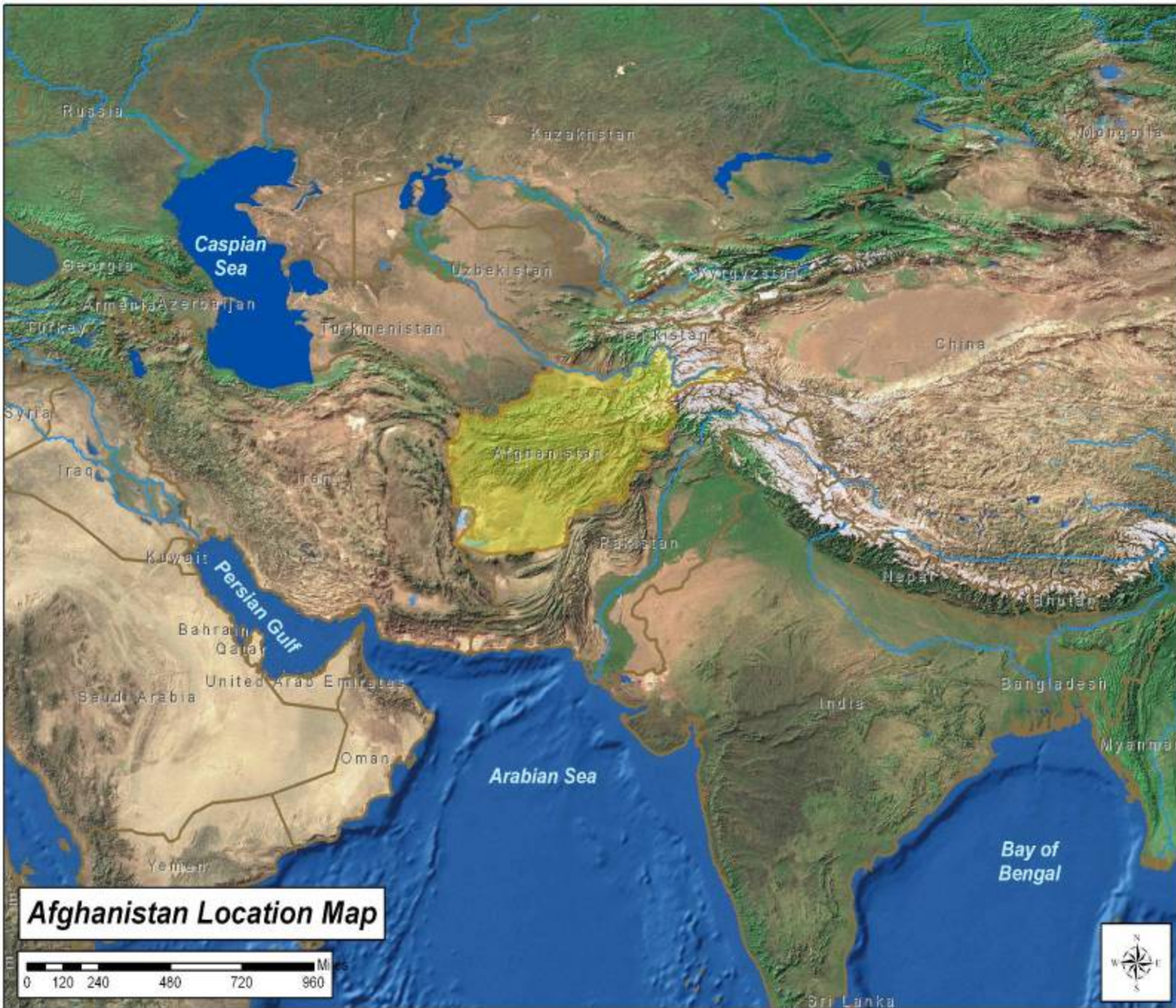


AFGHANISTAN

- Civil war / damaged infrastructure
- Deteriorated public health systems



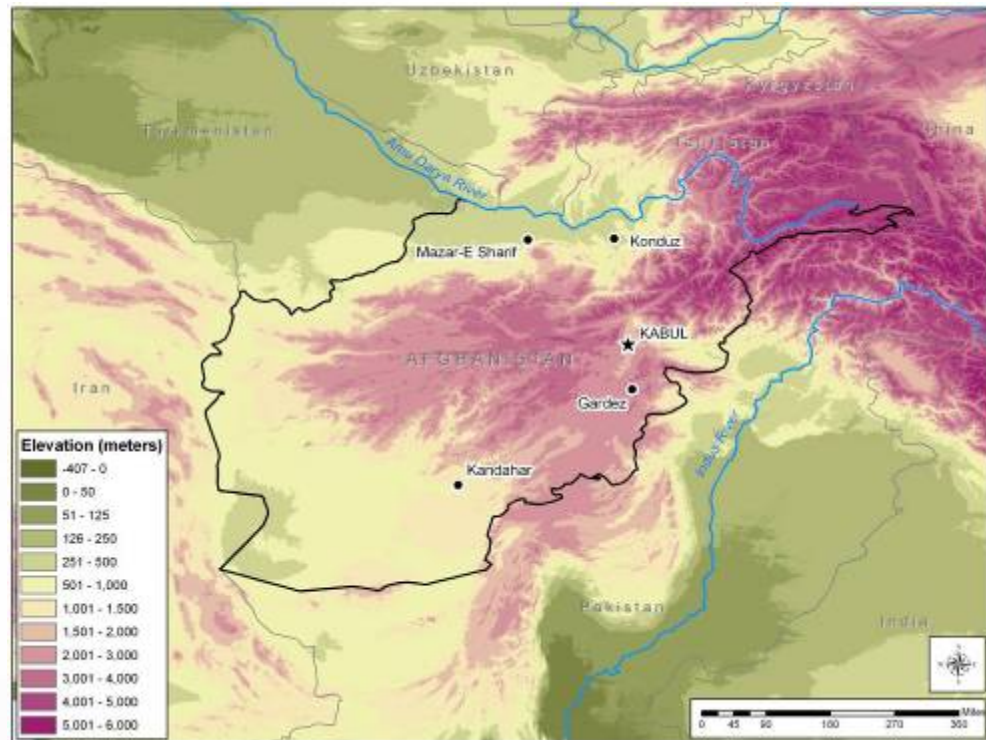


Afghanistan Location Map

Where in the world is Afghanistan?

Physical Environment

