of treatments to address a debilitating condition that is the most common complication of pregnancy. The drug works very quickly, within 48 hours — a significant improvement over currently available antidepressants, which can take two to four weeks to have an effect, if they work at all. Experts say the new treatment will provide immediate relief for mothers whose depression keeps them from providing their babies with the care, bonding and nurturing that is crucial for healthy development. As many as one in seven American women experience depression during or after pregnancy. [New York Times](#)

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## FDA puts partial hold on clinical trials of AbbVie's cancer drug

19 March- AbbVie Inc. said on Tuesday the U.S. Food and Drug Administration placed a partial clinical hold on all trials of its cancer drug Venclexta for multiple myeloma, after a review of data found a higher proportion of deaths in the Venclexta arm of the late-stage study. Data review from the trial showed a higher number of deaths among patients taking Venclexta, compared to those given a placebo alongside other treatment. However, the clinical hold does not impact any of the approved indications for Venclexta, and is limited to investigational clinical trials in multiple myeloma, AbbVie said. Patients who are currently enrolled in studies and receiving the therapy may continue with the treatment, but no new patients should be enrolled in trials testing Venclexta for multiple myeloma until a further analysis of the data is completed, the drug maker said. The drug is already approved to treat other types of cancer, including chronic lymphocytic leukemia and acute myeloid leukemia. It brought in \$344 million revenue for AbbVie in 2018. Venclexta is jointly sold by AbbVie and Roche AG in the United States, while AbbVie sells it in other markets. [Reuters](#)

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## Hepatitis A fatalities continue in America's heartland states during 2019

18 March- According to recent state reports, the hepatitis A outbreak that started in 2017 is going strong during 2019 in America's Heartland states. As of March 15, 2019, new hepatitis A cases and related deaths continue to be reported by several states in the central part of the USA. The 5 states who have reported the most cases and related deaths during the 2017-2019 outbreak are as follows:

- Kentucky: 4,288 cases, and 44 deaths
- West Virginia: 2,441 cases, and 21 deaths
- Ohio: 1,931 cases, and 7 deaths
- Indiana: 1,124 cases, and 4 deaths
- Tennessee: 1,022 cases, and 4 deaths

The Centers for Disease Control and Prevention (CDC) began issuing alerts regarding Hep A outbreaks after it first observed cases in Michigan during 2017. The Hepatitis A virus is usually transmitted person-to-person through the fecal-oral route or consumption of contaminated food or water. Hepatitis A is a self-limited liver disease that does not result in chronic infection, says the CDC. [Precision Vaccinations](#)

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## High-potency marijuana use linked with psychosis risk

20 March- People who use marijuana on a daily basis may be at increased risk for developing psychosis, particularly if they use high-potency marijuana, a new study from Europe suggests. The study analyzed information from more than 1,200 people without psychosis living in 10 European cities and one city in Brazil, and compared them with 900 people living in those same cities who were diagnosed for the first time with psychosis. (Psychosis means a person experiences a loss of touch with reality.) The researchers found that people who reported using marijuana daily were three times more likely to have a diagnosis of first-episode psychosis, compared with people who reported never using the drug. What's more, those who reported using high-potency marijuana on a daily basis were five times more likely to have a diagnosis of first-episode psychosis, compared with those who never used it. [Live Science](#)

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## Is it Alzheimer's or another dementia? The right answer matters

18 March- In the U.S., older people with dementia are usually told they have Alzheimer's disease. But a range of other brain diseases can also impair thinking and memory and judgment, according to scientists attending a summit on dementias held Thursday and Friday at the National Institutes of Health. These include strokes, a form of Parkinson's disease and a disease that damages brain areas that regulate emotion and behavior. "There's a host of things that can cause loss of cognitive function," says Dr. Julie Schneider, a professor at the Rush Alzheimer's Disease Center in Chicago and scientific chair of the NIH summit. And many patients have more than one disease affecting the brain, she says. Most of these diseases can't be stopped, Schneider says. But it's important that families get the right diagnosis in order to get the best care and plan for the future. [NPR](#)

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## National Guard recruit battling flesh-eating bacteria after falling ill at basic training

20 March- The family of a 21-year-old California National Guard recruit is asking for prayers as he remains hospitalized for a flesh-eating bacteria infection he contracted after testing positive for a strain of strep while at basic training. Dez Del Barba, who has already endured 14 surgeries including the amputation of his left leg, has been in the hospital since the beginning of February, his devastated family told WRBL. They said he first tested positive for Group A Streptococcus while at Fort Benning on Feb. 8. A public affairs officer told the news outlet that there had been four confirmed cases among basic training soldiers. [Fox News](#)

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## **Netherlands tram shooting leaves 1 dead, 'multiple' wounded, police say**

