

31 January 2020

Army Public Health Weekly Update

Army Public Health Center



U.S. Military | Global | Influenza | Veterinary/Food Safety | Wellness | Contact Us
USAFRICOM | USCENTCOM | USEUCOM | USINDOPACOM | USNORTHCOM | USSOUTHCOM

Approved for public release, distribution unlimited.

NOTE:

If you are viewing the Army Public Health Weekly Update using Internet Explorer on a government computer with Windows 10, the external hyperlinks will be disabled per the [Security Technical Implementation Guide](#) (V-64927).

As a workaround, opening the Update using **Chrome** will enable the links.

We're sorry for the inconvenience.

Contents

U.S. MILITARY

- [Coronavirus update: Illness spreads, US troops in Southeast Asia advised to take precautions](#)
- [Ranger Medics save lives in Afghanistan with blood transfusions while under fire](#)
- [U.S. Forces Korea issues travel warning after coronavirus case found in man living near two military bases](#)
- [While the Army pours resources into Fort Wainwright after suicides, leaders stress one reminder: Look out for your teammates](#)

GLOBAL

- [Anti-depressant spray not recommended on NHS](#)
- [China says coronavirus can spread before symptoms show -- calling into question US containment strategy](#)
- [Clostridioides difficile antibiotic, DIFICID, receives FDA approval for treating children aged six months and older](#)
- [Coronavirus outbreak strands 100 Australian school children in Wuhan: report](#)
- [Indian state to cull chickens after H5N1 bird flu found](#)
- [Life expectancy rose slightly in 2018, as drug overdose deaths fell](#)
- [Worried about catching the new coronavirus? In the U.S., flu is a bigger threat](#)

INFLUENZA

- [AFHSB: DoD Seasonal Influenza Surveillance Summary](#)
- [APHC: U.S. Army Influenza Activity Report](#)
- [CDC: Flu View - Weekly U.S. Influenza Surveillance Report](#)
- [WHO: Influenza Update](#)

VETERINARY/FOOD SAFETY

- [Baby food recalled in UK due to tampering fears](#)
- [More poisonings in Brazil linked to beer; officials urge extreme caution](#)
- [Sanitizer found in milk; one person sick with recall underway](#)

Subscription or Comments

If you wish to be added to the APH Weekly Update mailing list, removed from the mailing list, or if you have comments or questions about the update, please [contact us](#). We welcome your comments. Please feel free to share this update with others who may be interested.



WELLNESS

- Can Kava ease anxiety?
- Keeping aging muscles fit is tied to better heart health later
- Looking on the bright side may be good for your health

USAFRICOM

- Guinea worm disease: 53 cases reported in 2019, vast majority in Chad
- Nigeria steps up Lassa fever response

USCENTCOM

- Bangladesh: Two Nipah virus deaths, according to local media report
- Pakistan reports 1st wild poliovirus case of 2020

USEUCOM

- Finland reports 1st imported novel coronavirus case
- Trichinosis cases reported in Central Spain

USINDOPACOM

- Australia: 2019 Novel coronavirus confirmed in three in NSW, Death toll rises to 80 in China
- Novel coronavirus case reported in Sihanoukville, Cambodia
- Taiwan reports 5th imported novel coronavirus case, HKU experts estimate more than 40K cases in Wuhan

USNORTHCOM

- Canada: Toronto- Novel coronavirus case treated at Sunnybrook Health Sciences Centre
- U.S.: Arizona- Reports 2019 Novel Coronavirus case in Maricopa County
- U.S.: Mumps case reported at UNC Greensboro

USSOUTHCOM

- Dengue outbreak in Paraguay: DEN-4 predominant, President Abdo falls victim
- Naegleria fowleri: Costa Rica teen dies from lethal parasitic infection

U.S. MILITARY

Coronavirus update: Illness spreads, US troops in Southeast Asia advised to take precautions

28 January- With the new coronavirus having sickened more than 4,500 in China and five people in the United States, the U.S. government is encouraging Americans to take precautions against contracting any respiratory illness, including the flu or a cold. Stressing that the current health risk of the new virus in the U.S. is low, the Departments of Health and Human Services and defense officials have nonetheless said people should practice good health hygiene and avoid contact with anyone who displays symptoms such as coughing, sneezing, shortness of breath and fever. "Americans should know that this is a potentially a very serious public health threat, but at this point, Americans should not fear for their safety," HHS Secretary Alex Azar said Tuesday during a press conference. According to Azar, 4,500 people in China have been sickened and more than 100 have died from 2019-nCoV, thought to have originated at an open-air market in the city of Wuhan. The disease has spread to 18 countries, and sickened 60 patients, nearly all of whom had traveled to China. [Military Times](#)

[top of page...](#)

Ranger Medics save lives in Afghanistan with blood transfusions while under fire

24 January- Two Army Rangers are alive today thanks to a program that is changing the way blood transfusions are done in combat. The service members, one of whom sustained life-threatening injuries during a harrowing battle last summer in Afghanistan, received Type O-negative blood from soldiers who donated on the battlefield and returned to combat within minutes, the 75th Ranger Regiment said. The case was the first substantial whole blood transfusion to occur at the point of injury in modern warfare, said Lt. Col. Ryan Knight, 75th Ranger Regiment command surgeon. "Previous transfusions were all stored blood products carried into combat and the previous fresh whole blood transfusions have only occurred at ... medical facilities," he said. Related: 'They Weren't Gonna Stop:' Inside the 8,000-Mile Race to Save a Wounded Soldier's Life Ranger medics put the Ranger O Low Titer Whole Blood Program, or ROLO, into action in Afghanistan last summer during a battle with insurgents in Wardak province, although news of its success was only made public this month. Under ROLO, members of a unit are screened to see if they have Type O-negative blood with low antibodies, meaning they can donate to any other blood group. In Wardak, medics ran out of the blood they carry into combat and called on three prescreened donors to give blood to their wounded colleagues. Blood was drawn from the volunteers and immediately administered to the wounded Rangers, even as "hellfire missiles, 30 mm rounds, and 105 mm rounds were being executed as close as 30 meters from our position," Staff Sgt. Charles Bowen, who with fellow medic Sgt. Ty Able treated the injured during the battle, said in a statement. One soldier who was bleeding profusely from a chest wound received 10 units of

Follow us!



