

15 March 2019

Army Public Health Weekly Update

Army Public Health Center



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- Argentina: Hantavirus outbreak strain characterized
- Honduras: Sharp increase in cases of dengue fever, mostly children

U.S. MILITARY

Aim High? DoD researching marijuana investment policy

12 March- As long as you don't smoke it, can you invest in marijuana companies and maintain a security clearance? The Pentagon is looking more closely at the issue now as more military personnel raise questions on the policy. After the Facebook group "Air Force Forum" published emails in the last few weeks showing that personnel with marijuana companies in their investment portfolios faced the risk of losing their security clearances, DoD has faced questions over its approach. More states are passing laws legalizing pot, and investors find the marijuana business irresistible. But under federal law, marijuana is still an illegal substance. To date, DoD has deferred to looking at the "whole person concept" when weighing an individual's trustworthiness to hold a clearance. Under those guidelines, owning a pot farm may be an issue, while learning that your managed mutual fund invests in gummies may not. But those lines aren't clear. "While, currently, no official DOD guidance specific to financial involvement in marijuana exists, the Department continues to research the topic. Any changes will be addressed through normal policy update procedures," DoD spokeswoman Army Lt. Col. Audricia M. Harris said in a statement. [Military Times](#)

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Can LSD and magic mushrooms help win wars? This Marine officer says 'yes'

11 March- Sanctioned psychedelic drug use as a medical or psychological treatment method is gaining ground as part of today's hallucinogenic renaissance. Recent scientific studies approved by the Food and Drug Administration have yielded positive cognitive results when administering "microdoses" of the drugs lysergic acid diethylamide, or LSD, and psilocybin, the alkaloid in hallucinogenic mushrooms. But could this new wave of unorthodox treatment ever find its way into the ranks of the military? According to an article by Marine Maj. Emre Albayrak that was published in the February issue of the Marine Corps Gazette, it certainly should. Microdosing, which refers to administering a minuscule quantity of the drug in order to avoid hallucinations or debilitating effects in the patient, is already being used by "scientists, Silicon Valley executives, biologists, biohackers, and others" to achieve a mental edge, Albayrak writes. Administering in such doses has the potential to "significantly heighten alertness, creativity, and problem solving." Today's service members, especially those in the intelligence, surveillance and reconnaissance communities, are faced with the nearly-insurmountable task of analyzing a rapidly-growing tidal wave of analytical data that, with today's advances in technology, will only continue to expose cognitive shortfalls, the author writes. [Marine Times](#)

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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.



New group wants to be strong voice for military kids' education

11 March- Advocates with a special interest in the well-being of military children have launched an advisory group that pulls in a number of organizations that have long worked to help ensure military children have the best educational opportunities possible. "Military-connected students and their families deserve educational options that move them forward and shape their tomorrows with great positive impact," said Christi Ham, chairwoman of Military Families for High Standards, one of the inaugural organizations in the Coalition for Military-Connected Student Success. "Gathered here are those who focus their time, talents and energies to provide valuable options for these students. This group will become a powerful voice and a strong influence for outcomes that can shape true educational success." The overwhelming majority of school-age military children attend public schools. The coalition expects to focus its efforts on the U.S. Department of Education; military and civilian leaders of the military services; members of Congress; state-level education officials; service members and spouses; and the news media. [Military Times](#)

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New Pentagon transgender policy sets limits for treatment, new recruits after April 12

12 March- The Defense Department has approved a new policy that will largely bar transgender troops and military recruits from transitioning to another sex, and require most individuals to serve in their birth gender. The memo outlining the new policy was obtained Tuesday by The Associated Press, and it comes after a lengthy and complicated legal battle. It falls short of the all-out transgender ban that was initially ordered by President Donald Trump. But it will likely force the military to eventually discharge transgender individuals who need hormone treatments or surgery and can't or won't serve in their birth gender. The order says the military services must implement the new policy in 30 days, giving some individuals a short window of time to qualify for gender transition if needed. And it allows service secretaries to waive the policy on a case-by-case basis. Under the new rules, currently serving transgender troops and anyone who has signed an enlistment contract by April 12 may continue with plans for hormone treatments and gender transition if they have been diagnosed with gender dysphoria. But after April 12, no one with gender dysphoria who is taking hormones or has transitioned to another gender will be allowed to enlist. And any currently serving troops diagnosed with gender dysphoria after April 12 will have to serve in their birth gender and will be barred from taking hormones or getting transition surgery. [Military Times](#)

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23andMe genetic report can tell if you are likely to develop type 2 diabetes

11 March- Amid the increasing prevalence of Type 2 diabetes, 23andMe has set out to develop a genetic test that can assess a person's likelihood of developing lifestyle disease. The California-based company said it is upgrading its at-home DNA test to include a report on diabetes. Unlike its other health reports that inspect one or two genes for mutations with big and well-understood effects, however, the new diabetes test uses what is known as a polygenic risk score. This takes into account more than 1,000 genetic variants to calculate an individual's chances of developing type 2 diabetes. Aside from the genetic factors, the report also offers information on how other factors such as age, weight, and lifestyle may influence a person's chances of developing the condition and what actions can help make a difference. The DNA-testing company said the new Type 2 Diabetes report was developed and validated using data of more than 2.5 million 23andMe customers who agreed to be part of the research. [Tech Times](#)

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Do wireless Bluetooth headphones really increase cancer risk?