18 March- A gunman with a "possible terrorist motive" was still at large after killing at least one person and injuring several others Monday morning at several locations near a Netherlands tram, officials said. Authorities launched a manhunt for the shooter following the incident that occurred around 10:45 a.m. local time in the Dutch city of Utrecht, located about 22 miles southeast of Amsterdam. A gunman reportedly opened fire near 24 Oktoberplein junction, leaving "multiple people injured" before fleeing the scene. Netherlands Counter-Terrorism Agency head Pieter-Jaap Aalbersberg said in a Monday afternoon news conference that the gunman opened fire in several locations. "In Utrecht there was a shooting at several locations," Aalbersberg told reporters. "A lot is still unclear at this point and local authorities are working hard to establish all the facts. What we already know is that a culprit is at large" Heavily armed anti-terror officers were captured on video gathering in front of an apartment block close to the scene the initial attack at the tram, but officials said they were still looking for the shooter. Authorities closed off a square near the tram. [Fox News](#)

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## **New Zealand to ban military-style semiautomatic guns, Jacinda Ardern says**

20 March- Prime Minister Jacinda Ardern of New Zealand on Thursday announced a national ban on all military-style semiautomatic weapons, all high-capacity ammunition magazines and all parts that allow weapons to be modified into the kinds of guns used to kill 50 people at two mosques in Christchurch last week. "What we're banning today are the things used in last Friday's attack," she said, adding: "It's about all of us, it's in the national interest and it's about safety." Ms. Ardern is expected to encounter little resistance to the weapons ban in Parliament; the largest opposition party quickly said it supported the measures. Ms. Ardern said her goal was to eliminate from New Zealand the weapons that the killer used in Christchurch. She emphasized that it would require a buyback of banned weapons in circulation now, plus regulation around firearms and ammunition. [New York Times](#)

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## **Pediatricians issue new advice to prevent food allergies in children**

18 March- ...Strong evidence suggest that early and purposeful introduction of foods such as peanuts to four-month-old babies may even prevent them from having allergic reactions. The AAP said this is particularly true to high-risk infants or those with close relatives who have a history allergic conditions. Dr. Scott Sicherer, one of the authors of the new report, explained the AAP's stand on the issue. "There is no reason to delay giving your baby foods

that are thought of as allergens like peanut products, eggs or fish," Sicherer said. "These foods can be added to the diet early, just like foods that are not common allergens, like rice, fruits or vegetables. "Babies develop their tolerance to allergic reactions in their gastrointestinal tract. When the immune system cells in the gut is exposed to allergenic proteins found in different foods, they are able to take up these proteins and become more resistant to them. Dr. David Stukus, an expert on pediatric allergies at Nationwide Children's Hospital but was not involved in the AAP report, agrees with this assertion, provided that allergenic foods are "introduced early and in an ongoing fashion." This means parents only have certain period where they could expose their children to these foods to make them become resistant. Stukus said the introduction of allergenic foods can be done as early as four to six months of age. [Tech Times](#)

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## **PM Ardern vows tough new gun laws after New Zealand shootings**

18 March- New Zealand Prime Minister Jacinda Ardern said on Monday she would announce new gun laws within days, after a lone gunman killed 50 people in mass shootings at two mosques in the city of Christchurch. Australian Brenton Tarrant, 28, a suspected white supremacist, was charged with murder on Saturday. Tarrant was remanded without a plea and is due back in court on April 5 where police said he was likely to face more charges. "Within 10 days of this horrific act of terrorism we will have announced reforms which will, I believe, make our community safer," Ardern told a news conference after her cabinet reached in principle decisions on gun reform laws in the wake of New Zealand's worst ever mass shooting. In addition to the 50 killed, dozens were wounded at two mosques in the South Island city during Friday prayers. [Reuters](#)

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## **Spaceflight triggers herpes viruses to 'reawaken'**

18 March- Being in outer space can have some odd effects on the body, including triggering dormant herpes viruses to reawaken, according to a recent review study. The review found that more than half of astronauts on space shuttle or International Space Station (ISS) missions experience a reactivation of herpes viruses, including those that cause chickenpox and oral herpes. Reactivation means that a virus starts replicates again, but doesn't necessarily cause symptoms. Fortunately, very few astronauts actually developed symptoms from this virus reactivation. But researchers are still concerned, in part because the odds of herpes viruses becoming active again increase with the amount of time an astronaut spends in space. This means that virus reactivation may pose a bigger health threat on longer missions, such as a mission to Mars. [Live Science](#)

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## What the new egg study means for the beloved breakfast food

15 March- Eggs are back in the news, with a new study concluding that regular consumption of the beloved breakfast food may increase the risk of heart disease after all. The large, long-running study — published today (March 15) in the journal JAMA — found that eating three to four eggs per week was linked to a 6 percent increase in a person's risk of developing heart disease and an 8 percent increase in their risk of dying from any cause during the study period, compared with not eating eggs. The culprit, the researchers wrote, appears to be cholesterol; the study also found that eating 300 mg of cholesterol per day was tied to a 17 percent increase in the risk of developing heart disease and an 18 percent increase in the risk of dying during the study period, compared with consuming no cholesterol. The new findings contradict the latest dietary guidelines for Americans, released in 2015; in them, the U.S. Department of Health and Human Services and the U.S. Department of Agriculture (USDA) said that Americans no longer had to worry about keeping their cholesterol intake within a certain limit. The authors of the new study, from Northwestern University Feinberg School of Medicine, conclude that Americans should limit their cholesterol and egg consumption, and that current dietary guidelines for cholesterol may need to be reevaluated. [Live Science](#)

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### INFLUENZA

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## AFHSB: DoD Seasonal Influenza Surveillance Summary

Week 10: (03 March 2019 — 09 March 2019)

NORTHCOM- Influenza activity remained low to high for the majority of states. However, activity remained high in Idaho, Utah, Texas, and Virginia and increased to high in Oklahoma.

