

### Diseases from Water Contact

#### Risk:

Small number of cases could occur among those wading or swimming in contaminated bodies of water in the central and lower Yangtze River Valley and the Anhui, Hubei, Hunan, Jiangsu, and Jiangxi Provinces.

- » Leptospirosis: Symptoms - fever, chills, headache, muscle aches, vomiting, or diarrhea.
- » Schistosomiasis: Symptoms - rash or itchy skin; later, fever, chills, cough and muscle aches

#### Prevention:

- » Avoid wading or swimming in bodies of water, irrigated fields or mud.

### Respiratory Disease

#### Risk:

- » Common respiratory infections: Personnel may be exposed to influenza, pertussis, viral upper

respiratory infections, viral and bacterial pneumonia. Symptoms - cough, sneezing, sore throat, fever, wheezing.

- » Tuberculosis: Risk of tuberculosis increases in rural areas. Symptoms - weakness, weight loss, fever and night sweats.

#### Prevention:

- » Sneeze and cough into a tissue or your sleeve.
- » **Clean your hands often** especially before eating and after using the latrine.
- » Sleep head to toe in staggered bunks.

### Traffic Safety

#### Risk:

The rate of traffic accidents in China, including fatal accidents, is among the highest in the world. Cars and buses in the wrong lanes frequently hit pedestrians and bicyclists.

### Prevention:

- » Use caution when crossing streets or walking near traffic.
- » Use seat belts and child safety seats whenever possible.

### Hazardous Plants

#### Risk:

Many toxic plants can irritate your skin and lungs if touched or burned. Many are poisonous if eaten. Seek medical attention if injured or poisoned from plants.

#### Prevention:

- » Do not touch, chew, eat, or burn unfamiliar plants.
- » Use clothing as a protective barrier for skin.
- » Wash contaminated skin and clothing after contact.

### Hazardous Animals

#### Risk:

Stinging insects and centipedes, spiders, scorpions, and venomous snakes are found throughout China. Some have potentially fatal venom. Venomous sea snakes, rays, jellyfish, cone shells, and sea urchins occur along ocean beaches. Seek medical attention if bitten or stung.

#### Prevention:

- » Never walk barefoot.
- » Do not handle any snake. If bitten, get medical attention.
- » Shake out boots, bedding and clothing before use.
- » Avoid sleeping on the ground.
- » Use caution when entering bunkers or abandoned buildings.
- » Swim only in approved areas.



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## Deployment Health Card

# CHINA

Use force health protection measures to avoid adverse impact on your mission.

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### Diseases from Food and Water

#### Risk:

Food safety is a major issue in China. Chemical contamination of food occurs frequently, particularly with pesticides. Unsanitary food handling may contaminate food as well. Water sources are polluted. Food and water may be contaminated with bacteria, parasites, viruses, raw sewage, toxic metals or pesticides that can cause illness.

- » Diarrhea: Symptoms - loose bowel movements.
- » Typhoid/Paratyphoid fever: Symptoms - fever, constipation, headache.
- » Hepatitis A: Symptoms - flu-like illness.

#### Prevention:

- » Do not eat food from roadside food stands.

- » Do not drink tap water or beverages with ice.
- » Avoid fruit, uncooked vegetables, buffets, and undercooked meats.
- » Avoid dairy products, unless you know they have been pasteurized.
- » If possible, consume only food, water and ice approved for military personnel.
- » Use field sanitation measures.
- » **Keep your hands clean.**
- » Get prescribed vaccines for Hepatitis A and typhoid.

### Diseases from Arthropods

#### Risk:

China is home to many arthropods such as mosquitoes, ticks, and sand flies that can cause disease. The risk of infection with these diseases increases in rural areas.

- » Dengue: There is no risk of dengue fever near Beijing but there is a moderate risk of dengue in the southern coastal urban areas from day-biting mosquitoes. Symptoms - fever, headache, muscle pains, nausea/vomiting, rash.
- » Japanese Encephalitis: The risk is low but increases in rural areas outside Shanghai and Hong Kong at night. Symptoms - fever, headache with neck stiffness; disorientation and tremors in severe cases.
- » Malaria: There is no risk of malaria near Beijing, Tianjin or Hong Kong but rare cases of malaria could occur in those exposed to night-biting mosquito bites in rural areas of Shanghai, Qinhuangdao, and Shenyang.

Symptoms - fever, chills, headache, flu-like symptoms, aches, fatigue, yellowing of the skin and eyes.

#### Prevention:

- » Use DEET on exposed skin.
- » Wear permethrin-treated uniforms\*
- » Sleep under permethrin-treated bed nets.
- » Take prescribed anti-malarial medication.
- » Flies can also transmit disease - keep living areas free of trash and food.

\*NOTE: Flame-Resistant Army Combat Uniforms (FR ACU's) cannot be treated by Service members with the standard military clothing repellent (permethrin.)

### Sexually Transmitted Disease

#### Risk:

- » Personnel having unprotected sexual contact, particularly with commercial sex workers are at risk for several diseases.
- » Hepatitis B: Symptoms - yellowing of skin and eyes, fatigue, abdominal pain, loss of appetite, nausea, joint pain.

#### Prevention:

- » Use latex condoms every time you have sex.
- » Get prescribed vaccine for Hepatitis B.

### Diseases from Animal Contact

#### Risk:

- » Hantavirus: Rare cases could occur in rural areas. Symptoms - fever, deep muscle aches, and severe shortness of breath after contact with rodent urine, droppings or saliva.

- » Rabies: The risk in China is well above the risk in the U.S. Symptoms - pain, tingling, or itching at bite site, chills, fever, muscle aches.
- » Avian Influenza: Humans have been infected with avian influenza in China but the risk is extremely low. Symptoms - fever, cough, and sore throat.

#### Prevention:

- » Avoid all contact with animals, including rodents, cats, dogs and birds.
- » Avoid areas where animals are kept.
- » Clean your hands afterward if contact is unavoidable.
- » If scratched or bitten, seek medical attention immediately.
- » Keep living areas free of trash and food.
- » Cook poultry until no longer pink (165°F), eggs until yolks are firm.

Clean your hands often throughout deployment - use soap and water or alcohol-based hand cleaner.