12 March-The internet is abuzz today with worries about the latest tech-fad-turned-health-hazard, with headlines warning that wireless headphones—like Apple's trendy AirPods—are a potential source of cancer. And yes, articles claiming that the little white devices could "pump radiation into your brain" [this link opens in a new tab](#) certainly caught our attention. But before we freak out too much, let's look at all the facts. Those headlines you may be seeing today seem to stem from a Medium article published last week, which posed the question, "Are AirPods and Other Bluetooth Headphones Safe?" [This link opens in a new tab](#) The article quotes Jerry Phillips, PhD, a professor of biochemistry at the University of Colorado at Colorado Springs, who says he's concerned about AirPods because "their placement in the ear canal exposes tissues in the head to relatively high levels of radio-frequency radiation." The article also points out that Phillips is "not alone" in his concerns about wireless Bluetooth devices, citing a petition [this link opens in a new tab](#) addressed to the United Nations and the World Health Organization and signed by 250 researchers from more than 40 countries. But here's something that's getting lost in the news reports this week: That petition doesn't mention AirPods by name, or even wireless headphones. Rather, the letter expresses "serious concern" about the potential health risks of non-ionizing electromagnetic field (EMF) technology, which is used by all Bluetooth devices. The petition's not new, either. It was first published in 2015 and last updated on January 1 of this year. Among the devices it calls out by name are "cellular and cordless phones and their base stations, Wi-Fi, broadcast antennas, smart meters, and baby monitors." [Health](#)

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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.

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Ebola, violence on health workers and more cases

11 March- The Ebola Virus Disease (EVD) outbreak in the North Kivu and Ituri provinces in the Democratic Republic of the Congo (DRC) continues as country health officials report more cases and deaths. The DRC Ministry of Health (MOH) is now reporting 923 cumulative cases, with new cases reported in new confirmed cases Butembo and Biena, and 582 deaths. Health workers are also plagued with resistance from communities, violence from mobs and armed groups. The MOH reports that a team of three epidemiologists had entered the Kighali village to investigate. On site, they had met with fierce reluctance from the community and were seriously injured by the angry mob. In addition, WHO Director-General, Dr. Tedros Adhanom Ghebreyesus visited an Ebola treatment centre in Butembo, in the Democratic Republic of the Congo, that was attacked by armed groups. [Outbreak News Today](#)

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Global 'pandemic' of fake drugs killing children worldwide, report says

11 March- The deaths of children are a cause for misery, and new research suggests one of the gravest perils comes in the form of falsified and substandard drugs for treating malaria, pneumonia and other diseases. Hundreds of thousands of children each year are dying due to a surge of poor-quality or outright fake medicines, the report says. "We're talking about 300,000 -- at least -- children who have died because of murder-by-alleged-medicines distributed by criminals," said Dr. Joel Breman, a co-author of the report and senior scientific adviser emeritus at the Fogarty International Center of the US National Institutes of Health. The World Health Organization has defined three types of falsified and substandard medical products. "Falsified medical products" deliberately misrepresent their identity, composition or source. "Substandard medical products" are regulated drugs that somehow fail to meet quality standards or specifications -- for example, they have less than needed amounts of an active pharmaceutical ingredients. "Unregistered or unlicensed medical products" are untested and unapproved drugs. [CNN](#)

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Infectious diseases spike amid Venezuela's political turmoil

12 March- Scientists say the rise in illnesses is due to a combination of government suppression of research, a lack of disease data and climate change. Cases of malaria, dengue fever, Zika and other serious illnesses have reached alarming levels in Venezuela and are spilling over into neighboring countries, according to several recent studies.

[Scientific American](#)

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Lilly's combo therapy succeeds in late-stage lung cancer study

12 March- Eli Lilly and Co's combination cancer treatment met the main goal of a late-stage clinical trial testing it on patients with a form of lung cancer, the drug maker announced on Tuesday. Previously untreated patients with metastatic non-small cell lung cancer taking a combination of Lilly's Cyramza and Roche's erlotinib went longer before their disease started to worsen, study results showed. Lung cancer is the leading cause of cancer death among both men and women, and each year, more people die of lung cancer than of colon, breast, and prostate cancers combined, according to the American Cancer Society. Cyramza, which made more than \$800 million in revenue for Lilly in 2018, is approved in the United States to treat other forms of cancers, including stomach and another type of lung cancer. The Indianapolis-based drug maker plans to start global regulatory submissions for its Cyramza combination therapy in mid-2019. [Reuters](#)

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Mosquito control drug shows promise as malaria preventive

13 March- Mass administration of ivermectin, a wormicide that's also lethal to mosquitoes, was linked with a reduction in malaria transmission among African children, a randomized trial found. The cumulative malaria incidence was significantly lower over 18 weeks in the intervention group who received the drug than among controls (estimated mean 2.00 episodes/child vs estimated mean 2.49 episodes/child, respectively; risk difference -0.49, 95% CI -0.79 to -0.21, P=0.0009), reported Brian D. Foy, PhD, of Colorado State University in Fort Collins, and colleagues, writing in *The Lancet*. They noted that ivermectin is "regularly distributed in mass drug administration" for parasitic nematode infections such as onchocerciasis, and it has certain "mosquitocidal effects." In addition, it can "induce transmission-blocking activity against *Plasmodium falciparum* parasites in surviving mosquitoes." "Ivermectin reduces new cases of malaria by making a person's blood lethal to the mosquitoes who bite them, killing mosquitoes and therefore reducing the likelihood of infection of others," Foy said in a statement. "Because ivermectin has a unique mode of action compared to other malaria control insecticides and antimalarial drugs, it could be used alongside drugs that treat malaria to combat residual transmission of the disease."