Facebook



Twitter



YouTube



Instagram

Novel Coronavirus Outbreak

The Centers for Disease Control and Prevention (CDC), the Military Health System, and the U.S. Army Public Health Center are closely monitoring developments around an outbreak of respiratory illness caused by a novel (new) coronavirus first identified in Wuhan, Hubei Province, China. There are currently no vaccines available to protect you against human coronavirus infection. To reduce your risk of infection or transmitting the virus to others: wash your hands often with soap and water for at least 20 seconds; avoid touching your eyes, nose, or mouth with unwashed hands; avoid close contact with people who are sick; and stay home while you are sick.



blood, including three from battlefield donations, before he was evacuated to a hospital. He defied the odds and survived. "No casualty has received such a massive transfusion on the battlefield," Knight said. "ROLO is transforming how we treat battlefield casualties. We now always have blood on the battlefield ... This case demonstrates the absolute need for this technique to percolate across the U.S. military." Bowen, Able and a Ranger first responder shielded the wounded Rangers at times with their own bodies to prevent further injury. "(They) had to ignore their own survival instincts and concentrate on their patients. They displayed the highest levels of courage as they repeatedly placed their patients' survival above their own safety," Knight said. "While this is an amazing display of personal courage, medical expertise and the most incredible saves I've ever heard of, it's also Rangers living the Ranger Creed" -- to never leave a fallen colleague. [Military.com](#)

[top of page...](#)

U.S. Forces Korea issues travel warning after coronavirus case found in man living near two military bases

27 January- United States Forces Korea is cautioning Americans in South Korea to take precautionary measures after a case of the new coronavirus strain was found near two military bases. On Monday, U.S. Forces Korea posted on Facebook that the case, the country's fourth was identified in a man who resides in Pyeongtaek, near where U.S. Army Garrison Humphreys and Osan Air Base are located. Since it was discovered in China in December, the virus has spread to 10 countries and killed at least 56 people, raising concerns that it could turn into a deadly situation reminiscent of the 2002-2003 outbreak of severe acute respiratory syndrome, or SARS. The Korea Centers for Disease Control and Prevention (KCDC) confirmed that the country found a fourth case on Monday. The patient, a 55-year-old male, recently visited Wuhan, China, where the virus originated. He first visited a local clinic for cold-like symptoms on Tuesday but returned on Saturday with a fever and muscle pain and tested positive on Monday. To help protect against contracting the virus, U.S. Forces Korea, which is part of the United States Indo-Pacific Command, advised everyone to avoid traveling (especially to China or when sick) and coming into contact with sick people. Those who feel ill with symptoms in line with the 2019-nCoV virus, such as fever, coughing or difficulty breathing, were told to seek U.S. medical care and treatment. "Be sure to call ahead to the medical clinic to advise them of recent travels and current symptoms," U.S. Forces Korea wrote in its Facebook post. [Newsweek](#)

[top of page...](#)

**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.

While the Army pours resources into Fort Wainwright after suicides, leaders stress one reminder: Look out for your teammates

28 January- While the Army is making strides at Fort Wainwright with hopes of improving the quality of life at the base and stopping suicide, Army leaders are also reminding soldiers of one simple thing that could make a difference: Get to know your teammates, and look out for one another. After a series of suicides at Wainwright, a behavioral health team from Army Medical Command visited the base, finding a number of factors that may have been contributing to suicidal thoughts, including the installation's remoteness; loneliness; and minimal food options. As a result, the Army demanded change. The command visit came as the base was reeling from the deaths of at least nine soldiers by suicide between May 2018 and October 2019. On Monday, Army Secretary Ryan McCarthy and Sergeant Major of the Army Michael Grinston were at Fort Wainwright for a more general visit, checking on things like readiness — but also, to see first-hand the improvements the installation has made. According to information provided by Fort Wainwright, an "intensive outpatient behavioral health program" has been instituted, providing care to its first patients on Jan. 6th; the installation also received \$240,000 for "entertainment support," such as comedy acts and concerts. Soldiers are also now being released at 3 p.m. on the last duty day on the second and fourth weeks of every month. And while McCarthy and Grinston were encouraged and hopeful that these changes could help, Grinston admitted to reporters that there's no real way to gauge if it's working, other than hopefully seeing the trend of soldiers who die by suicide go down. "It's always hard to gauge happiness," Grinston told reporters on Monday. "We want less suicides. No matter how you put this down, in any kind of way, that's just how we want to see it." Aside from the physical changes coming to Wainwright — including things like barracks renovations, more than \$900,000 in new gym equipment, and blackout blinds for the long summer daylight hours in Alaska — McCarthy and Grinston are stressing the importance of simply knowing your teammates with the "This is My Squad" initiative, which focuses on squad cohesiveness. McCarthy said that there is "no greater mechanism that we have other than the strengthening and making cohesive units," adding that while the issue of suicide "has the total focus and energy of Army leadership, it really is that simple factor of knowing your teammate." "When you're tired and you're having a long day, it's going to be a teammate who's going to pick you up," McCarthy said. "Nothing more scientific than that." [Task & Purpose](#)

[top of page...](#)

Links

[A-Z Index](#)

[About APHC](#)

[Army Public Health](#)

[Weekly Update Archives](#)

[Medical Surveillance](#)

[Monthly Report](#)

[Medical Threat Briefings \(AKO\)](#)

[Request APHC Services](#)

[APHC Resource Materials](#)

[APHC Homepage](#)

[APHC Training](#)

