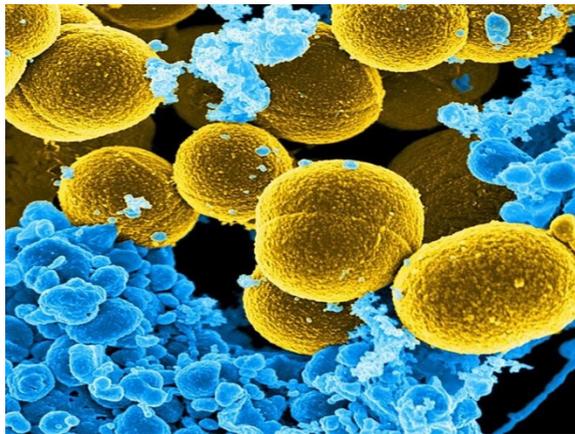


PUBLIC HEALTH QUARTERLY NEWSLETTER

SJAFB Public Health

U.S. Air Force

Spring/Summer 2016



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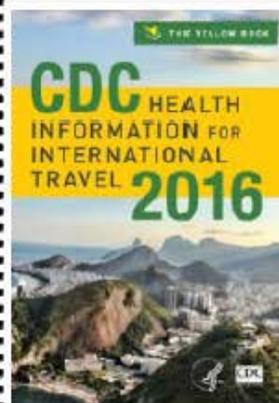
Deployment Medicine Update

Purpose of DRHA Forms & Timeline

The purpose of DRHA (Deployment Related Health Assessment) is to obtain information from an individual in order to assess the state of the individual's health before and after deployment outside the United States, its territories, and possessions as part of a contingency, combat, or other operation. It also may be utilized if CC-directed for CONUS deployments. This screening assists health care providers in identifying and providing present and future medical care to the individual.



Within 120 Days before Deploying	Within 30 Days before Leaving Theater	90-180 Days after Return	181-545 Days after Return	546-910 Days after Return
✓ DRHA 1 (DD Form 2795) ✓ Automated Neuropsychological Assessments Metrics (ANAM) [‡]	✓ DRHA 2 (DD Form 2796)	✓ DRHA 3 (DD Form 2900)	✓ DRHA 4 [†] (DD Form 2978)	✓ DRHA 5 [†] (DD Form 2978)



2016 Yellow Book

According to the World Health Organization. (2014). Annex 2: Country Profiles. Global Tuberculosis Report 2014, these are the top 10 countries with a HIGH Tuberculosis Burden.

(Alphabetical)

1. Afghanistan
2. Bangladesh
3. Brazil
4. Cambodia
5. China
6. Democratic Republic of Congo
7. Ethiopia
8. India
9. Indonesia
10. Kenya

The Center for Disease Control and Prevention Health Information for International Travel (commonly called the Yellow Book) is published every two years as a reference for international travelers who want further information about health risks.

Additional Guidance: *AFI 48-122 Deployment Health*



Aedes aegypti

Zika Virus and Mosquito Safety



Aedes albopictus

Summer is the time of year we spend most of our time outside. Unfortunately, this is the time we are most at risk to vectorborne diseases. Mosquitos are the source of many diseases, but are often only thought of as a nuisance. The zika virus is carried by the aedes mosquito species, which is a daytime biter that can live indoors or outdoors and prefers to bite or feed on humans. This mosquito is also known to spread dengue and chikungunya, which are also diseases of concern in hot environments.

The Zika virus is commonly seen in tropical environments with outbreaks seen in Africa, Southeast Asia, and the Pacific Islands. Due to a large number of U.S. travelers to those areas, there is an increased risk of transmission in the U.S. In order to protect yourself during this upcoming summer season here are some tips for you, facilities and homes to follow:

- Eliminate breeding habitats by covering or dumping standing water inside and outside the home.

Breeding Habitats found in Homes	Breeding Habitats found in Public Areas
1. Domestic containers (to include trash cans)	1. Trash cans
2. Pot and dirt holes	2. Discarded receptacles
3. Flower pot plates/trays	3. Gutters
4. Ornamental containers	4. Plants and tree holes
5. Plants (hardened soil and plant axils)	5. Perimeter drains

- ▶ Repair screens on windows and doors.
- ▶ Keep vegetation trimmed and grass low.
- ▶ Use an insect repellent on exposed skin to prevent mosquito bites.
- ▶ When working or playing outside in heavy mosquito populations, wear long-sleeves, pants and treat clothing and gear with a permethrin spray.
- ▶ Pregnant women or women trying to become pregnant should avoid travel to infected areas or talk to your healthcare provider if you have to travel.

Zika virus symptoms can vary from person to person and are expected to show within a week of exposure. Symptoms are normally mild and last no more than a week and rarely lead to complications such as hospitalization or death. It is important to contact your healthcare provider if you feel ill and have been exposed or traveled to an infected area. Symptoms include but are not limited to: fever, rash, joint pain, conjunctivitis (red eyes), muscle pain and headache.