[Med Page Today](#)

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Mumps, other outbreaks force U.S. detention centers to quarantine over 2,000 migrants

10 March- ...In early January, a mumps outbreak at the privately run Pine Prairie U.S. Immigration and Customs Enforcement (ICE) Processing Center put Mejia and hundreds of other detainees on lockdown. "When there is just one person who is sick, everybody pays," Mejia, 19, said in a phone interview from the Pine Prairie center describing weeks without visits and access to the library and dining hall. His attorney was not allowed in, but his immigration court case continued anyway - over a video conference line. On Feb. 12, the judge ordered Mejia deported back to Honduras. The number of people amassed in immigration detention under the Trump administration has reached record highs, raising concerns among migrant advocates about disease outbreaks and resulting quarantines that limit access to legal services. As of March 6, more than 50,000 migrants were in detention, according to ICE data. Internal emails reviewed by Reuters reveal the complications of managing outbreaks like the one at Pine Prairie, since immigrant detainees often are transferred around the country and infected people do not necessarily show symptoms of viral diseases even when they are contagious. [Reuters](#)

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Rubella outbreak: CDC updates travel advisory for Japan

13 March- Last October, the Centers for Disease Control and Prevention (CDC) issued the initial travel notice for Japan due to a rubella outbreak. This week they updated the notice. Since the beginning of the year through Mar. 3, Japan's National Institute of Infectious Diseases reports 768 rubella cases. Most cases continue to be reported in the Kanto region -Tokyo (212), Kanagawa (114), Chiba (79), and Saitama (44). Travelers to Japan should make sure they are vaccinated against rubella with the MMR (measles, mumps, and rubella) vaccine before travel. Rubella is very dangerous for a pregnant woman and her developing baby. Pregnant women who are not protected against rubella through either vaccination or previous rubella infection should not travel to Japan during this outbreak. [Outbreak News Today](#)

[Today](#)

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Sewage study highlights global antimicrobial resistance disparity

11 March- A new study by an international team of scientists suggests that analyzing the DNA of urban sewage in different countries may tell the full story of global antimicrobial resistance (AMR) levels and provide a cheaper and easier method of conducting global AMR surveillance. In a paper published in Nature Communications, the scientists report that metagenomic analysis of untreated sewage from 60 countries revealed a clear geographic distinction in AMR levels, with countries in Asia, Africa, and South America having more AMR genes, and a larger variety of them, than countries in Europe, North America, and

Oceania. Their analysis also found that high AMR gene abundance was related to poor sanitation and health in many of those countries. "Our findings suggest that global AMR gene diversity and abundance vary by region, and that improving sanitation and health could potentially limit the global burden of AMR," the authors of the study write. [CIDRAP](#)

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Smoking while pregnant doubles risk of sudden unexpected infant death, study finds

11 March- Smoking during pregnancy — even just one cigarette a day — doubles the risk of sudden unexpected infant death (SUID), according to a new study. The Seattle Children's Research Institute worked in collaboration with Microsoft data scientists for their study, published in the journal *Pediatrics* Monday. Their research found that the chances of SUID increased by 0.07 per cigarette for women who smoked between 1 to 20 cigarettes a day. Researchers also estimated that 800 deaths of the 3,700 total SUIDs every year in the U.S. could be prevented if women abstained from smoking during pregnancy. That would lower the SUID rates by 22 percent. [Fox News](#)

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U.S. proposes stricter curbs on e-cigarette sales

13 March- The U.S. Food and Drug Administration (FDA) on Wednesday released formal plans to curb the sale of flavored e-cigarettes and slow a surge in teenage use of the popular nicotine devices...Under the proposal, makers of e-cigarette products would have to submit a formal application to the FDA by August 2021 in order to keep selling them, a year earlier than previously proposed. Shares of tobacco companies Altria Group Inc. and Philip Morris International Inc., which have been pressured by recent news of rising regulatory scrutiny into e-cigarettes, initially fell on the news before edging higher. Gottlieb had said in November that the agency planned more restrictions on flavored e-cigarettes. Juul and Altria, which took a 35 percent stake in Juul last December, said on Wednesday they supported the FDA's efforts to combat underage use. Juul announced its own plans in November for stricter age-verification requirements online and in retail stores. Public health and anti-smoking groups said the agency's plan falls short of what is needed to curb underage e-cigarette use. "A public health crisis of this magnitude demands faster and more forceful action than the steps announced by the FDA," Matthew Myers, president of the Campaign for Tobacco-Free Kids, said in a statement. Data released in November by the FDA and the U.S. Centers for Disease Control and Prevention showed a 78 percent increase in high school students who reported using e-cigarettes in the last 30 days, compared with the prior year. The draft guidelines are expected to be finalized within the next three months, following a public comment period. [Reuters](#)

