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ALARACT 043/2006
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THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER ON BEHALF OF DA WASHINGTON DC/DASG-PPM-NC//

SUBJ: AVIAN INFLUENZA PREVENTION GUIDANCE

REF/A/DOC/AR 40-5//22 JUL 05/AMPN/PREVENTIVE MEDICINE//

REF/B/DOC/DASG-PPM-NC/02 APR 03/AMPN/DASG-PPM-NC MEMO, SUBJ: PREVENTION AND CONTROL OF ILLNESSES RELATED TO MOBILIZATION//

REF/C//DOC/DASG-PPM-NC/18 JUL 01/AMPN/DASG-PPM-NC MEMO, SUBJ: ARMY ACUTE RESPIRATORY DISEASE SURVEILLANCE PROGRAM//

1. TWO IRAQI CIVILIANS RECENTLY DIED FROM H5N1 AVIAN INFLUENZA, ALSO KNOWN AS BIRD FLU. POULTRY FLOCKS IN NORTHERN IRAQ ARE LIKELY INFECTED.
2. ALTHOUGH THERE ARE NO KNOWN OR REPORTED CASES OF BIRD FLU IN MILITARY POPULATIONS TO DATE, THE FOLLOWING DEFENSIVE MEASURES SHOULD BE IMPLEMENTED AND PUBLICIZED. ALTHOUGH GEARED TOWARD SOLDIERS, MANY OF THESE MEASURES ARE ALSO APPROPRIATE FOR MILITARY FAMILY MEMBERS AND CIVILIANS WHO WORK FOR THE MILITARY IN AREAS WHERE BIRD FLU IS OCCURRING.
3. IF YOU HAVE INFLUENZA-LIKE SYMPTOMS (FEVER, COUGH, SORE THROAT, AND MUSCLE ACHES) OR AN EYE INFECTION, OR DIFFICULTY BREATHING, ESPECIALLY AFTER BEING IN CONTACT WITH POTENTIALLY INFECTED POULTRY, SEEK MEDICAL CARE AS SOON AS POSSIBLE.
4. WATCH YOUR FELLOW SOLDIERS; INSIST THAT SOLDIERS WHO ARE SICK GET MEDICAL ASSISTANCE. STAY AWAY FROM OTHERS WHO ARE SICK, BUT MAKE SURE THEY GET CARE.
5. WASH YOUR HANDS OFTEN, ESPECIALLY AFTER SNEEZING OR BLOWING YOUR NOSE, AFTER USING THE LATRINE, AND BEFORE TOUCHING FOOD OR YOUR EYES, MOUTH, OR FACE. IF RUNNING WATER IS NOT AVAILABLE, USE ALCOHOL-BASED HAND CLEANER.
6. COVER YOUR MOUTH WITH YOUR SLEEVE WHEN SNEEZING OR COUGHING; KEEP YOUR HANDS AWAY FROM EYES, NOSE, AND MOUTH.
7. IF YOU HAVE SLEEPING COTS SET UP IN A TENT OR BUILDING, SLEEP IN A FOOT-TO-HEAD PATTERN AND HAVE MAXIMUM POSSIBLE DISTANCE BETWEEN COTS. THE RECOMMENDED MINIMUM SLEEPING SPACE ALLOWANCE IS 72 SQUARE FEET PER PERSON (APPROXIMATELY 3.5 FEET BETWEEN COTS).
8. IF YOU DO NOT SMOKE, DO NOT START. IF YOU SMOKE, TRY TO QUIT. IF YOU CANNOT QUIT, LIMIT THE NUMBER OF CIGARETTES YOU SMOKE.
9. PRACTICE GOOD HEALTH HABITS; EAT A BALANCED DIET, GET PLENTY OF REST, GET REGULAR EXERCISE, AND MANAGE YOUR STRESS.
10. DRINK LIQUIDS TO STAY HYDRATED, UP TO 1.5 QUARTS PER HOUR OR 12 QUARTS PER DAY, DEPENDING ON ENVIRONMENTAL CONDITIONS.
11. DO NOT SHARE PERSONAL ITEMS (SUCH AS LIP BALM, TOOTHBRUSHES, RAZORS, SODAS, ETC.) WITH ANYONE.
12. GET THE FLU SHOT EVERY YEAR. CURRENTLY, THERE IS NO FDA-LICENSED H5N1 VACCINE; HOWEVER, SEASONAL FLU VIRUSES STILL CIRCULATE.
13. DO NOT HANDLE SICK OR DEAD BIRDS OF ANY KIND; THE VIRUS IS SPREAD THROUGH THE SECRETIONS AND EXCRETIONS OF INFECTED BIRDS AND, RARELY, THROUGH THE SECRETIONS OF INFECTED PERSONS. YOU SHOULD NOT EAT POULTRY ORIGINATING IN IRAQ, BUT IF YOU DO, MAKE SURE IT IS THOROUGHLY COOKED. AVOID CONTACT WITH BIRDS OF ANY KIND ESPECIALLY LIVE POULTRY (CHICKENS, DUCKS, TURKEYS), AND WITH SURFACES CONTAMINATED WITH POULTRY RESIDUES.
14. FURTHER FLU PREVENTION GUIDANCE CAN BE FOUND AT WWW.CHPPM.COM.
15. NO TRAVEL RESTRICTIONS ARE CURRENTLY WARRANTED.
16. POC: MR. PAUL REPACI, HQDA, COMM: 703-681-2949, DSN: 761-2949, EMAIL:

PAUL.REPACI@OTSG.AMEDD.ARMY.MIL.
17. EXPIRATION DATE: OIF MISSION COMPLETION.
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