Temporary Food Events

2ND QUARTER 2016

Key Information of Temporary Food Booth and Catered Events

Temporary Food Booths and Catered Events

The purpose of this newsletter is to go over the roles, responsibilities, and the processes of applying/approving events where food will be served as a base function. All information provided is backed by AFI and AFMAN Tri-Services Food Code guidelines that have been set into place.

Temporary food events are a great way to raise morale and raise money for great causes. Generally, people never really think about whether or not the food that they are eating was properly protected from cross contamination or ensuring the food is cooked to the right temperature.

Public Health's Role

It is the role of the Public Health Inspectors to make sure food booth workers and catering agencies are following safe and sanitary precautions to ensure what you eat does not cause a potential food borne illness. Public Health will provide the necessary documents such as the DD Form 2975 Temporary Food Event Coordinator's Application which will give us the who, what, where, when of said event. Also, Public Health will

provide an MFR going over detailed expectations of food safety and sanitation practices before and during an event that is required to be reviewed by all food handlers. Lastly, Public Health will provide training to the person-in-charge of coordinating the food services for the event. This training will consist of basic food handler health, personal hygiene, proper hot/cold holding and cooking temperatures, cross-contamination, and sanitation. Once completed, Public Health will review application and determine if an off base food establishment has met the appropriate criteria to serve food for events on SJAfB. This determination can be made by pulling county health inspections from the local health department.

Your Role as the Food Event Coordinator

When it comes to organizing a food event for a base wide function notifying Public Health earlier rather than later will be in your best interest. Public Health should be notified a minimum of 14 days prior to the event. This will give adequate time needed to ensure a facility is approved and if not, time to find an alternative off base catering / food establishment. Once

you have notified Public Health of your purposed event and food establishment to be used then you will be sent all the required documents either in-person or via email. The approval process will commence at that point and you will be notified of all go's and no go's.

Current lists of Approved Off Base Caterers:

Adam's BBQ
Casey's Catering
Chef Herbs Bistro
Chik-Fil-A
Ed's Southern Food & Spirits
Great Harvest Bread Company
HWY 55
Jay's Sushi
Jersey Mike's
La Paz
Little Caesar's
Longhorn Steakhouse
Los Forgonos
McCall's BBQ & Seafood
My Daddy's BBQ
Olivia's
Smithfield BBQ
Zaxby's

If there is an establishment you do not see on the list and would like to use for your event, please contact Public Health with the contact information provided.

References:
AFMAN 48-147 (Tri-Service Food Code)
DD FORM 2975
Memorandum for Record (Restaurants providing catering services on Seymour Johnson AFB)
Temporary Food Booth Training

Public Health Contact Information:

Main Line: 722-1172

Food Safety: 722-1865

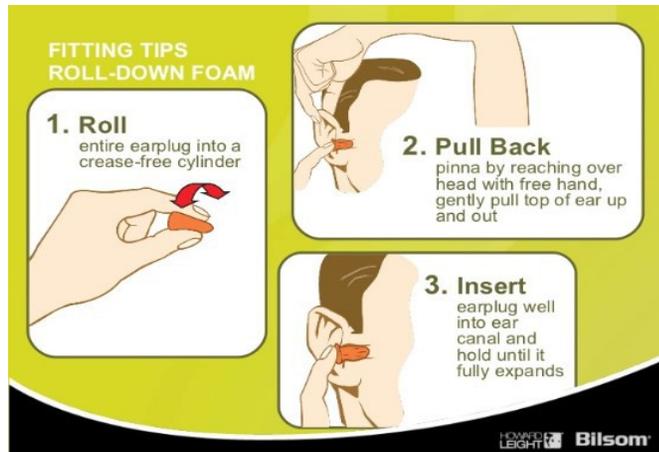
After Hours: (919) 273-5151



Preventing Disease, Disability
and Premature Death

Occupational Health Update

AFI 48-145, Occupational Health Program



HEARING LOSS PREVENTION

More than four million workers each day work in a hazardous noise environment. Ten million people in the U.S. have noise-related hearing loss and twenty-two million workers are exposed to potentially damaging noise each year. Wear hearing protection when required and understand that noise can damage your hearing ability permanently.



Did You Know?

If, as a result of your workplace or work environment, you become ill or sustain an injury, it is vital for you to report this to your medical provider and the Public Health office. This will ensure appropriate evaluation and follow-up of the occupational illness or injury to help prevent recurrence.

Occupational injury

An occupational injury is any injury such as a cut, fracture, sprain, or amputation that results from a work-related accident or from a single instantaneous exposure in the work environment.

Occupational illness

An occupational illness of an employee is any condition or disorder, other than one resulting from an occupational injury, caused by exposure to environmental factors associated with employment. It includes acute and chronic illnesses or diseases that may be caused by inhalation, absorption, ingestion, or direct contact.

Non-Occupational		Occupational	
170 dB		140 dB	160 dB Immediate Physical Damage
120 dB		112 dB	115 dB Unprotected Noise Exposure of Any Duration Not Permitted Above This Level
94 dB		100 dB	90 dB Hearing Protection Required by OSHA
74 dB		85 dB	85 dB Ear Damage Possible
58 dB		60 dB	50 dB Comfortable