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Wireless headphones like Apple AirPods ‘could pose cancer risk’ say 250 scientists who warn trendy in-ear headphones could beam ‘dangerous radiation’ directly into the head

13 March- As many as 250 scientists have signed a United Nations and World Health Organisation petition warning against the use of numerous wireless devices. Wireless headphones are hugely popular: around 28million Apple AirPods have been sold worldwide since they were launched in 2016 to tackle the menage of tangled earphones. Like many pieces of modern tech, AirPods and the similar Samsung Galaxy Buds harness Bluetooth technology - a type of electromagnetic frequency (EMF) radiowave that can transmit data. They use this to play music from a wearer's phone or tablet directly into their ears. But it's this proximity to the user's inner skull that has left some experts concerned about the detrimental health impact it could be having. [The Sun](#)

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World must prepare for inevitable next flu pandemic, WHO says

11 March- The world will inevitably face another pandemic of flu and needs to prepare for the potential devastation that could cause, and not underestimate the risks, the World Health Organization (WHO) said on Monday. Outlining a global plan to fight the viral disease and get ahead of a potential global outbreak, the WHO said the next influenza pandemic "is a matter of when, not if". "The threat of pandemic influenza is ever-present," Tedros Adhanom Ghebreyesus, the WHO's director-general, said in a statement. "We must be vigilant and prepared – the cost of a major influenza outbreak will far outweigh the price of prevention." The world's last flu pandemic was caused by the H1N1 virus, which spread around the world in 2009 and 2010. Studies of that pandemic found that at least one in five people worldwide were infected in the first year, and the death rate was 0.02 percent. Global health experts and the WHO warn there is a risk that a more deadly flu virus will one day jump from animals to people, mutate and infect many hundreds of thousands of people. Flu viruses are multiple and ever-changing, and they infect around a billion people every year around the world in seasonal outbreaks. Of those infections, around 3 to 5 million are severe cases, leading to between 290,000 and 650,000 seasonal flu-related respiratory deaths. Vaccines can help prevent some cases, and the WHO recommends annual vaccination - especially for people working in health care and for vulnerable people such as the old, the very young and people with underlying illness. The WHO plan - which it described as its most comprehensive to date - includes measures to try to protect populations as much as possible from annual outbreaks of seasonal flu, as well as prepare for a pandemic. Its two main goals, the WHO said, are to improve worldwide capacities for surveillance and response - by urging all governments to develop a national flu plan, and to develop better tools to prevent, detect, control and treat flu, such as more effective vaccines

and antiviral drugs. [Reuters](#)

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INFLUENZA

AFHSB: DoD Seasonal Influenza Surveillance Summary

Week 9: (24 February 2019- 02 March 2019)

NORTHCOM- Influenza activity continued to increase, especially in the mid-West. There was high activity in Idaho, Utah, Wyoming, Texas, Georgia, Virginia, and Pennsylvania.

EUCOM- Influenza activity was minimal across EUCOM, with the exception of Germany which had moderate activity.

PACOM- Influenza activity was minimal in Japan and Guam, but increased to low in the Republic of Korea and Hawaii.

CENTCOM- Influenza activity was moderate in Afghanistan and Jordan, but was minimal in other CENTCOM countries with available data.

AFRICOM- In Djibouti, influenza activity remained minimal.

SOUTHCOM- Influenza activity remained minimal in Honduras and Cuba during week 09.

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

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APHC: U.S. Army Influenza Activity Report

Week ending 02 March 2019 (week 9): There was a slight increase (8%) in the overall number of positive respiratory specimens in week 8 (1104) when compared to week 9 (1195). A 47% increase in the number of influenza B cases was noted when comparing week 9 to the previous week; there were 17 cases in week 8 and 25 cases in week 9. The number of specimens positive for respiratory syncytial virus decreased by 44% in week 9, with 46 reported cases in comparison to the 82 cases reported during week 8. Most of the influenza A-positive specimens were reported from installations in RHC-C (571, 52%) and RHC-A (430, 39%). Eight influenza-associated hospitalizations with an onset date in week 9 were reported in the Disease Reporting System internet; two were Active Duty Service Members who were vaccinated. [APHC](#)

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

Influenza Season Week 9 ending March 2, 2019

-Viral Surveillance: The percentage of respiratory specimens testing positive for influenza viruses in clinical laboratories increased slightly. Nationally, during week 9, 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, 6, 7 and 8.

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

-Influenza-associated Pediatric Deaths: Nine influenza-associated pediatric deaths were reported to CDC during week 9. Eight deaths occurred during the 2018-2019 season and one death occurred during the 2015-2016 season. [CDC](#)

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ECDC: Flu News Europe

Week 9/2019 (25 February – 3 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 41.8%

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

-27.4% of specimens from patients with severe acute respiratory infection (SARI) in week 9/2019 tested positive for influenza virus, and almost all were type A.