[Contact APHC](#)

Anti-depressant spray not recommended on NHS

28 January- A fast acting ketamine-like anti-depressant spray that can lift mood within hours has been rejected by the NHS healthcare watchdog. The National Institute for Health and Care and Excellence (NICE) says there are too many uncertainties about the correlation between the price and clinical benefits of esketamine. It is licensed as a therapy for people with hard-to-treat depression. But it costs about £10,000 per patient for a single course of treatment. Some people already prescribed it - as part of a trial, for example - will be able to continue on the treatment if their doctor says it is appropriate to do so, the NICE's draft recommendation for England and Wales says. Scotland is yet to issue guidance. Experts have expressed mixed reactions to NICE's decision. Dr. Sameer Jauhar, at the Institute of Psychiatry, Psychology and Neuroscience, King's College London, said NICE had made the call because there was not yet enough long-term evidence to support the use of nasal esketamine alongside another anti-depressant. Consultant psychiatrist Dr. Paul Keedwell, at Cardiff University, said patients would be disappointed by a decision based largely on cost rather than lack of effectiveness. [BBC News](#)

[top of page...](#)

China says coronavirus can spread before symptoms show -- calling into question US containment strategy

26 January- China's health minister Ma Xiaowei made a startling statement Sunday about the Wuhan coronavirus: He said people can spread it before they become symptomatic. "This is a game changer," said Dr. William Schaffner, a longtime adviser to the US Centers for Disease Control and Prevention. It's much harder to contain a virus -- to track down a patient's contacts and quarantine them immediately -- if the patient was spreading the disease for days or weeks before they even realized they had it. "It means the infection is much more contagious than we originally thought," said Schaffner, an infectious disease specialist at Vanderbilt University Medical Center. "This is worse than we anticipated." Ma didn't explain why he thinks the virus can be spread before someone has symptoms. If the Chinese health minister is right -- and there are those who doubt him -- that means the five confirmed cases in the United States might have been infectious while traveling from Wuhan to Arizona, California, Illinois and Washington state, even if they had no symptoms at the time. On Sunday, Dr. Nancy Messonnier, director of the US Centers for Disease Control and Prevention's National Center for Immunization and Respiratory Diseases, said the risk to the American public for contracting this virus continues to be low. "We at CDC don't have clear evidence that patients are infectious before symptom onset, but we are actively investigating that possibility," Messonnier said. "We need to be preparing as if this is a pandemic, but I continue to hope that it is not," she added. The Wuhan coronavirus has killed more than 50 people in China and infected thousands there, and spread as far as the US, France and Canada. [CNN](#)

[top of page...](#)

Clostridioides difficile antibiotic, DIFICID, receives FDA approval for treating children aged six months and older

27 January- Merck announced today the U.S. Food and Drug Administration (FDA) has approved a New Drug Application (NDA) for DIFICID® (fidaxomicin) for oral suspension, and a supplemental New Drug Application (sNDA) for DIFICID tablets for the treatment of Clostridioides (formerly Clostridium) difficile-associated diarrhea (CDAD) in children aged six months and older. DIFICID is a macrolide antibacterial medicine indicated in adults and pediatric patients aged 6 months and older for treatment of CDAD. To reduce the development of drug-resistant bacteria and maintain the effectiveness of DIFICID and other antibacterial drugs, DIFICID should be used only to treat infections that are proven or strongly suspected to be caused by Clostridioides difficile (C. difficile). DIFICID is contraindicated in patients who have known hypersensitivity to fidaxomicin or any other ingredient in DIFICID. DIFICID should only be used for the treatment of CDAD. DIFICID is not expected to be effective for treatment of other types of infections due to minimal systemic absorption of fidaxomicin. [Outbreak News Today](#)

[top of page...](#)

Coronavirus outbreak strands 100 Australian school children in Wuhan: report

27 January- At least 100 Australian school children are reportedly stranded in Wuhan, China, amid a deadly outbreak of novel coronavirus that's claimed more than 80 lives and sickened thousands. Australian Health Minister Greg Hunt said the country is working to bring the children and any other Australians stuck in the city — the epicenter of the outbreak — home. "We know at this point that the Chinese authorities have closed the Wuhan city as well as other cities within Hubei province," Hunt told ABC Radio on Monday morning, according to The Guardian. "We are working to make sure that there is support for those Australians and we are also working on, as are other countries, trying to secure their ability to return to Australia. At this point in time, the foreign minister is working around the clock on that." It's not clear why the school children were in Wuhan in the first place. The news comes after the Chinese government last week quarantined the city of Wuhan in an effort to contain the outbreak, shutting down airports and public transportation such as buses, ferries and more. Hunt would not confirm if the Australian government plans to charter a plane to evacuate any of its citizens from Wuhan. The U.S. government reportedly has plans to evacuate citizens and diplomats by using a charter plane. [Fox News](#)

[top of page...](#)

Indian state to cull chickens after H5N1 bird flu found

27 January- Authorities in an eastern Indian state will start culling chickens and destroying eggs from Tuesday to contain a bird flu virus of the H5N1 strain, a government statement said on Monday. The samples collected from a poultry breeding and research farm of a veterinary college in Odisha state tested positive, the statement said. India has seen nearly half a dozen outbreaks of bird flu in poultry in past two decades, and all of which were brought under control. No human cases have been reported in India since at least 2003.

