

Diseases from Animal Contact

Risk:

Q-fever: The risk of Q-fever increases in rural areas where contact with livestock is more likely. Unpasteurized milk can also carry the disease. Symptoms include high fever, severe headache, malaise, sore throat, chills, sweats, nausea and vomiting, diarrhea, non-productive cough, and chest pain.

Prevention:

- » Avoid unnecessary contact with livestock, barnyard and nearby areas. If contact is unavoidable, clean your hands afterwards.
- » Avoid unpasteurized milk.

NOTE: Although the avian influenza virus has been identified among birds in Japan, no human cases have been reported to date and the risk to U.S. personnel is minor.

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

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.

Environmental 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.

Prevention:

- » Learn about disaster preparedness. Make an emergency plan and an emergency kit.

Hazardous Animals

Risk:

Scorpions; widow and recluse spiders; poisonous centipedes, millipedes and caterpillars; and several venomous snakes are found in Japan. Venomous jellyfish, urchins, cone shells, stingrays and sea snakes may be found along the beaches. Seek medical attention if you are bitten or stung.

Prevention:

- » Never walk barefoot.
- » Do not handle any snake.
- » Wash any snake venom from eyes immediately!
- » Shake out boots, bedding and clothing before use; avoid sleeping on the ground.
- » Use caution when entering bunkers or abandoned buildings.
- » Swim only at approved beaches.

Deployment Health Card

JAPAN

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



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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.
- » Pesticide contaminated food: Food imported into Japan may be contaminated with pesticides that can lead to coma and death. Symptoms include nausea, abdominal pain, difficulty breathing.
- » Melamine contaminated food: Imported food contaminated with melamine can cause bladder or kidney stones and kidney failure. Symptoms include stomach pain, vomiting, fever; blood or particles in the urine; painful or little urination; and swelling of the hands, feet, and face.

Prevention:

- » Eat only approved food.
- » Use field sanitation measures.
- » **Keep your hands clean.**

Diseases from Arthropods

Risk:

Japan is home to several arthropods such as mosquitoes, ticks, and mites that can cause disease.

- » Typhus: The risk of typhus is year-round and countrywide especially in grassy areas. Symptoms begin suddenly after being bitten by a mite (chigger) and include fever, severe headache, shaking, chills, cough, pink eyes, and swollen lymph nodes. An ulcer forms at the bite site.
- » **Special precautions:** Do not sit or lie on bare ground or on grass or other vegetation. Scrub vigorously in the shower to remove chiggers.
- » Lyme disease: The risk of Lyme disease is similar to the risk in the northeastern

United States and increases from April through November in the rural areas. The main symptom is a circular rash that expands over several days and is often clear in the middle so that it looks like a bull's-eye. Other symptoms are fatigue, chills, fever, headache, and muscle and joint aches, and swollen lymph nodes.

Special precautions: Avoid animals.

Check yourself for ticks daily or after being outdoors and remove attached ticks immediately.

- » Japanese encephalitis: The risk of Japanese encephalitis is low but increases in the warm, wet months and in rural areas, especially in rural Okinawa. Symptoms include fever, headache with neck stiffness, disorientation and tremors in severe cases.
- » **Special precautions:** Get prescribed vaccine for Japanese encephalitis.
- » Tick-borne encephalitis (TBE): The risk of TBE is from April through November mainly on Hokkaido Island. Symptoms may include fever, malaise, anorexia,

muscle aches, headache, nausea, and vomiting at first. A second phase of the disease may occur with symptoms of meningitis (fever, headache, and a stiff neck) or encephalitis (drowsiness, confusion, sensory disturbances, and paralysis).

Special precautions: Avoid animals.

Check yourself for ticks regularly and remove attached ticks immediately.

Prevention:

- » Wear long pants tucked into boots or tightly-woven socks, long sleeve shirt, and shirt tucked into pants.
- » Use DEET on 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.

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.

Sexually Transmitted Diseases

Risk:

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

- » Gonorrhea: 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.

- » Chlamydia: Often chlamydia has no symptoms but if there are symptoms they include abnormal discharge from the penis or vagina or a burning sensation when urinating.

Prevention:

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

Respiratory Disease

Risk:

Tuberculosis (TB): The risk of TB increases if you are in frequent contact with the local population. Symptoms include 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.

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