-Pooled data from 23 Member States and areas reporting to the EuroMOMO project indicated that the excess mortality observed in previous weeks is now declining. Excess mortality was seen in a 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

7 March- For Epi Week 8, 2019

-Military Recruits- 47 received

-DoD Beneficiaries- 49 received

-CDC Border Infectious Disease Surveillance- 41 received [Naval Health Research Center](#)

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VETERINARY/FOOD SAFETY

Butterball recalling ground turkey amid multistate salmonella outbreak

14 March- Public health investigators from the CDC, Wisconsin Department of Health Services, and Wisconsin Department of Agriculture have linked Butterball ground turkey products to a multistate outbreak of Salmonella Schwarzengrund. According to the USDA, "Wisconsin collected three intact Butterball brand ground turkey samples from a residence where 4 of the case-patients live. The case-patients and ground turkey Salmonella Schwarzengrund isolates are closely related, genetically." Butterball is recalling 78,164 pounds of raw ground turkey products that may be contaminated with Salmonella Schwarzengrund. [Outbreak News Today](#)

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Conagra recalls Chef Boyardee chicken and rice bowls for undeclared allergens

10 March- After receiving consumer complaints, Conagra Brands Inc. initiated a recall of more than 2,800 pounds of microwaveable chicken and rice bowls because they may contain milk and wheat that are not declared on the product label, which is required by federal law. The Chef Boyardee products are labeled as chicken and rice, but actually contain beef ravioli, according to a recall notice posted by the USDA's Food Safety and Inspection Service (FSIS). The company notified FSIS about the consumer complaints on March 8. Conagra reported the product was produced and packaged on Jan. 16. The company shipped the microwaveable entrees to retailers in Florida, Kentucky and New York. Consumers can identify the recalled 5.5-ounce bowls, which are labeled as "Chef BOYARDEE rice with chicken & vegetables" by looking for a package code of 210090151050045L and best-by date of "Jul082020" on the bottom of each bowl. All of the bowls also have the establishment number "EST. 794" printed inside the USDA inspection mark. [Food Safety News](#)

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Duke's sausages recalled for possible product tampering

14 March- Monogram Meat Snacks of Virginia is recalling about 191,928 pounds of Duke's ready-to-eat pork sausages products because they may be adulterated due to possible product contamination. The sausages may have been tampered with following production. No confirmed reports of any adverse reactions have been received to date. The recalled products were produced and packaged for Conagra Brand/Duke's Meats on dates ranging from January 16, 2019, and March 7, 2019. These products have the establishment number "EST. 795" inside the USDA mark of inspection. They were shipped to retail stores across the country. The recall notice did not state what the possible tampering may be, or how it may have occurred. If you did buy any of these products, don't consume them. Take them back to the place of purchase or throw them away in a secure garbage can. [Food Poisoning Bulletin](#)

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E. coli and Salmonella behind French cheese recalls

13 March- E. coli has prompted two different recalls of cheese and there has been one due to Salmonella in France in the past few weeks. Recalls have been due to E. coli O26, E. coli O157 and Salmonella Montevideo but no illnesses have been reported. Fromagère du Moulin de Carel recalled camembert from the supermarket Carrefour due to E. coli O26 H11. The affected Camembert de Normandie 250-gram product has lot code of L19009C and date of March 10, 2019. It was sold beginning in late January. The company, based in Saint-Pierre-sur-Dives, took the action after E. coli was detected during a microbiological control test. Fromagère de Jort, based in Bernière d'Ailly, also recalled camembert made from raw milk from Carrefour and Auchan due to finding the same pathogen during a microbiological control. Affected Camembert de Normandie 250 gram has lot code L19009B and date March 10, 2019 In the second case, Hardy Affineur recalled raw milk cheese due to Shiga toxin-producing E. coli (STEC) O157:H7. As part of the firm's own checks the pathogen was present in goat's cheese. Valençay and Petit Valençay under the brand Hardy Affineur with lots between 10-13 and 10-33 and best before 1 March to 26 March, 2019 sold from Jan. 25, 2019 to Feb. 15, 2019 are affected. [Food Safety News](#)

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Grocers say Pillsbury flour has been recalled because of Salmonella risk

10 March- Two grocery chains are reporting that the parent company of the Pillsbury Co. has initiated a nationwide recall of flour packaged under the iconic brand because of possible Salmonella contamination. However, neither Pillsbury nor its owner Hometown Food Co. had posted the recall on their websites, or with the Food and Drug Administration, as of last night. The Publix and Winn-Dixie grocery chains both posted the recall information on their websites Friday. Neither chain reported how nor when the possible

contamination was discovered. They also did not report when they were notified about the problem. The notice posted by Publix says more than 12,000 cases of the flour are subject to the recall, but does not say how many packages are in each case. The Winn-Dixie recall notice says there haven't been any reports of any illnesses associated with the recalled flour. Both grocery chains are reporting 5-pound bags of "Pillsbury Unbleached All Purpose Flour" are affected by the recall. Publix reports the flour was shipped to retailers and distributors nationwide. "Consumers who have purchased these products are urged not to consume them. These products should be thrown away or returned to the place of purchase for a refund," according to the Publix recall notice. The Winn-Dixie recall notice includes a similar warning. Winn-Dixie says consumers with questions about the recalled flour can contact the Southeastern Grocers Customer Call Center 866-946-6349. [Food Safety News](#)

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Irish Brand Banger Sausage recalled by North Country Smokehouse