[Reuters](#)

[top of page...](#)

Life expectancy rose slightly in 2018, as drug overdose deaths fell

30 January- For the first time since 2014, death rates in the U.S. declined and life expectancy showed a modest uptick, according to new data released in two reports Thursday by the Centers for Disease Control and Prevention. Life expectancy at birth in 2018 was 78.7 years, 0.1 year longer than the previous year. It may seem like a small increase, but for a population of around 350 million, the shift represents improvements in the lives of many people, says the CDC's Bob Anderson, the chief of the Mortality Statistics Branch at the CDC's National Center for Health Statistics, who oversaw the new reports. "That's a lot of people who ... avoided premature death," he says. The average lifespan of an American had risen for decades, reaching 78.9 years in 2014. But it took a dip in 2015, held steady in 2016 and dipped again in 2017, largely driven by the steep growth in drug overdose and suicide deaths. [NPR](#)

[top of page...](#)

Worried about catching the new coronavirus? In the U.S., flu is a bigger threat

29 January- If you live in the U.S, your risk of contracting the new strain of coronavirus identified in China is exceedingly low. So far, the only people infected in the U.S. have traveled to the region in China where the virus first turned up in people. And, though that could change, one thing is for certain: Another severe respiratory virus that threatens lives — the influenza or "flu" virus — is very active in the U.S. right now. Already this flu season (which generally begins in the U.S. in October and peaks during winter months), the Centers for Disease Control and Prevention estimates that more than 15 million people in the U.S. have gotten sick with flu. More than 150,000 Americans have been hospitalized, and more than 8,000 people have died from their infection. And, this isn't even a particularly bad flu year. "Last year we had 34,000 deaths from flu," says epidemiologist Brandon Brown of the University of California, Riverside. On average, the flu is responsible for somewhere between 12,000 and 61,000 deaths each year. "And this is just in the United States," Brown says. A flu shot is your best way to protect against getting the flu, and it's still not too late to be

vaccinated this season. There's another very effective strategy for fending off the flu virus — one that could also help protect against the novel coronavirus if it were to spread within the U.S, Brown says. His top tip is remarkably simple, effective — and familiar. Ready for this? Wash your hands. You need to lather up and wash for at least 20 seconds to make this work, according to the CDC's tips for proper hand-washing. The time it takes to hum the song "Happy Birthday" twice is about right duration. [NPR](#)

[top of page...](#)

INFLUENZA

AFHSB: DoD Seasonal Influenza Surveillance Summary

Week 03 (12 January 2019— 18 January 2020):

NORTHCOM: ILI activity decreased to moderate. Over the past 2 weeks, the majority of positive specimens continued to be influenza B.

EUCOM: ILI activity overall remained moderate. Among positive specimens, the majority continue to be influenza A.

INDOPACOM: Overall, ILI activity remained high. The majority of positive specimens continued to be influenza A. Among subtyped influenza A specimens, the majority were A(H1N1).

SOUTHCOM: ILI activity decreased to minimal in Cuba. The majority of specimens continued to be influenza A (not subtyped).

CENTCOM: ILI activity increased to moderate overall and increased to high in Afghanistan.
[DHA -Armed Forces Health Surveillance Branch](#)

[top of page...](#)

APHC: U.S. Army Influenza Activity Report

Week ending 18 January 2020 (week 3): During week 3, 5,551 specimens were submitted for testing, which represents a 5% decrease from week 2. However, the number of specimens testing positive (n=1252) increased by 18% from week 2. Influenza A accounted for the majority (49%) of positive specimens submitted for testing. PHC-P continues to have the highest percent positive value for influenza A compared to other regions. PHC-C accounted for the majority of positive influenza A specimens; 72% of positive influenza A specimens were among non-AD beneficiaries. Beneficiaries younger than 18 years old accounted for the majority (52%) of total positive respiratory specimens, which was followed by 18-29-year-olds (19%). Two influenza-associated hospitalizations were reported in week 3. [APHC](#)

[top of page...](#)

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

Key Updates for Week 3, ending January 18, 2020:

Influenza-Associated Hospitalizations: The Influenza Hospitalization Surveillance Network (FluSurv-NET) conducts population-based surveillance for laboratory-confirmed influenza-related hospitalizations in select counties in the Emerging Infections Program (EIP) states and Influenza Hospitalization Surveillance Project (IHSP) states. A total of 7,013 laboratory-confirmed influenza-associated hospitalizations were reported by FluSurv-NET sites between October 1, 2019 and January 18, 2020; 4,056 (57.8%) were associated with influenza A virus, 2,914 (41.6%) with influenza B virus, 22 (0.3%) with influenza A virus and influenza B virus co-infection, and 21 (0.3%) with influenza virus for which the type was not determined. Among those with influenza A subtype information, 850 (89.9%) were A(H1N1)pdm09 virus and 96 (10.1%) were A(H3N2). The overall cumulative hospitalization rate was 24.1 per 100,000 population which is similar to what has been seen during recent previous influenza seasons at this time of year.

Pneumonia and Influenza Mortality Surveillance: Based on National Center for Health Statistics (NCHS) mortality surveillance data available on January 23, 2020, 6.7% of the deaths occurring during the week ending January 11, 2020 (week 2) were due to P&I. This percentage is below the epidemic threshold of 7.1% for week 2.

Influenza-Associated Pediatric Mortality: Fifteen influenza-associated pediatric deaths occurring during the 2019-2020 season between weeks 51 and 3 (the weeks ending December 21, 2019 and January 18, 2020) were reported to CDC during week 3. Nine were associated with influenza B viruses; two had a lineage determined and were both B/Victoria viruses. Six were associated with influenza A viruses, and four were subtyped; all A(H1N1)pdm09 viruses. One influenza-associated pediatric death occurring during the 2017-2018 season in week 3 (the week ending January 20, 2018) was reported to CDC during week 3, bringing the total during that season to 188. This was associated with an influenza B virus.