EUCOM- Influenza activity was minimal across EUCOM, with the exception of Germany where activity decreased to low.

PACOM- Influenza activity remained minimal in Japan and Guam and low in the Republic of Korea and Hawaii.

CENTCOM - Influenza activity was minimal in CENTCOM countries with available data, with the exception of Jordan and Kuwait which had low activity. However, data for this region only goes through 06MAR2019 due to delays in receiving the TMDS data.

AFRICOM- In Djibouti, influenza activity remained minimal. However, data for this country only goes through 06MAR2019 due to delays in receiving the TMDS data.

SOUTHCOM -Influenza activity increased to low in Honduras, but remained minimal in Cuba during week 10. However, data for this country only goes through 06MAR2019 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 9 March 2019 (week 10): In week 10, a 19% decrease in the overall number of positive respiratory specimens compared to week 9 was noted; there were 1280 samples in week 9 and 1035 in week 10. The largest reductions in the number of positive respiratory specimens from week 9 to week 10 were observed among adenovirus and respiratory syncytial virus, decreasing by 38% and 50%, respectively. The majority of the influenza A-positive specimens continue to be reported from installations in RHC-C (556, 58%) and RHC-A (329, 34%). Three influenza-associated hospitalizations with an onset date in week 10 were reported in the Disease Reporting System internet; there were no Active Duty Service Member cases. [APHC](#)

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

Influenza Season Week 10 ending March 9, 2019

-Viral Surveillance: The percentage of respiratory specimens testing positive for influenza viruses in clinical laboratories decreased slightly. Nationally, during week 10, influenza A(H3) viruses were reported more frequently than influenza A(H1N1)pdm09 viruses. During the most recent three weeks, influenza A(H3) viruses were reported more frequently than influenza A(H1N1)pdm09 viruses in HHS Regions 2, 4, 5, 6, 7, 8 and 10.

-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: Four influenza-associated pediatric deaths were reported to CDC during week 10.

[CDC](#)

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## **ECDC: Flu News Europe**

Week 10/2019 (4-10 March 2019)

-Influenza activity was widespread in the European Region. Specimens collected from individuals presenting with ILI or ARI to sentinel primary health care sites yielded an influenza virus positivity rate of 42.8%.

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

-28.3% of specimens from patients with severe acute respiratory infection (SARI) collected in week 10/2019 tested positive for influenza virus, and almost all 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 continued to decline. Excess mortality was seen in persons aged 65 years and above and, to a lesser extent, in persons 15-64 years. [European Center for Disease Prevention and Control/WHO](#)

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## **NHRC: Operational Infectious Diseases - Weekly Surveillance Report**

14 March- For Epi Week 9, 2019

-Military Recruits- 15 received

-DoD Beneficiaries- 110 received

-CDC Border Infectious Disease Surveillance- 56 received

[Naval Health Research Center](#)

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## **WHO: Influenza Update**

18 March 2019 - Update number 337, based on data up to 03 March 2019

-In North America, influenza activity continued but in recent weeks influenza A(H3N2) was the dominant virus, followed by influenza A(H1N1)pdm09.

-In Europe, influenza activity decreased across the continent, with two thirds of countries still above baseline for influenza-like illness activity. Influenza A viruses co-circulated.

-In North Africa, influenza activity was still reported in some countries.

-In Western Asia, influenza activity appeared to decrease overall, with exception of some countries where activity remained elevated.

-In East Asia, influenza activity appeared to decrease overall, with influenza A(H1N1)pdm09 virus predominating.

-In Southern Asia, influenza activity remained elevated overall with influenza A viruses predominating.

-In the Caribbean, Central American countries, and the tropical countries of South America, influenza and RSV activity were low in general.

-In the temperate zones of the southern hemisphere, influenza activity remained at inter-seasonal levels, with the exception of some parts of Australia where influenza activity remained above inter-seasonal levels.

-Worldwide, seasonal influenza A viruses accounted for the majority of detections. [WHO](#)

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## Greenyard recalls green beans for jimson weed risk; may close facility

19 March- Greenyard Frozen France has recalled frozen green beans because they could contain parts of a poisonous plant commonly known as jimson weed or jimsonweed. The scientific name of the plant is *Datura stramonium* and it contains high levels of tropane alkaloids including atropine, hyoscyamine and scopolamine. It is in the nightshade family of plants. Very small quantities of alkaloids are enough to trigger intoxication that can lead, in serious cases, to being in a coma and death, according to the French Ministry of Agriculture and Food. It is not known if anyone has become ill from the green beans, but a Rapid Alert System for Food and Feed (RASFF) alert lists the notification type as consumer complaint... Also under recall are Cuisine de France green beans with lot codes 8026M, 8026MX and 8155MX and date of January 2020 are involved. D'aucy green beans with lot codes 8176M, 8176MX and 8205MX and best before date of June 2020 have also been recalled. [Food Safety News](#)

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## Salmonella in Victoria, Bridgewater poultry egg recall