13 March- The New Hampshire-based North Country Smokehouse, located in Claremont, on Tuesday recalled 2,600 pounds of pork sausage due to misbranding, according to the U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS). The recalled product has a gluten-free claim represented on the front label. However, the product contains gluten in the form of wheat. Wheat, which is an allergen, is also listed in the product's list of ingredients. The ready-to-eat pork sausage items were produced on Feb. 13, 2019...The recalled sausage bears the establishment number "EST. 5390A" inside the USDA mark of inspection. These items were shipped to distribution and retail locations nationwide. The mistake was discovered March 11 when the firm notified FSIS that they received a consumer complaint. There have been no confirmed reports of adverse reactions due to consumption of these products. Anyone concerned about an injury or illness should contact a healthcare provider. [Food Safety News](#)

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Missing milk declaration on label causes recall of fried rice products

12 March- Choice Canning Company Inc. in Pittston, PA, recalled more than 35,000 pounds of chicken fried rice Monday because it includes an allergen, and is therefore misbranded, according to the U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS). The products contain milk, a known allergen, which is not declared on the product labels. Known allergens must be specifically mentioned on food labels, according to federal law. The recalled chicken fried rice products were produced on Feb. 13 and 19 this year... The recalled fried rice has the establishment number "P-45217" printed inside the USDA mark of inspection on its packaging. The FSIS posted photographs of product labels with the recall notice. The affected food was shipped to retail locations in California, Connecticut, Florida, Georgia, Minnesota, New York, Pennsylvania, Texas and Virginia, according to the recall

notice. [Food Safety News](#)

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Walk your dog, but watch your footing: Bone breaks are on the rise

11 March- Walking your dog can be a great way to build a little exercise into your life at any age. But take care, too: The number of Americans over age 65 who have had fractures associated with walking a dog on a leash has more than doubled since 2004, according to a study published this month. [NPR](#)

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WELLNESS

Build strength and muscle fast with occlusion training

11 March- It has been shown to result in skeletal muscle hypertrophy, increased strength, and increased endurance. Occlusion training is simply a way of restricting blood flow in the veins of a working muscle in hopes to kick-start some larger gains in muscle size and strength. For example, you can wrap an elastic band around the top of your leg before doing your squat workout. It sounds crazy, and a little bit scary, but there's definitely something to it. An article in the Military Times reported that one form of occlusion training, called Kaatsu, is "a revolutionary new training system" from Japan that is blowing fitness researchers' minds. [Scientific American](#)

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Colon cancer screening can save your life

11 March- Now, with colorectal cancer being found in an increasing number of younger adults, the pressure is on to screen millions more adults in every community of the United States. The current goal is to test at least 80 percent of residents ages 45 to 75 in each community using an approved method. More than 1,800 community organizations have already lined up to help make this happen. "We're not insisting that everyone get a colonoscopy, even though it's the gold standard for detecting and preventing colon cancer," said Dr. Richard C. Wender, chief cancer control officer at the cancer society. "A lot of people don't want it, some can't afford it, and sometimes it's not available." But finances are not the only stumbling block, Dr. Wender said. "Seventy-five percent of the people who hadn't been screened when the campaign started five years ago had health insurance, many of them through their employers." Other issues include a failure of people "to get started with screening when they reach the appropriate age," the doctor said. "In 2016, only about 49 percent of adults aged 50 to 54 had been screened." Another obstacle is that all too often, people go to the doctor only when they're sick. They're not focused on preventive care, Dr. Wender said, and neither are many of their doctors. How the American medical

system is organized is yet another obstacle. The typical visit to independent primary care doctors is spent on diagnosis and treatment with little time left for prevention. By contrast, in the Kaiser Permanente system, which has a strong financial incentive to keep its members healthy, 80 percent of members throughout the system — and 90 percent of members on Medicare — have undergone screening for colorectal cancer. Colorectal cancer is the second most common cause of cancer deaths in this country, with more than 51,000 people expected to die of the disease this year. Although the overall death rate has been dropping for several decades, thanks largely to increased detection and removal of precancerous polyps, deaths among people younger than 55 have increased by 1 percent a year since 2007. This means it's all the more important to encourage screening among middle-aged adults. [New York Times](#)

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USAFRICOM

Madagascar: Measles deaths top 1,100

13 March- In an update on the measles epidemic in Madagascar, UN health officials report, 6,607 cases of measles, including 41 deaths in the week ending Feb. 24. This down several thousand cases from the prior week (9,902). This brings the outbreak total to 86,985 cases, including 1,141 deaths since the outbreak began in early September 2018. About 70% of the cases are reported in persons aged 1 to 14 years old. 104 out of 114 districts in all the 22 regions are in the epidemic phase, officials report. [Outbreak News Today](#)

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Uganda: Probable pneumonic plague reported in Zombo District

11 March- Zombo District, Uganda is located in the eastern part of the country bordering the Democratic Republic of the Congo (DRC). Earlier this month, officials with the country's health ministry reported two probable cases of pneumonic plague. The initial case has died. She previously lived in Atungulei village in Mahagi District, Ituri Province, DRC. A second patient, a relative has presented to the hospital with similar illness. According to the WHO, preliminary tests on a sputum specimen were positive for plague on rapid diagnostic test (RDT). Additional specimens were collected and transported to the Plague Laboratory in Arua for culture, and the test results are pending. Fifty-five high risk contacts (family members, those who participated in the traditional burial and 11 health workers) have been identified and are under follow up. In addition, there is information that three other people died of similar illness in the Democratic Republic of the Congo. Authorities in the Democratic Republic of the Congo have been informed and investigations are ongoing. Pneumonic plague, which is the most severe form of plague caused by the bacterium *Yersinia pestis*, can be transmitted between people through breathing airborne droplets or through contact with the patient's bloody sputum. The severe lung infection has a high

mortality rate, but it can be cured if treated with antibacterial drugs at an early stage.