Of the 54 influenza-associated pediatric deaths occurring during the 2019-2020 season and reported to CDC:

- 37 deaths were associated with influenza B viruses. Seven of these had the lineage determined and all were B/Victoria viruses.
- 17 deaths were associated with influenza A viruses. Ten of these had subtyping performed and all were A(H1N1)pdm09 viruses. [CDC](#)

[top of page...](#)

WHO: Influenza Update

20 January 2020 - Update number 359, based on data up to 05 January 2020:

- In the temperate zone of the northern hemisphere, respiratory illness indicators and influenza activity continued to increase in most countries.
- In North America, influenza activity further increased with all seasonal influenza subtypes circulating.
- In Europe, influenza activity continued to increase across the region and was reported at moderate levels in some countries of Northern Europe.
- In Central Asia, influenza activity increased with influenza B viruses predominant.
- In Northern Africa, influenza activity was low overall.
- In Western Asia, influenza activity remained elevated overall and continued to increase in Iraq, Israel, Jordan, Turkey and Yemen.
- In East Asia, influenza-like illness (ILI) and influenza activity continued to increase overall.
- In the Caribbean and Central American countries, influenza activity was low overall, except for Mexico where increased detections of influenza A viruses were reported. In tropical South American countries, increased influenza activity was reported from Ecuador and Colombia in recent weeks.
- In tropical Africa, influenza activity was low across reporting countries of Eastern and Western Africa.
- In Southern Asia, influenza activity was low in most reporting countries, but increased in Afghanistan.
- In South East Asia, influenza activity continued to be reported in Lao People's Democratic Republic and Malaysia and increased in Singapore.
- In the temperate zones of the southern hemisphere, influenza activity remained at inter-seasonal levels.
- Worldwide, seasonal influenza A viruses accounted for the majority of detections. [WHO top of page...](#)

Baby food recalled in UK due to tampering fears

27 January- Certain Cow & Gate baby food has been recalled from a supermarket in the United Kingdom because it may have been tampered with. Cow & Gate and Tesco are recalling 15 varieties of 7 plus month Cow & Gate baby food sold in jars by Tesco stores in the U.K. The Food Safety Authority of Ireland (FSAI) confirmed with Tesco and the Food Standards Agency that jars sold in Ireland are not affected by the recall. All date codes and batches of Butternut Squash Chicken and Pasta, Courgette and Hake Rice, Yummy Harvest Chicken, Apple Crumble, Banana Crumble, Peach Apple and Kiwi, Rice Pudding, Creamy Cauliflower Cheese, Garden Pea and Turkey, Potato Spinach and Beef, Potato and Turkey Roast, Spaghetti Bolognese, Succulent Pork Casserole, Tasty Cottage Pie and Tomato and Courgette Pasta are affected. A zucchini is called a courgette in the U.K. [Food Safety News](#)

[top of page...](#)

More poisonings in Brazil linked to beer; officials urge extreme caution

24 January- More than 20 people are suspected to have been poisoned and four have died in Brazil after drinking contaminated batches of beer. Tests have found diethylene glycol in 32 lots of 10 Backer beers. Officials from the Minas Gerais State Department of Health recommended no beer produced by Backer should be consumed. The agency advised people who have any beers made by Backer to not dispose of them in sinks or toilets or place them in the garbage. Instead they should be identified with an inscription such as: "Do not ingest. Product unsuitable for consumption", stored separately from other foods and taken to a designated reception point. A total of 22 suspected cases of poisoning by diethylene glycol, a toxic chemical used in antifreeze, have been reported including 19 men and three women. They live in Belo Horizonte, Capelinha, Nova Lima, Pompéu, São João Del Rei, São Lourenço, Ubá and Viçosa, according to the Minas Gerais State Department of Health. Four have been confirmed and the remaining 18 are under investigation because they presented symptoms suggesting intoxication by diethylene glycol and reported having the product. For one of the four deaths, presence of diethylene glycol in the blood was confirmed. The man was admitted to a hospital in Juiz de Fora and died on Jan. 7, 2020. The other three deaths are a man who died on January 15 in Belo Horizonte; another man who died the day after in Belo Horizonte and a woman, who died on Dec. 28, 2019 in Pompéu but cause of death has not been determined. The first person was admitted to hospital on Dec. 30, 2019, suffering from acute renal failure and neurological issues. However, health authorities were also informed of two cases with symptoms similar to intoxication by diethylene glycol with exposure before October 2019 and an investigation is ongoing. [Food Safety News](#)

[Food Safety News](#)

[top of page...](#)

Sanitizer found in milk; one person sick with recall underway

26 January- Officials are reporting at least one person is sick in relation to milk that is now under recall because it is contaminated with a sanitizer. The Canadian Food Inspection Agency has posted a recall for seven varieties of milk packaged under two brands, Sealtest and L'école, c'est nourissant. The recall notice does not include how much milk is under recall, per the agency's policy. Agropur Cooperative, the recalling company, reported distributing the milk in the Canadian provinces of Ontario and Quebec. "This recall was triggered by the company. The Canadian Food Inspection Agency (CFIA) is conducting a food safety investigation, which may lead to the recall of other products," according to the recall notice. "Check to see if you have the recalled products in your home. Recalled products should be thrown out or returned to the store where they were purchased." Photos of the recalled milk are available on the CFIA website. [Food Safety News](#)

[top of page...](#)

WELLNESS

Can Kava ease anxiety?

22 January- STRESS RELIEVER, anxiety reducer, sleep supporter and mood enhancer. These are all claims touted by kava, a root from the Pacific Islands that's suddenly the next big thing. Kava – also known as kava kava – is showing up in everything from capsules and candy to stress relief tea, canned relaxation drinks and bottled wellness tonics. Kava cafes and bars – dimly lit coffee houses and nightclubs that serve cups of brewed kava instead of cappuccinos or alcohol – are popping up around the country. The supplement is derived from a root in the pepper plant family that grows in Fiji, Hawaii, Polynesia and other islands in the Pacific Ocean. For centuries, islanders used kava as a medicinal plant due to its sedative and euphoric properties. The Latin name of the plant is Piper methysticum, which means "intoxicating pepper." [U.S. News](#)

[top of page...](#)

