

DISTRIBUTION UNLIMITED
TA-103-0415

Deployment Health Card

JAPAN

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



Diseases from Food and Water

Risk:

The risk of food- and water-borne disease in Japan is low.

- » Shellfish poisoning: Eating mollusks can lead to shellfish poisoning that may cause paralysis and death. Symptoms include tingling, numbness, burning of the lips, rash, and fever.
- » Ciguatera fish poisoning: Occurs almost exclusively in Okinawa and results from eating reef fish such as grouper, snapper, amberjack and barracuda. The toxin remains even when fish is well cooked. Symptoms may include: vomiting, diarrhea, abdominal pain, nausea, numbness and tingling, itching, muscle pain, joint pain, fatigue, depression, anxiety, hallucinations, lack of coordination and coma. Some patients report reversal of hot/cold temperature perception. Cardiac symptoms and signs may also occur and may necessitate urgent medical care.
- » Helminth (trematode) infection: Occurs from eating raw or undercooked fish or shellfish or freshwater plants. Liver, lung, and intestinal fluke infection may occur. Symptoms may include: fever, stomach pain, liver enlargement, jaundice, bronchitis or symptoms similar with active tuberculosis, diarrhea, and abdominal discomfort.

Prevention:

- » Avoid undercooked fish and shellfish and raw vegetables and salads outside of deluxe establishments.
- » Ensure foods are properly prepared and eat only from approved food sources to reduce risk.
- » Use field sanitation measures.
- » **Keep your hands clean.**

Diseases from Arthropods

Risk:

Japan is home to ticks, mosquitoes and mites that can cause:

- » Lyme disease: Occurs throughout Hokkaido, Nagano, Fukui, and Saitama Prefectures through the warmer months. The disease is transmitted by the bite of an infected tick. An infected tick must feed on you for several hours in order to transmit diseases, so promptly removing a tick will lesson your chance of getting sick. Ticks are most common in woods, brushy areas, and overgrown fields.
- » Tick-borne encephalitis (TBE): The risk of TBE is from April through November, and is most common on Hokkaido Island. TBE is transmitted by ticks and is a serious disease that affects the central nervous system. Exposure is most likely to occur in locations with high grass, weeds, or brush near forested areas.
- » Japanese encephalitis (JE): The risk of JE is low but increases in the warm, wet months and in rural areas, especially in rural Okinawa. JE is transmitted by Culex mosquitoes, night-biting mosquitoes that often breed in flooded rice fields or similar environment. Note: in 2014, dengue, another mosquito-transmitted disease, was reported in Japan primarily in the Tokyo area. This disease is transmitted by day-biting Aedes mosquitoes.
- » Scrub typhus: The risk of typhus is year-round and countrywide, except for Hokkaido and Okinawa Prefectures. The disease is transmitted by mites (chiggers), which are typically found in grassy or scrubby vegetation areas. Cases have occurred among U.S. forces training in the Mt. Fuji area.

Prevention:

- » Wear long pants tucked into boots or tightly-woven socks, long sleeve shirt, and shirt tucked into pants.
- » Apply DEET or Picaridin repellent to all exposed skin.
- » Treat older Army Combat Uniforms with permethrin but do not use permethrin on the newer flame-resistant uniforms. If unsure of your uniform type, check the inside tag.
- » Sleep under permethrin-treated bed nets.
- » Keep living areas free of trash and food.
- » Avoid animals. Check yourself for ticks daily or after being outdoors and remove attached ticks immediately.
- » Do not sit or lie on bare ground or on grass or other vegetation. Scrub vigorously in the shower to remove chiggers.
- » Get vaccinated for Japanese encephalitis.

DoD Insect Repellent System



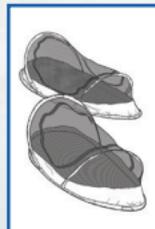
Wear a factory-treated Army Combat Uniform (ACU Permethrin) .*



Apply DEET or Picaridin repellent to all exposed skin.



Properly wear your uniform.



Use a permethrin-treated bed net.

*The Army Physical Fitness Uniform (APFU) is not treated with permethrin. It does not protect Soldiers from insects.