[Outbreak News Today](#)

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USCENTCOM

Middle East: MERS- 76 cases reported in February

11 March- The World Health Organization's regional office for the Eastern Mediterranean (WHO EMRO) reported a total of 76 laboratory-confirmed cases of Middle East respiratory syndrome (MERS) in the month of February. Officials say 68 of the cases were reported from Saudi Arabia with 10 associated deaths and 8 from were reported from Oman with 2 associated deaths. A total of 2374 laboratory-confirmed cases of MERS have been reported globally since 2012, including 823 associated deaths (case-fatality rate: 34.6%). The bulk of the cases were reported in Saudi Arabia. [Outbreak News Today](#)

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USEUCOM

Europe: Nearly 900 measles cases in January, Romania tops list

10 March- The measles outbreak in Europe continues as 19 countries reported cases in January 2019, according to the European Centre for Disease Prevention and Control (ECDC). 881 cases were reported from the 19 countries, while 10 reported no measles. Germany did not report measles data for January 2019. Overall, case numbers continued to increase compared with the previous two months. Romania, Italy, Poland and France had the highest case counts with 261, 165, 133 and 124 cases, respectively. Italy, Poland, France and Austria reported notable increases over November and December 2018. [Outbreak News Today](#)

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Europe: Salmonella Poona outbreak affects dozens in 3 countries

14 March- In a follow-up on a report from January, European health officials say 32 infants and young children have all been affected by the same outbreak strain of Salmonella Poona linked to infant formula products based on rice proteins. 30 cases were reported in France, while one case each was reported in Belgium and Luxembourg. The suspected infant formula products based on rice proteins were made by a factory in Spain between August and October 2018 and marketed by a French company. To date, S. Poona has not been detected in any sample of the implicated batches of infant formula tested either at the Spanish processing company or at the French company. A recall of the suspected products

was initiated in January. Salmonella is an organism which can cause serious and sometimes fatal infections in young children, frail or elderly people, and others with weakened immune systems. Healthy persons infected with Salmonella often experience fever, diarrhea (which may be bloody), nausea, vomiting and abdominal pain. In rare circumstances, infection with Salmonella can result in the organism getting into the bloodstream and producing more severe illnesses such as arterial infections (i.e., infected aneurysms), endocarditis and arthritis. [Outbreak News Today](#)

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Ireland: Mumps cases up dramatically in 2019

10 March- Ireland health officials are reporting a large rise in the number of mumps cases reported in the first nine weeks of 2019 compared to the same period last year. According to the Health Protection Surveillance Centre (HPSC), 451 mumps cases were notified in the first nine weeks compared to 60 for the same time period in 2018. Twenty cases required hospitalization for their illness. In all of 2018, 575 cases mumps cases were reported.

[Outbreak News Today](#)

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USINDOPACOM

China: Hog prices hit 14-month high as African swine fever slashes output

11 March- Chinese hog prices marched to their highest in 14 months on Monday and look set to keep rising after weeks of gains, analysts and producers said, as the worst disease outbreak to hit the country's vast pig herd in years chops supply. Live hog prices in major consumption and production areas rose 7 percent on average on Monday compared with last Friday to 15.09 yuan (\$2.24) per kilogram, according to data provided by consultancy China-America Commodity Data Analytics. Even though demand is typically weak at this time of year, prices across the country surged almost 20 percent since early March. The surge comes with a months-long outbreak of African swine fever having spread to 111 confirmed cases in 28 provinces and regions across the country. There is no cure and no vaccine for the disease that is highly contagious and fatal to pigs, though it does not affect humans. About 1 million pigs have been culled so far in an effort to try to control the spread. [Reuters](#)

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New Zealand: 25 measles cases reported in Canterbury

11 March- Canterbury is a region on New Zealand's South Island and home to the city of Christchurch. According to health officials today, the region is experiencing a measles outbreak. The number of confirmed cases of measles in Canterbury now stands at twenty-five and is likely to rise further over the coming days and weeks, according to the Canterbury District Health Board. This is a rise of 10 cases over the weekend. Canterbury Medical Officer of Health, Dr. Ramon Pink says measles is now in widespread circulation and people who aren't fully immune could be exposed to the risk of infection anywhere in Canterbury. "Immunization is the only sure way to avoid getting measles. Only people who were born before 1969 or have had two MMR vaccinations are considered fully protected. Those aged between 29 and 50 will only have had one measles vaccination and are not considered immune." [Outbreak News Today](#)

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Philippines: Cebu area- Measles cases up 1,300 percent in 2019

12 March- Officials with the DOH-7, covering the Central Visayas region, are reporting a more than 1,300 percent increase in measles cases during the first two months or so of 2019. Records show that a total of 737 measles cases, an increase of 1,317 %, have been reported in the region as of March 6. Of the total, majority of the cases are in Cebu (512) followed by Negros Oriental (148), Bohol (70), and Siquijor (7). Tragically, eight children under the age of two have died. [Outbreak News Today](#)