Keeping aging muscles fit is tied to better heart health later

29 January- How much muscle you have now could indicate how healthy your heart will be later, according to an interesting new study of muscle mass and cardiovascular disease. The study finds that, for men at least, entering middle age with plenty of muscle lowers the subsequent risk of developing heart disease by as much as 81 percent, compared to the risks for other men. These results add to the growing evidence that building and maintaining muscle is essential for healthy aging, while also underscoring that the impacts may be different for women and men. Skeletal muscle is, of course, one of the bodies most versatile and active tissues, providing the strength and power we need to grasp, reach, lift

and stride. Muscle is also critical for our metabolic health, slurping and storing blood sugar and producing specialized hormones that move to other tissues, like the brain and fat cells, where they jump-start various biochemical processes. [The New York Times](#)

[top of page...](#)

Looking on the bright side may be good for your health

27 January- A number of recent long-term studies has linked greater optimism to a lower risk of developing cardiovascular disease and other chronic ailments and to fostering “exceptional longevity.”... Admittedly, the relationship between optimism and better health and a longer life is still only a correlation that doesn’t prove cause and effect. But there is also now biological evidence to suggest that optimism can have a direct impact on health, which should encourage both the medical profession and individuals to do more to foster optimism as a potential health benefit. According to Dr. Alan Rozanski, one of the field’s primary researchers, “It’s never too early and it’s never too late to foster optimism. From teenagers to people in their 90s, all have better outcomes if they’re optimistic.” Dr. Rozanski is a cardiologist at Mount Sinai St. Luke’s Hospital in New York who became interested in optimism while working in a cardiac rehabilitation program early in his career. In an interview, he explained, “Many heart-attack patients who had long been sedentary would come into the gym and say ‘I can’t do that!’ But I would put them on the treadmill, start off slowly and gradually build them up. Their attitude improved, they became more confident. One woman in her 70s said her heart attack may have been the best thing that had happened to her because it transformed what she thought she could do.” In a major analysis of 15 studies involving 229,391 participants published in September in JAMA Network Open. Dr. Rozanski and colleagues found that people who ranked high in optimism were much less likely to have a heart attack or other cardiovascular event and had a lower mortality rate from any cause than did pessimistic participants in the studies. [The New York Times](#)

[top of page...](#)

USAFRICOM

Guinea worm disease: 53 cases reported in 2019, vast majority in Chad

29 January- The Carter Center announced today that a provisional total of 53 cases of Guinea worm disease were reported in 2019, up from 28 cases reported in 2018. The campaign against the disease, also called dracunculiasis, has taken on additional complexity in recent years with the rise of infections in animals, primarily dogs in Chad. During 2019, 47 human cases of the disease were reported in Chad, four in South Sudan, one in Angola, and one in Cameroon that is believed to have been imported from Chad. No human cases have been reported for two years in Ethiopia or four years in Mali, but the two countries are still considered endemic. As for Guinea worm infections in animals (mainly dogs but also a

handful of cats and baboons), 1,973 were detected in Chad, nine in Mali, eight in Ethiopia, and one in Angola; none in South Sudan or Cameroon. "The time to eradicate Guinea worm is now," said Adam Weiss, director of the Carter Center Guinea Worm Eradication Program. "To prevent unnecessary suffering, the remaining endemic countries are going all out with every intervention available." Interventions to stop transmission include community-based health education, filtering all drinking water, keeping people and animals with emerging Guinea worms from entering water sources, and targeted use of Abate in stagnant water sources. [Outbreak News Today](#)

[top of page...](#)

Nigeria steps up Lassa fever response

25 January- Officials with the Nigeria Centre for Disease Control (NCDC) report intensifying efforts as increasing number of Lassa fever cases are reported across states in the country. As at the 24th of January 2020, 195 confirmed cases and 29 deaths had been reported in 11 states. Of the confirmed cases, 89% are from Ondo, Edo and Ebonyi States. The increase in the number of cases at this time of the year is not unusual due to ecological factors. The NCDC continues to support states in strengthening their preparedness and response capacity. Over the last three weeks, NCDC has deployed Rapid Response Teams to support five of the affected states. The Honorable Minister of Health, Dr. Osagie Ehanire led a high-level delegation to Kano State on the 25th of January 2020, following the deaths of two health workers infected with Lassa fever. In addition, NCDC has rapidly increased risk communications and community engagement activities to ensure that Nigerians are aware of the risks of Lassa fever and measures to protect themselves. NCDC continues to support treatment centres across states in the country to effectively manage Lassa fever cases.

[Outbreak News Today](#)

[top of page...](#)

USCENTCOM

Bangladesh: Two Nipah virus deaths, according to local media report

28 January- Two Nipah virus death are reported in Bangladesh, according to a Prothom Alo report. No official's statements have been posted by the IEDCR. Professor Mirzadi Sabrina, director of the Government's Institute of Pathology, Disease Control and Research (IEDCR), said in the first light on Wednesday that three IEDCRs have been identified as infected with the virus. Two of them died. The report does not offer specifics as far as location, but states: According to a source, samples of several patients from different districts of the country, including the capital, are suspected to have come to IEDCR. Authorities have arrested a child at the Dhaka Children's Hospital on suspicion of being infected with the Nipah virus. IEDCR also collected blood samples. The report says health officials said there is nothing to fear about Nipah. In addition, they have urged the countrymen to refrain from consuming raw

date palm sap. [Outbreak News Today](#)

[top of page...](#)

Pakistan reports 1st wild poliovirus case of 2020

24 January- Officials with the Global Polio Eradication Initiative (GPEI) have reported the first wild poliovirus 1 (WPV1) case of 2020 in Khyber Pakhtunkhwa province, Pakistan. Pakistan also saw an additional case in Khyber Pakhtunkhwa province, which is included with the 2019 numbers, bringing the total in Pakistan last year to 136. Additionally, four WPV1-positive environmental samples were reported: one each from Punjab and FATA provinces and two from Balochistan province. Afghanistan reported one WPV1 case that is included with the 2019 numbers, bringing that country's total to 29 last year. In 2019, 165 WPV1 cases were reported. In addition to the WPV1 cases, additional vaccine derived polio viruses were reported for 2019 from Pakistan (6), Democratic Republic of the Congo (10) and Togo (1). The total vDPV cases reported in 2019 is now 280. [Outbreak News Today](#)