Disease from Water Contact

Risk:

Leptospirosis: People who are wading or swimming in water contaminated with the urine of infected animals can be infected with leptospirosis particularly in the warmer months. The symptoms of leptospirosis (if any) may include fever, headache, chills, muscle aches and vomiting. If a second phase occurs, it is more severe; the person may develop kidney or liver failure or meningitis.

Prevention:

Swim or wade only in approved water; wash skin and clothing after being in streams and ponds.

High Elevations

Risk:

Several Japanese peaks exceed 9,800 feet and operations above 6,000 feet can impact unit and individual effectiveness. Symptoms of altitude illness include headache, nausea, vomiting, dizziness, fatigue, irritability and coughing. Serious illness or death can result if you ascend rapidly without allowing for acclimatization.

Prevention:

- » Ascend to moderate altitude (5,000-8,000 feet) and remain there for 3 days before ascending higher. Limit daily altitude gain.
- » Remain well hydrated and well fed. Individual water and nutrition requirements increase at higher altitudes.

Sexually Transmitted Diseases

Risk:

Personnel having unprotected sexual contact, particularly with commercial sex workers are at risk for several diseases.

- » Gonorrhea/Chlamydia: Often there are no symptoms but if there are symptoms they may include a painful or burning sensation when urinating and discharge from the penis or vagina.
- » Hepatitis B: Viral infection that can be either acute or chronic. Acute Hepatitis B is a short term illness that occurs within the first 6 months after someone is exposed. Chronic Hepatitis B infection is a long-term illness that occurs when Hepatitis B virus remains in a person's body. Chronic Hepatitis B is a serious disease that can result in long-term health problems or even death.
- » HIV/AIDS: Initial infections often have no symptoms; however, all infections eventually result in immune deficiencies requiring long term treatment.

Prevention:

- » Use latex condoms every time you have sex.
- » Get vaccinated for hepatitis B.

More information on disease and environmental risks is available from the National Center for Medical Intelligence at <https://www.intelink.gov/ncmi/index.php>.

Environmental/Radiological Exposures

Risk:

The Japanese conduct regular disaster preparedness drills and are well equipped and organized to respond to emergency situations.

- » Earthquakes: Japan has more than 1,000 minor earthquakes annually, with occasional major earthquakes.
- » Typhoons: Typhoons occur annually during Japan's typhoon season, September through October.
- » Radiological Hazards: Service members and their families should be aware of regions known to have been contaminated with radioactive materials, such as the areas surrounding the Fukushima Daiichi nuclear power plant in Japan. Radioactivity in water near the Fukushima Daiichi nuclear power plant has remained low and stable and does not pose any known health risks. All foods sold through commercial channels are strictly monitored and are safe for consumption.
- » Airborne dust: Dust clouds from the Gobi Desert may travel to Japan and affect air quality. Dust and other air pollutants may cause health problems particularly to skin, eyes, throat and lungs.

Prevention:

- » Learn about disaster preparedness. Make an emergency plan and an emergency kit.
- » Follow local preventive medicine advisories for elevated air dust/particulate levels.
- » Shield your face with cloth materials to protect from blowing dust.
- » Wear proper eye protection.

- » Wash body daily, especially body areas that collect dust and sand.
- » Protect lips with lip balm and use moisturizing skin lotion on your hands to prevent cracked, chapped fingers.
- » There is an exclusion zone around the nuclear reactor in the Fukushima Prefecture. Travelers should avoid this area. Known areas of radioactive contamination are fenced or marked with signs. These areas should not be trespassed.

Hazardous Animals

Risk:

Several species of venomous land (especially Yamakagashi snake) and sea snakes, and one brown recluse spider species are found in Japan. In addition, venomous jellyfish, octopus, urchins, cone shells, stingrays, and corals pose a potential risk. Risk from venomous animal is year-round, but is highest during the rainy season.

Prevention:

- » Leave all snakes alone! Treat all snakes as if they are venomous and deadly.
- » Never walk barefoot.
- » Practice good sanitation; remove clutter/trash and control rodents.
- » Establish bivouacs away from brush/rocks or debris piles.
- » Seal or block snake/rodent entryways into the unit compound.
- » Sleep off the ground; inspect and shake out bedding/clothes/boots before use.
- » Watch where you put your hands and where you step, especially in natural environments.