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USNORTHCOM

U.S: Arizona- Measles in Pima County infant diagnosed, linked to travel

12 March- Arizona state health officials are reporting a confirmed case of measles in a 12-month-old infant from Pima County. The child has recent Asia-related travel. The Pima County Public Health Department and the Arizona Department of Health Services (ADHS) are currently investigating to learn if there was any community exposure to the disease. "We are working with our healthcare and public health partners to make sure we quickly identify any possible exposures to the community that may have occurred," said Marcy Flanagan, Director of the Pima County Health Department. "As more and more cities and counties across the United States experience cases of vaccine-preventable diseases like measles, we are working hard to prevent that from happening in Pima County." [Outbreak News Today](#)

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U.S: Florida- 232 hepatitis A cases reported in February

11 March- The number of hepatitis A cases continue to rise in Florida, State health officials reported 232 additional cases in February 2019, bringing the outbreak total to 971 cases since last year. The cases reported in February were from 30 of Florida counties. Of the total outbreak cases, 3/4s of the patients required hospitalization and five died. Since January 1, 2018, 13 (1%) cases were co-infected with chronic hepatitis B, 207 (21%) cases were co-infected with chronic hepatitis C, and 20 (2%) cases were co-infected with both chronic hepatitis B and C. The best way to prevent hepatitis A infection is through vaccination. Since January 1, 2018, 97% of people with hepatitis A had never received a documented dose of hepatitis A vaccine. In February 2019, 98% of infected people had not received the vaccine. Hepatitis A vaccine is recommended for all children at age 1 year and for certain high-risk groups of adults including illegal drug users and men who have sex with men. [Outbreak News Today](#)

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U.S: New York City- 6 Rabid raccoons identified

10 March- The New York City Department of Health and Mental Hygiene announced on March 9, 2019, that it has identified 6 animals with rabies in 3 of NY's 5 boroughs. During 2019, there have been 6 rabid raccoons identified in New York City:

- 4 raccoons in or near Inwood Hill Park in upper Manhattan
- 1 raccoon from the Bronx
- 1 raccoon from Staten Island

There are no known bites or exposures to humans from these animals, reports health officials. [Precision Vaccinations](#)

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U.S: South Carolina- Rabies goat potentially exposes 9 people

12 March- A goat that tested positive for rabies has prompted South Carolina health officials to refer at least nine people to their health care providers after being potentially exposed to rabies by a goat in Anderson County. The potential exposures occurred when the victims were handling the goat on their property southwest of Honea Path, S.C. The goat was submitted to Department of Health and Environmental Control (DHEC) laboratory for testing on March 8 and was confirmed to have rabies later that day. "Rabies is usually transmitted through a bite which allows saliva from an infected animal to be introduced into the body of a person or another animal," said David Vaughan, Director of DHEC's Onsite Wastewater, Rabies Prevention, and Enforcement Division. "However, saliva or neural tissue contact with open wounds or areas such as the eyes, nose or mouth could also potentially transmit rabies. To reduce the risk of getting rabies, always give wild and stray animals their

space. If you see an animal in need, avoid touching it and contact someone trained in handling animals, such as your local animal control officer or wildlife rehabilitator.”

[Outbreak News Today](#)

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USSOUTHCOM

Argentina: Hantavirus outbreak strain characterized

10 March- In a follow-up on the hantavirus outbreak in Argentina, since November 2, 2018, the Argentine Republic has faced an outbreak of Hantavirus pulmonary syndrome (HPS), the most recent cases were reported on February 7, 2019. To date, there have been 34 confirmed cases and 12 deaths, according to a letter to ProMED Mail from Gustavo Palacios, USAMRIID (computer translated). The initial propagation occurred in Epuypén, province of Chubut, in the Andean region. Other cases have been reported in the province of Río Negro; A case exported in Chile has also been disclosed. The Andes virus (ANDV, genus Orthohantavirus, family Hantaviridae) has been confirmed as the etiological agent. Its most common reservoir is the long-tailed pygmy rice rat. Secondary infections from human to human are considered rare, but can occur through direct contact with infected saliva, urine or blood. A cooperative research group, including USAMRIID, used next generation sequencing technologies to characterize and quickly analyze the transmission patterns of ANDV. [Outbreak News Today](#)

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Honduras: Sharp increase in cases of dengue fever, mostly children

13 March- Honduras is reporting an increase in dengue fever this year following a lengthy rainy season, according to the international medical humanitarian organization Doctors Without Borders/Médecins Sans Frontières (MSF). MSF says 81 percent of the 789 people treated for severe dengue since the beginning of the year across the north of the country have been children 15 years or younger. In San Pedro Sula, 12 people have died from dengue fever at the Mario Catarino Rivas Hospital. About half the patients with severe dengue at the hospital were children. Dengue fever is an infectious disease carried by mosquitoes and caused by any of four related dengue viruses. This disease used to be called “break-bone fever” because it sometimes causes severe joint and muscle pain that feels like bones are breaking. People get the dengue virus from the bite of an infected Aedes mosquito. It is not contagious from person to person. There are three types of dengue fever in order of less severe to most: the typical uncomplicated dengue fever, dengue hemorrhagic fever (DHS) and dengue shock syndrome (DSS). [Outbreak News Today](#)

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