21 March- In a health advisory issued today by Dr. Brett Sutton, Chief Health Officer, Victoria, a national recall of eggs produced by Bridgewater Poultry is underway following the detection of *Salmonella* Enteritidis on the farm. Officials say there are five Victorian residents identified with *Salmonella* associated with this recall. These eggs have been sold under different brands through Coles, Woolworths and a variety of independent stores nationally. [Outbreak News Today](#)

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## Snack mix recall expanded as patient count increases in Salmonella outbreak

20 March- More cases of *Salmonella* infections have been reported in Norway with a link to imported dried fruit and coconut. *Salmonella* Agbeni has been detected in several samples of the snack mixes. *Salmonella* Gamaba was also found in two unopened packages from the same lot. The Norwegian Institute of Public Health (Folkehelseinstituttet) reported 32 confirmed and seven possible *Salmonella* Agbeni cases in an update from the 21 confirmed and nine possible infections earlier this month. Bama Gruppen AS has recalled the implicated dried fruit mixture in Norway, which is packaged with the label "husk! Eksotisk miks" and comes from Eurocompany srl in Italy. *Salmonella* Agbeni has been detected in several samples of the dried fruit mix. *Salmonella* Gamaba was also found in two unopened packs from the same lot. The dried fruits and coconut mix with lot number 8291 is the

suspected cause of the outbreak. However, analysis of each raw material in the lot did not show the presence of Salmonella. The business and Italian food authorities are investigating to find the exact source. Austria, France, Romania and San Marino also received the dried fruit mix from Italy. [Outbreak News Today](#)

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## WELLNESS

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### A user manual for your knees

20 March- Your knee routinely feels the force of five to eight times your body weight with every step, making it the most taxed joint of the human body. A knee is designed to withstand millions of steps during a lifetime, but sometimes all that stress can cause your knees to break down. What can you do to prevent knee pain? And stop the pain you may already feel? We've designed our knee guide to teach you how to keep knees working for years to come. Never had knee pain? Excellent. Let's keep it that way. And while not all knee problems are preventable, you can prevent many issues and also improve knee function with strength and flexibility training. With increased muscular strength and flexibility surrounding your knees, the better they bear their load. Muscles are shock absorbers; the stronger they are, the better they can offload the hips and knees and the better your joints will feel — no matter your age. [New York Times](#)

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### Drinking sugary beverages linked with early death

18 March- Soda and other sugary beverages aren't exactly known for being healthy. But now, a new study finds that sugar-sweetened beverages are tied to an increased risk of early death. In the study, published today (March 18) in the journal *Circulation*, researchers analyzed information from more than 80,000 women and 37,000 men in the health profession who were followed for about three decades. Participants filled out surveys about their diet every four years, and also answered questions about their lifestyle and overall health every two years. The more sugary beverages people drank — including soft drinks, fruit drinks, energy drinks and sports drinks — the greater their risk of death was during the study period. For example, those who drank two to six sugar-sweetened beverages (SSBs) per week were 6 percent more likely to die during the study period, compared with those who drank less than one SSB per month. Those who drank one to two SSBs per day were 14 percent more likely to die during the study period compared with those who drank less than one SSB per month. The findings held even after the researchers took into account factors that could affect people's risk of premature death and disease, such as smoking, alcohol use, physical activity, and consumption of fruits, vegetables and red meat. "Our results provide further support to limit intake of SSBs and to replace them with other beverages, preferably water, to improve overall health and longevity," study lead author Vasanti Malik, a research scientist at the Harvard T.H. Chan School of Public Health's Department of Nutrition, said in a statement. It's important to note that the study found



only an association and cannot prove that drinking soda or other sugary drinks causes early death. [Live Science](#)

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## **Exercise doesn't need to be intense to yield benefit**

18 March- Among older women, regular light physical activity was associated with lower incidence of cardiovascular disease (CVD) and coronary heart disease (CHD), a prospective cohort study found. Among the women in the highest versus lowest quartile of light physical activity in minutes per day, risk of incident CVD events was lower by 22% and risk of CHD was reduced 42% (both  $P < 0.001$  and reflecting adjustment for numerous potential confounders), reported Andrea LaCroix, PhD, MPH, of the University of California in San Diego, and colleagues in JAMA Network Open. Each 1-hour/day increment in light activity was associated with a 14% lower risk of CHD ( $P = 0.05$  for trend) and 8% lower risk of CVD ( $P = 0.03$  for trend) after adjustment for moderate-to-vigorous activity participants engaged in, the researchers indicated. Light physical activity was defined as energy expenditure of less than 3 metabolic equivalent tasks (METs). Participants in the so-called OPACH study, part of the Women's Health Initiative, wore accelerometers to measure activity during waking hours. Some prior investigations found a dose-response relationship between physical activity and cardiovascular benefit that extended to low levels of moderate physical activity. But those studies did not directly address CVD/CHD prevention with light activity, noted Gregory Heath, DHSc, MPH, of the University of Tennessee in Chattanooga, in an accompanying editorial, although other benefits have been noted. He noted that the current study supports the 2018 Physical Activity Guidelines, which asserted that light activity is beneficial in terms of CVD and CHD. [Med Page Today](#)