- **Topography**
 - If operating above 6,000ft implement high elevation countermeasures
- **Climate**
 - Arid to semiarid;
cold winters and
hot summers



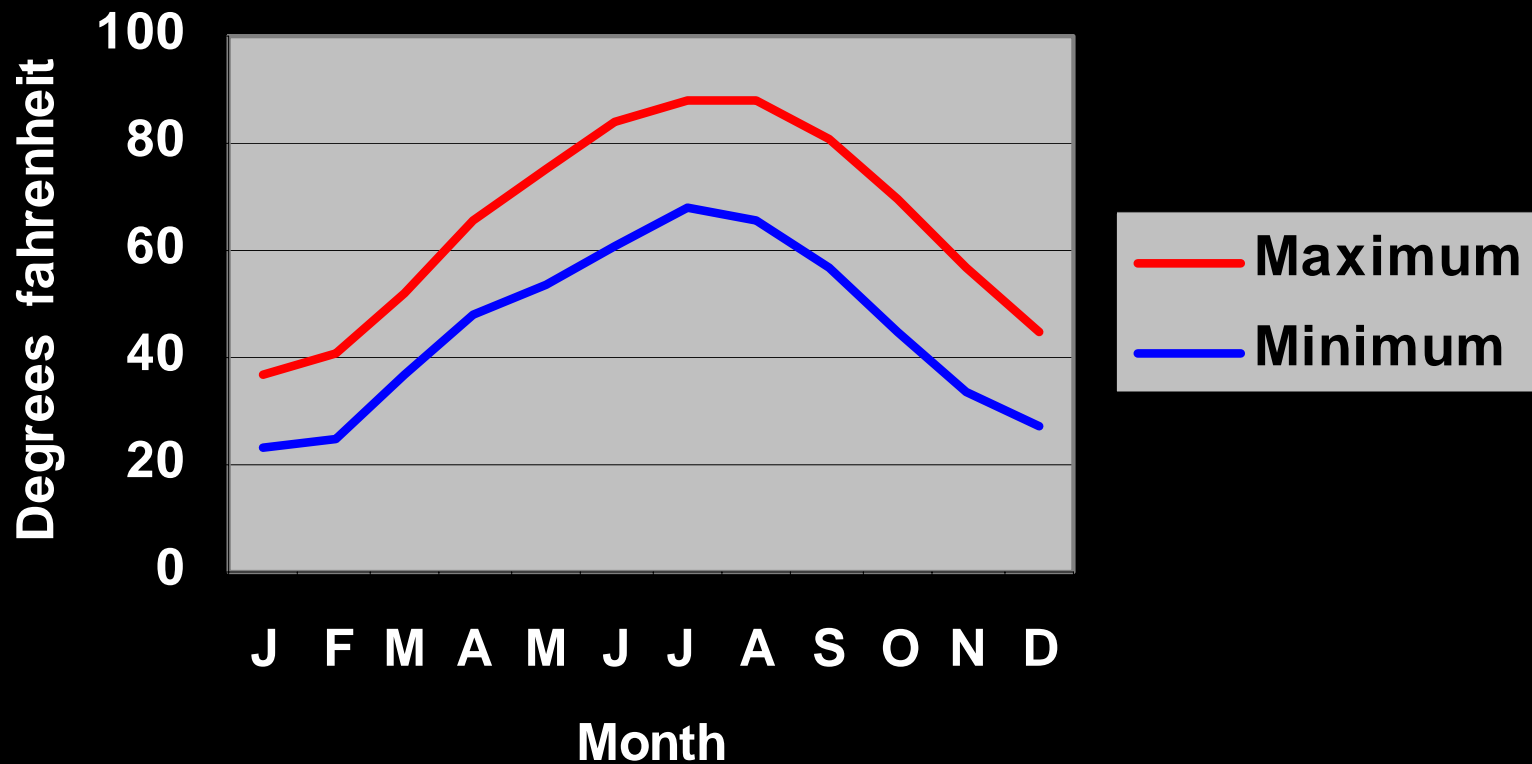
Terrain: mostly rugged mountains; plains in north and southwest