[top of page...](#)

USEUCOM

Finland reports 1st imported novel coronavirus case

29 January- The Finland National Institute of Health and Welfare (Terveyden ja hyvinvoinnin laitos, or THL) reported today a traveler has been diagnosed with Wuhan coronavirus infection at the Central Hospital of Lapland. He is currently in isolation. The traveler comes from Wuhan, China. This is the first confirmed case in Finland. [Outbreak News Today](#)

[top of page...](#)

Trichinosis cases reported in Central Spain

25 January- The Ministry of Health of Castilla-La Mancha has reported a new outbreak of trichinosis in the province of Ciudad Real with 2 affected from a family of 9 people, the first outbreak of the year, according to a report in Animal Health. It is reported the family members contracted the parasite after eating wild boar. Last year, Castilla-La Mancha recorded three outbreaks of trichinosis affecting 46, accounting for nearly all of the 49 cases reported in the country in 2019. All three outbreaks were linked to wild meat, not commercialized. This was a large increase compared to 2018 when only seven cases were reported. Trichinosis is a parasitic disease caused most commonly by the roundworm *Trichinella spiralis*. If someone ingests undercooked or raw meat with the encysted larvae, the stomach acid releases the larvae which mature to adults in the intestine. After about a week the female starts releasing larvae which enter the bloodstream and find their way to skeletal muscle where they encapsulate. There can be gastrointestinal symptoms mimicking acute food poisoning when there is activity of the adults in the intestine. [Outbreak News](#)

[Today](#)

[top of page...](#)

Australia: 2019 Novel coronavirus confirmed in three in NSW, Death toll rises to 80 in China

26 January- The New South Wales Department of Health (NSW Health) reports three cases of novel coronavirus (2019-NoCv) today. Two other cases are under investigation. Two of the men have been to Wuhan, China. The remaining case, also a man, has had direct contact with a person who has been diagnosed with the new coronavirus infection in Wuhan during his stay in China. All three patients are now in isolation at the New South Wales Hospital. NSW Chief Health Officer Dr. Kerry Chant said from these cases it can be seen that travelers returning to NSW must be fully aware of the symptoms of the new coronavirus infection. "Everyone exhibiting symptoms should have basic health protection-use a tissue or raise their elbows to block them when coughing or sneezing, and then wash their hands thoroughly." Dr. Chante said that in order to protect the safety of family and friends, don't be afraid if symptoms occur, contact the doctor immediately. [Outbreak News Today](#)

[top of page...](#)

Novel coronavirus case reported in Sihanoukville, Cambodia

27 January- The Cambodia Ministry of Health reported in a press release (see below) the first confirmed case of novel coronavirus. The case was detected Monday in a 60-year-old Chinese man who arrived from Wuhan on last Thursday. Officials say three family members who accompanied him tested negative for the virus. Cambodia is just the latest country to reported imported novel coronavirus (2019-NoCv)-Thailand, Vietnam, Macau, Taiwan, Japan, Hong Kong, Australia, France, Nepal, Singapore, Malaysia, South Korea, Canada and the United States. [Outbreak News Today](#)

[top of page...](#)

Taiwan reports 5th imported novel coronavirus case, HKU experts estimate more than 40K cases in Wuhan

27 January- The Central Epidemic Command Center (CECC) announced the fifth imported case of 2019 Novel Coronavirus infection (2019-nCoV) in Taiwan. The case is a 50-year-old female who resides in middle part of Taiwan. She went to Wuhan, China for work in the second half of October of 2019 and had neither history of activity in Huanan Seafood Wholesale Market nor history of contact with wild animals and poultry. On January 20, 2020, the case returned to Taiwan, developed fever and muscle aches and was then hospitalized on January 25. The hospital reported the case and treated the patient in a negative pressure ward. On January 27, infection with the novel virus was confirmed in the case after testing. The case is currently in a stable condition, and the hospital and local health agencies have

proceeded with prevention measures, including the investigation of the case and contact tracing, according to relevant procedures. [Outbreak News Today](#)

[top of page...](#)

USNORTHCOM

Canada: Toronto- Novel coronavirus case treated at Sunnybrook Health Sciences Centre

25 January- Officials with the Toronto-based Sunnybrook Health Sciences Centre are reporting caring for a patient who has a confirmed case of the novel coronavirus that originated in Wuhan, China. On January 23, an adult male presented to the Sunnybrook Emergency Department with fever and respiratory symptoms. The patient was screened and in addition to his symptoms, had confirmed recent travel history to Wuhan, China. Sunnybrook's Emergency Department team isolated the patient immediately and took the necessary precautions to ensure the safety of staff and other patients. Diagnostic testing was conducted and specimens were sent to the Public Health Lab in Ontario to confirm the diagnosis. Today, the diagnosis of novel coronavirus was confirmed. The patient is in stable condition and has been admitted to an isolation room. [Outbreak News Today](#)

[top of page...](#)