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## **Africa: Rift Valley fever update- 101 human cases in Mayotte**

18 March- In a follow-up on the Rift Valley fever (RVF) outbreak on the archipelago of Mayotte, the Agence de Sante Ocean Indian reports (computer translated) the circulation of RVF continues as the human case count has risen to 101. Of those who could be interviewed, almost 80% report having been in contact with animals. Since the beginning of the health alert, human cases are mainly located in the center and north-west of the island, with nearly 60% of cases in Chiconi and Tsingoni. In addition, samples taken by veterinarians on sick animals or during abortions led to the identification of 8 new outbreaks this week, for a total of 60 outbreaks of sick animals (including 49 cattle) . Animal foci are mainly located in the center and north-west of the island. Rift Valley Fever is mosquito-borne virus that is endemic in parts of Africa. It primarily infects animals like sheep, cattle and goats and it can have an economic impact on a community due to the loss of livestock. [Outbreak News Today](#)

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## **Democratic Republic of the Congo: 24 Ebola cases confirmed in past 72 hours**

18 March- The Ebola outbreak in the Democratic Republic of the Congo (DRC) grew by 24 cases today and over the weekend, including several case-contacts who refused or delayed vaccination after family members fell ill. Since Saturday, 8 new cases were reported in Katwa, 6 in Vuhovi, and 5 in Masereka. Butembo, Kyondo, and Kalunguta also reported cases. Twelve new deaths were reported, including eight community deaths. The new cases bring the outbreak total to 960 cases, including 603 deaths. A total of 172 suspected cases are still under investigation. As of today, 89,173 people have been vaccinated with Merck's VSV-EBOV, including 22,470 in Katwa, 20,956 in Beni, and 10,972 in Butembo. [CIDRAP](#)

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## **Madagascar: Measles epidemic - 105K cases since September**

19 March- UN health officials reported an update on the measles epidemic in Madagascar recently and it shows that the number of cases has risen to 105,170 since September 3, 2019. There were 634 reported deaths in health facilities and 567 community deaths including 114 measles-related deaths and 453 non-measles related death assessed by community workers. 70 percent of the deaths are of children. Officials say 104 out of 114 districts in all the 22 regions are in the epidemic phase. Madagascar's Ministry of Public Health and its civil society partners have launched an aggressive vaccination campaign

across the country in hopes of slowing the spread of the disease. This is an alarming situation," said Dr. Ali Ouenzar, National Director of PIVOT, a prominent health sector NGO and Direct Relief partner on the front lines of the epidemic. Preventive measures must be accelerated to prevent the spread of the disease, he said. The group just completed a vaccination campaign effort that reached 65,000 children, ages 6 months to 9 years, in the district of Ifanadiana. [Outbreak News Today](#)

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## South Africa: Cyclone Idai- Mozambique president says 1,000 may have died

18 March- The death toll in Mozambique from Cyclone Idai could reach 1,000, President Filipe Nyusi has said. It made landfall close to the port city of Beira on Thursday with winds up to 177 km/h (106 mph), but aid teams only reached the city on Sunday. The official death toll stands at 84 following flooding and high winds, which have destroyed homes and ripped roofs from concrete buildings. The cyclone has killed at least 180 people across southern Africa. On a visit to Beira, President Nyusi said that its impact had been devastating, adding that he had seen bodies floating in the floodwater. Earlier, the International Federation of Red Cross and Red Crescent Society (IFRC) described it as "massive and horrifying". People have had to be rescued from trees, head of the IFRC assessment team, Jamie LeSeur, told the BBC. In neighbouring Zimbabwe, 98 people have died and 217 people are missing in the east and south, the government says. This includes two pupils from the St Charles Lwanga boarding school in the district of Chimanimani, who died after their dormitory was hit when rocks swept down a mountain. Malawi has also been badly hit. The flooding there, caused by the rains before the cyclone made landfall, led to at least 122 deaths, Reliefweb reports. [BBC](#)

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**USCENTCOM**

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## Two Palestinians killed in clashes in Nablus

20 March- The Israeli military said explosive devices were hurled from a car at troops guarding Jewish worshippers at Joseph's Tomb in the city of Nablus. The troops opened fire, killing two assailants, it added. In a separate incident near Ramallah, a Palestinian allegedly behind an attack that left two Israelis dead was killed in a firefight with Israeli forces. Omar Amin Abu Lila, 19, was reported to have shot towards troops, who responded by firing four anti-tank missiles at the building in which he was hiding. The Israeli military had accused him of stabbing to death a 19-year-old Israeli soldier, Staff Sgt Gal Keidan, and using his rifle to shoot dead Rabbi Ahiad Ettinger, a 47-year-old father of 12, near the Jewish settlement of Ariel on Sunday...During the clashes, nearly 30 Palestinians were injured, one of them critically, when Israeli forces fired rubber bullets and tear gas, according to Palestinian media. Joseph's Tomb - which is revered by Jews and Muslims as the burial place

of the son of the biblical patriarch Jacob - has been a source of friction in the past. It is in an area under Palestinian civilian control, but Jewish pilgrims are permitted to visit several times a year under Israeli military protection. [BBC News](#)