lowest point: Amu Darya 258 m = approx 846 ft

highest point: Nowshak 7,485 m = approx 24,557ft

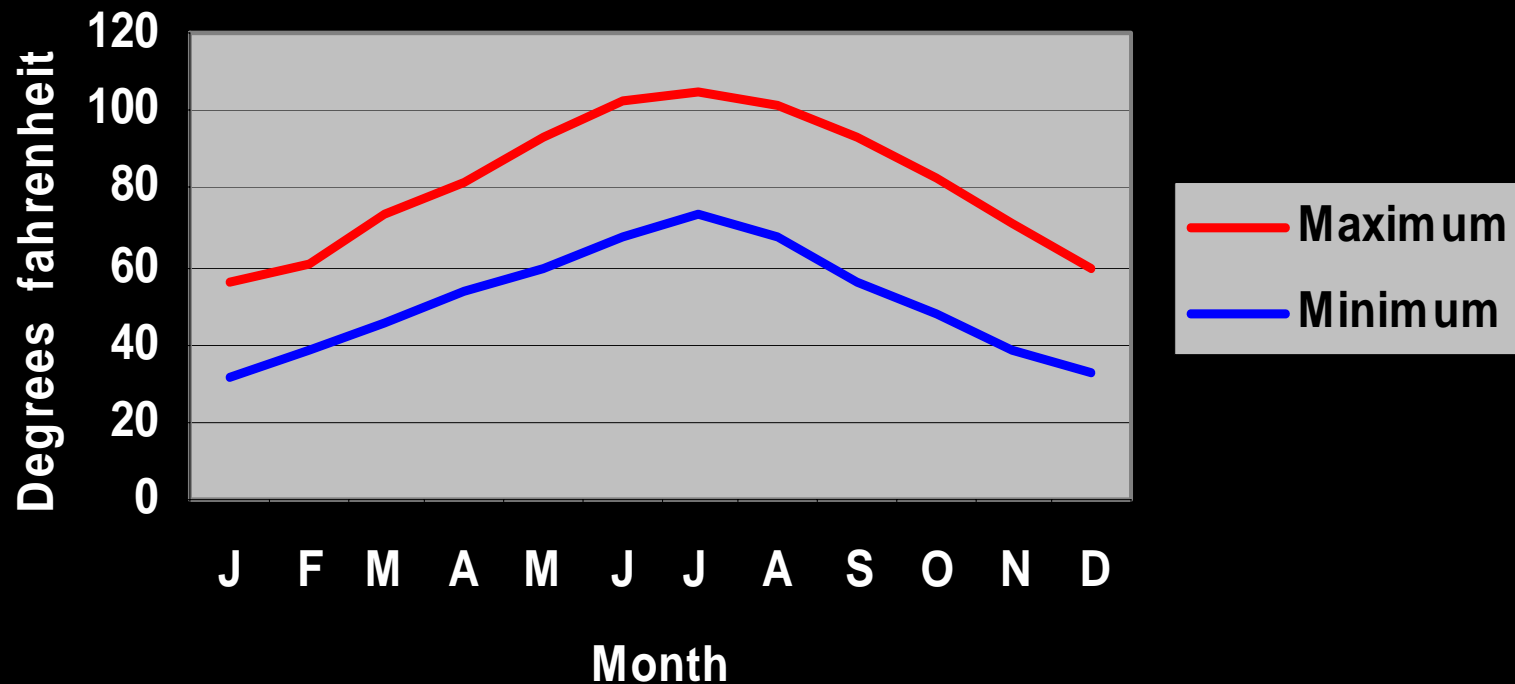
Physical Environment