U.S.: Arizona- Reports 2019 Novel Coronavirus case in Maricopa County

26 January- The Arizona Department of Health Services (ADHS) and the Maricopa County Department of Public Health (MCDPH) announced today that a Maricopa County resident has been diagnosed with the 2019 Novel Coronavirus. The confirmed case is in a person who recently returned from travel to Wuhan, China. The patient is a member of the Arizona State University community who does not live in university housing. This person is not severely ill and is currently in isolation to keep the illness from spreading. MCDPH and ADHS are currently investigating to identify any close contacts that may have been exposed while the person was infectious. Any individuals who have been identified as having been exposed will be contacted directly. These individuals will be monitored for fever and respiratory symptoms in collaboration with public health and the university. 2019 Novel Coronavirus spreads through the air when an infected person coughs or sneezes. Symptoms are thought to appear within two to 14 days after exposure and consist of fever, cough, runny nose, and difficulty breathing. Those considered at risk for contracting the virus are individuals with travel to Wuhan, China, or individuals in close contact with a person infected with the 2019 Novel Coronavirus. Currently, no commercial testing is available and there is no vaccine. Public health is working with those exposed to get testing by CDC. "While the immediate risk of the 2019 Novel Coronavirus to the general public is believed to be low at this time, ADHS and our county public health partners will continue to actively monitor for the disease," said Dr. Cara Christ, ADHS director. "There are simple daily

precautions that everyone should always take to prevent the spread of diseases.” [Outbreak News Today](#)

[top of page...](#)

U.S.: Mumps case reported at UNC Greensboro

29 January- Student Health at the University of North Carolina-Greensboro (UNC Greensboro) have reported a confirmed mumps case in the UNC Greensboro community. Any individual who was determined to be a close contact through their investigation has already been contacted and no mass immunization clinics are planned. Symptoms of mumps include: low grade fever, headache, muscle aches, tiredness, loss of appetite and swollen/tender salivary glands along the jaw or behind the ears. The incubation period for this confirmed case is from 1/13/2020 to 2/6/2020. Students who develop mumps symptoms during this time are asked to contact Student Health Services.

Officials give the following tips to avoid getting mumps:

- Wash hands frequently and efficiently
- Cover your mouth with a tissue when coughing or sneezing
- Avoid sharing food and drinks [Outbreak News Today](#)

[top of page...](#)

USSOUTHCOM

Dengue outbreak in Paraguay: DEN-4 predominant, President Abdo falls victim

25 January- Paraguay health authorities report starting off 2020 with a major dengue fever outbreak this far into January. According to the Pan American Health Organization (PAHO) through Epi week 2 of 2020, 6892 confirmed and probable cases have been reported. This number is higher than numbers reported by the Ministry of Health, which puts the tally at 2,244 cumulative cases of Dengue (From October 13, 2019 to January 18, 2020) – 1,056 confirmed cases and 1,188 probable cases. Officials say the dengue related death toll stands at 4 dead, from Mariano Roque Alonso (2) and Fernando de la Mora (1), from the Central Department; and from San Estanislao (1). Central and Asuncion continue to lead the ranking of notifications and confirmed cases of Dengue at the country level, according to the most recent epidemiological data. The dispersion of cases in the Central department is verified in 84.21% of the districts: in Areguá, Capiatá, Fernando de la Mora, Itá, Itauguá, Guarambaré, JA Saldívar, Lambaré, Limpio, Luque, Ñemby, San Antonio, San Lorenzo, Villa Elisa and Nueva Italia, which refer to the circulation of DEN-4, and in Mariano Roque Alonso, which refers to co-circulation of DEN-4 and DEN-2. In Capital, all neighborhoods record notifications of the virus, about 50% of these neighborhoods have confirmed cases. “Almost 100% of the neighborhoods of Asunción register notifications, of which the neighborhoods with the highest number of notifications are San Vicente, Barrio Obrero,

Saxony,” said Dr. Guillermo Sequera, General Director of Health Surveillance. Nationally, the circulating serotypes are DEN-2 and DEN-4, with a predominance of the latter. [Outbreak News Today](#)

[top of page...](#)

Naegleria fowleri: Costa Rica teen dies from lethal parasitic infection

28 January- In a follow-up on a report from earlier this month, the 15-year-old teen who contracted the parasite, *Naegleria fowleri*, from the thermal springs of Guayabo de Bagaces has died from the infection Monday, according to a Tico Times report. The case was first reported by the Ministry of Health on January 7. This is the second known case of primary amebic meningoencephalitis (PAM) in Costa Rica. In 2014, an 11-year-old boy from Florida contracted the amoeba while vacationing in the country. He later died after returning home. *Naegleria fowleri* is a microscopic amoeba which is a single-celled living organism. It can cause a rare and devastating infection of the brain called primary amebic meningoencephalitis (PAM). The amoeba is commonly found in warm freshwater such as lakes, rivers, ponds and canals. Infections can happen when contaminated water enters the body through the nose. Once the amoeba enters the nose, it travels to the brain where it causes PAM (which destroys brain tissue) and is usually fatal. Infections usually occur when it is hot for prolonged periods of time, which results in higher water temperatures and lower water levels. [Outbreak News Today](#)

[top of page...](#)

[U.S. Military](#) | [Global](#) | [Influenza](#) | [Veterinary/Food Safety](#) | [Wellness](#) | [Contact Us](#)

[USAFRICOM](#) | [USCENTCOM](#) | [USEUCOM](#) | [USINDOPACOM](#) | [USNORTHCOM](#) | [USSOUTHCOM](#)

The *Army Public Health Update* is a collection of articles taken from public sources to offer awareness of current health issues and the media coverage given to them. The articles do not necessarily represent U.S. Army Medical Command opinions, views, policy, or guidance, and should not be construed or interpreted as being endorsed by the U.S. Army Medical Command.

The *Army Public Health Weekly Update* does not analyze the information as to its strategic or tactical impact on the U.S. Army and is not a medical intelligence product. Medical intelligence is available from the [National Center for Medical Intelligence](#).

External Links: The appearance of external hyperlinks does not constitute endorsement by the U.S. Army of the website or the information, products, or services contained therein. For other than authorized activities such as military exchanges and MWR sites, the U.S. Army does not exercise any editorial control over the information you may find at these locations. Such links are provided consistent with the stated purpose of this product.

Although we avoid links to sites that may be blocked, all sites may not be accessible from all locations. While we verify the links at the time of publication, we cannot guarantee that they will be active in the future.

The *Army Public Health Weekly Update* is published by the Public Health Communication Directorate, Army Public Health Center.