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## **USEUCOM**

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### **Ireland: Dublin- Measles outbreak rises to 10**

20 March- Health officials in Ireland have reported ten measles cases in Dublin City since the start of February 2019. This community outbreak of measles affecting adults and children. Recent cases have involved young adults working in Dublin city centre in the areas of Parnell Street, Dame Street and Baggot Street. Travel to France was identified as a risk. Dr. Ruth McDermott, Public Health Specialist said: "Measles is a serious illness and is highly infectious. The best protection is to be vaccinated with MMR (Measles, Mumps, and Rubella) vaccine". [Outbreak News Today](#)

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### **Norway: Reports increases in gonorrhoea and syphilis**

20 March- The Norwegian Institute of Public Health is reporting (computer translated) increases in the number of gonorrhoea and syphilis cases once again in 2018, particularly in men who have sex with men (MSM). The increase in gonorrhoea and syphilis among MSM is worrying, says senior advisor Øivind Nilsen at the Norwegian Institute of Public Health. In the 1990s, an average of 30 gonorrhoea cases were detected annually in MSM. The figures for this group have increased tenfold over the last ten years, from 98 cases in 2008 to 1017 cases in 2018. Regarding syphilis, cases among MSM has increased from 2005 to 2018, from 17 to 205 cases. "Behavioral change, consistent condom use and frequent testing are needed to succeed in reducing the incidence of gonorrhoea, syphilis and other sexually transmitted infections in people who are at risk," says Nilsen. [Outbreak News Today](#)

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### **Sweden: Reports 'parrot disease' outbreak**

20 March- Swedish public health authorities, Folkhälsomyndigheten, is reporting (computer translated) an outbreak of psittacosis, or parrot disease, since November 2018. According to officials, some 60 cases have been reported from the regions of Västra Götaland, Kalmar, Jönköping and Skåne. This is the highest number of cases reported in one winter in two decades. Those who have now fallen ill have mainly come into contact with bird droppings from wild birds, for example through the handling of bird tables and other outdoor activities. A smaller number are believed to have been infected by domestic birds (parrots) in cages. The most common way someone gets infected with the bacteria that cause psittacosis (*Chlamydia psittaci*) is by breathing in dust containing dried secretions (e.g., droppings, respiratory) from infected birds. It is rare for psittacosis to spread from person to

person. In general, psittacosis causes mild illness in people. The most common symptoms include: Fever and chills, headache, muscle aches and dry cough. Psittacosis can also cause pneumonia (a lung infection) that may require treatment or care in a hospital. Rarely, psittacosis can result in death. Most people begin developing signs and symptoms of psittacosis within 5 to 14 days after exposure to the bacteria (*C. psittaci*). Occasionally, people report the start of symptoms after more than 14 days. [Outbreak News Today](#)

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## **Ukraine: Measles outbreak tops 30,000 cases year to date**

18 March- The measles outbreak in Ukraine has topped 30,000 cases early into 2019. According to the Center for Public Health of the Ministry of Health of Ukraine, 30,794 people – 13,825 adults and 16,969 children–have been affected through Mar. 14. In addition, a 9-year-old girl in the Rivne region died from complications of measles making her the 11th measles-related fatality of 2019. In Lviv, a decrease in cases in recent weeks, some 10 percent a week since February, has for the first time taken the Oblast off the top of the most affected regions. In Vinnitsa region, for the 11th week, almost twice as little new cases of measles were registered than the last week. Both areas have seen intensified immunization measures this year. [Outbreak News Today](#)

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### **USINDOPACOM**

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## **Hong Kong investigates measles case**

18 March- Hong Kong's Centre for Health Protection (CHP) reports investigating a measles case in a 23-year-old man with travel history. He developed a fever on March 1 and consulted a private doctor on March 3 and March 4. He developed rash on March 4 and sought medical advice on the same day at St Paul's Hospital, where he was admitted for treatment. His blood sample tested positive for immunoglobulin M (IgM) antibodies to measles virus upon laboratory testing. He has been in a stable condition and has already been discharged. Epidemiological investigations revealed that the patient reported to have received a measles vaccination and did not have contact with measles patients during the incubation period. He travelled to Cebu in the Philippines and Tokyo in Japan during the period of communicability. His home contacts have remained asymptomatic so far and have been put under medical surveillance. A CHP spokesman said that, upon notification of the case, the CHP immediately commenced epidemiological investigations and conducted relevant contact tracing, including the crew members and passengers of the relevant cabins of four concerned flights, as well as people in the private clinic and private hospital which the patient visited. In Hong Kong, children are given the Measles, Mumps and Rubella (MMR) vaccine at 1 year old, followed by a second dose at Primary One under the Hong Kong Childhood Immunisation Programme. The coverage of MMR vaccination in Hong

Kong is over 95 per cent at Primary One. Hong Kong achieved measles elimination in 2016 and the annual reported number of measles cases has remained at a very low level in the past few years. However, measles remains endemic in many places around the world and the incidence levels in these places are much higher than that of Hong Kong. [Outbreak News Today](#)

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## **Indonesia: At least 50 killed in flash floods**

18 March- At least 50 people have been killed in eastern Indonesia as a result of flash flooding and a landslide, Indonesia's disaster management said. Nearly 60 people were also injured and sent to the hospital, the agency said in a news release. As of Sunday morning, 49 of the bodies had been identified. Forty-two people were killed in the Sentani area of the provincial capital, Jayapura, Indonesia National Disaster Mitigation Agency spokesman Sutopo Purwo Nugroho said. Jayapura is located in Indonesia's easternmost province, Papua, which borders Papua New Guinea. Another seven people were killed in a landslide, Papua Provincial Police Inspector General Martuani Sormin said, according to Indonesian state media Antara. Some areas of Papua province received more than 18 inches (450 millimeters) of rain in the last three days. [CNN](#)

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## **New Zealand: Canterbury- Measles numbers continue to increase**

20 March- In a follow-up on the measles outbreak in Canterbury, New Zealand, health officials put the total cases at 30, not including one under investigation. Canterbury Medical Officer of Health Dr. Ramon Pink says measles numbers continue to increase in Canterbury. "Measles is incredibly infectious and continues to circulate in our community. The only way to prevent its spread is immunisation." New Zealand officials urge public to get vaccinated in wake of measles outbreak. Dr. Pink says there remains a risk of measles spreading when large groups congregate together. "If you were born after 1969 and feel unwell with measles-like symptoms, or have never been vaccinated against measles, you should stay away from large gatherings as you will be at risk of catching measles. "And if you think you may have been exposed to measles or have symptoms, please call your general practice first, 24/7. Please do not visit your general practice or use public transport as you may be infectious." [Outbreak News Today](#)

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## **New Zealand: Officials urge public to get vaccinated in wake of measles outbreak**

16 March- New Zealand health officials are urging the public to stay alert to symptoms of measles and ensure that children aged between 15 months and 4 years receive their normal MMR vaccinations. There have now been 28 cases of measles confirmed in Canterbury, two cases in Dunedin and two isolated cases in Auckland. There has also been a recent outbreak in the Waikato this year and Dr. Caroline McElnay, Director of Public Health at the Ministry of Health, warns there are also a number of international outbreaks. More cases of measles are therefore likely. "Our first priority is to help Canterbury respond to their local outbreak, which will help protect all New Zealanders. But it's also really important we maintain our existing effective nationwide immunization program." "It's worth remembering that just one dose of MMR gives you a 95% chance of being protected. That's why Canterbury DHB's MMR vaccination campaign is prioritizing people aged 12 months to 28 years who have never received a measles or MMR vaccine. [Outbreak News Today](#)

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## **New Zealand: University of Auckland freshman contracts measles**

18 March- Auckland, NZ health officials are reporting a new measles case in a 18 year old University of Auckland student who likely acquired the illness overseas. This is the fourth measles case in Auckland this year. Medical Officer of Health with Auckland Regional Public Health Service (ARPHS), Dr. William Rainger says the contagious student attended a lecture and tutorial for COMLAW 101 on Monday 11 March, a lecture and tutorial for ECON 151 on Tuesday 12 March, and a BUSINESS 101 lecture on Thursday 14 March. "The University is emailing information to those registered on these courses and the teaching staff to ask they check their immunity and watch out for symptoms. "If any student or staff member is showing signs of measles such as a fever, runny nose or cough, or sore red eyes, or a rash that appears on the face and then moves down the body, we are asking them to please call their GP or after hours medical clinic for advice, " he says. This case is not linked to the two recent cases notified on Tuesday 12 March, an infant and a young adult, or the case on 28 February. [Outbreak News Today](#)

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## **Vietnam: Pork tapeworm outbreak affects hundreds of children in Bac Ninh**

18 March- An outbreak of the pork tapeworm, *Taenia solium*, has affected at least 209 children from Thanh Khuong Commune in the northern province of Bac Ninh, according to local media. Since last week, thousands of parents have rushed to Hanoi with their kids after news broke out that 57 children of the Thanh Khuong Kindergarten in Thuan Thanh District have been found with tapeworm infections. To Mai Hoa, director of the Bac Ninh Health



Department, said the province will coordinate with concerned agencies to test and support the cost of testing for students of 19 preschools in the area. Late last month, pork suspected to be infected with the parasite was found in the school's kitchen, but the actual source of the tapeworms has not been confirmed yet. Huong Thanh Financial Ltd. Co. has been identified as the food supplier to the kindergarten, as well as almost all kindergartens and primary schools in Thuan Thanh. About 9,500 students from 19 kindergartens and 2 primary schools in the province have consumed food supplied by the company, an investigation has found. [Outbreak News Today](#)

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## **USNORTHCOM**

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### **Mexico: Brucella outbreak in Villa Juárez**

17 March- Four cases of brucellosis have been reported in the municipality of Villa Juárez in the State of San Luis Potosí, Mexico, according to a Pulso report (computer translated). The cases are being linked to unpasteurized goat cheese. It is recommended that the population acquire cheese that is pasteurized to avoid this contagion. Brucellosis is a contagious disease of animals that also affects humans. The disease is also known as Bang's Disease. In humans, it's known as Undulant Fever. Brucellosis is one of the most serious diseases of livestock, considering the damage done by the infection in animals. Decreased milk production, weight loss, loss of young, infertility, and lameness are some of the effects on animals. The Brucella species are named for their primary hosts: Brucella melitensis is found mostly in goats, sheep and camels, B. abortus is a pathogen of cattle, B. suis is found primarily in swine and B. canis is found in dogs. There are two common ways people get infected with brucellosis. First, individuals that work with infected animals that have not been vaccinated against brucellosis. This would include farmers, slaughterhouse workers and veterinarians. [Outbreak News Today](#)

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## **MMWR**

18 March- ... In 2016, an estimated 1.1 million persons had human immunodeficiency virus (HIV) infection in the United States; 38,700 were new infections. Knowledge of HIV infection status, behavior change, and antiretroviral therapy (ART) all prevent HIV transmission. Persons who achieve and maintain viral suppression (achieved by most persons within 6 months of starting ART) can live long, healthy lives and pose effectively no risk of HIV transmission to their sexual partners. A model was used to estimate transmission rates in 2016 along the HIV continuum of care. Data for sexual and needle-sharing behaviors were obtained from National HIV Behavioral Surveillance. Estimated HIV prevalence, incidence, receipt of care, and viral suppression were obtained from National HIV Surveillance System data. Overall, the HIV transmission rate was 3.5 per 100 person-years in 2016. Along the HIV continuum of care, the transmission rates from persons who were 1) acutely infected and unaware of their infection, 2) non-acutely infected and unaware, 3) aware of HIV infection

but not in care, 4) receiving HIV care but not virally suppressed, and 5) taking ART and virally suppressed were 16.1, 8.4, 6.6, 6.1, and 0 per 100 person-years, respectively. The percentages of all transmissions generated by each group were 4.0%, 33.6%, 42.6%, 19.8%, and 0%, respectively. [Morbidity and Mortality Weekly Report](#)

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## **U.S.: New York City- 23 additional cases reported in Brooklyn neighborhoods**

19 March- New York City health officials reported 23 additional measles cases from the Brooklyn neighborhoods of Williamsburg (21) and Borough Park (2), bringing the outbreak total to 181 since last October. The breakdown of cases from Brooklyn and Queens since the outbreak started is as follows: Williamsburg: 130 confirmed measles cases, Borough Park (46), Midwood/Marine Park (2) and one each in Bensonhurst, Brighton Beach and Flushing, Queens. Most of these cases have involved members of the Orthodox Jewish community. According to the Israel Ministry of Health, more than 3,600 people contracted measles during the past year. The initial child with measles was unvaccinated and acquired measles on a visit to Israel, where a large outbreak of the disease is occurring. Since then, there have been additional people from Brooklyn and Queens who were unvaccinated and acquired measles while in Israel. People who did not travel were also infected in Brooklyn or Rockland County. [Outbreak News Today](#)

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## **U.S.: San Francisco- Moves to ban e-cigarettes until health effects known**

20 March- Officials in San Francisco have proposed a new law to ban e-cigarette sales until their health effects are evaluated by the US government. The law appears to be the first of its kind in the US and seeks to curb a rising usage by young people. Critics, however, say it will make it harder for people to kick addiction. A second city law would bar making, selling or distributing tobacco on city property and is aimed at an e-cigarette firm renting on Pier 70. Last week, the Food and Drug Administration (FDA) - the national regulator - released its proposed guidelines, giving companies until 2021 to apply to have their e-cigarette products evaluated. A deadline had initially been set for August 2018, but the agency later said more preparation time was needed. [BBC News](#)

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## U.S.: Wisconsin- Legionnaires' bacteria found in resort's water system, health officials say

19 March- ...Parts of the water system at Christmas Mountain resort in Wisconsin has tested positive for Legionnaires' bacteria, county health officials said this week. The news was announced by Sauk County Health Department Director Tara Hayes on Monday, WKOW reported. Current and future resort guests have been notified...Resort and health department officials have worked together and "implemented a recommended risk reduction measure in addition to ongoing water management and remediation," a spokesperson for Bluegreen Vacations, which owns the resort located near the Wisconsin Dells, said, according to the news station. The resort has also updated its filters which reportedly eliminated "99 percent of exposure to the bacteria," the spokesperson added. The source of the bacteria has not yet been identified, but health officials were first made aware that Legionnaires' bacteria may be present at the resort after two people — one in November 2017 and another in October 2018 — contracted the disease after staying at Christmas Mountain. Health officials eventually conducted tests at Christmas Mountain, which confirmed parts of the water system contained the bacteria. Testing is still ongoing, however, according to WKOW. [Fox News](#)

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### USSOUTHCOM

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## Venezuela: Diphtheria update

19 March- According to the Pan American Health Organization (PAHO), two countries reported confirmed diphtheria cases between December 2018 and February 2019—Haiti and Venezuela. In Venezuela, the diphtheria outbreak that began in July 2016 remains ongoing. Through February 2019, Venezuela has seen a total of 2,726 suspected cases (1,612 confirmed), including 164 in 2019 to date. A total of 280 deaths were reported (17 in 2016, 103 in 2017, 150 in 2018, and 10 in 2019). The case-fatality rate among confirmed cases was 18% in 2016, 13% in 2017, 20% in 2018, and 26% in 2019. [Outbreak News Today](#)

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