Average Max/Min Temperature in Kabul



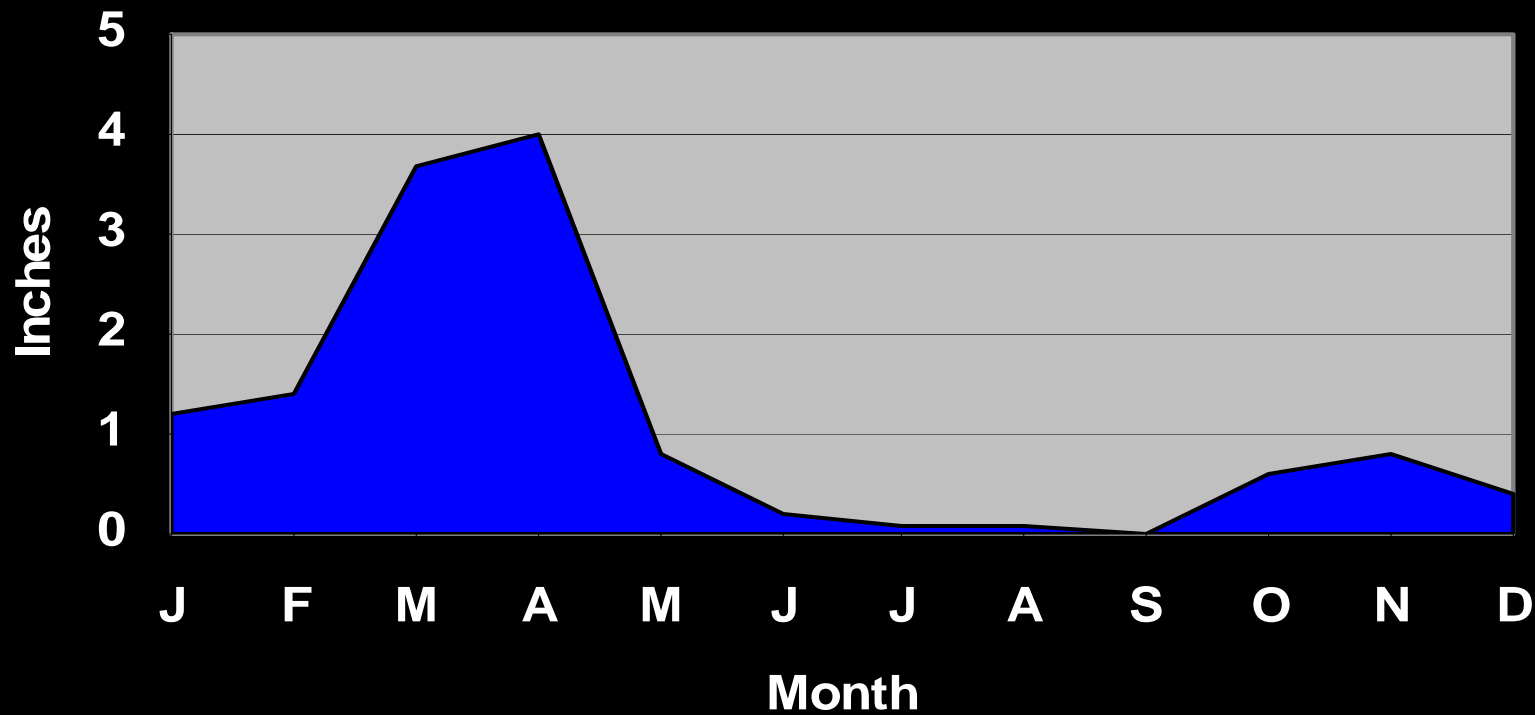
Physical Environment

Average Max/Min Temperature in Kandahar



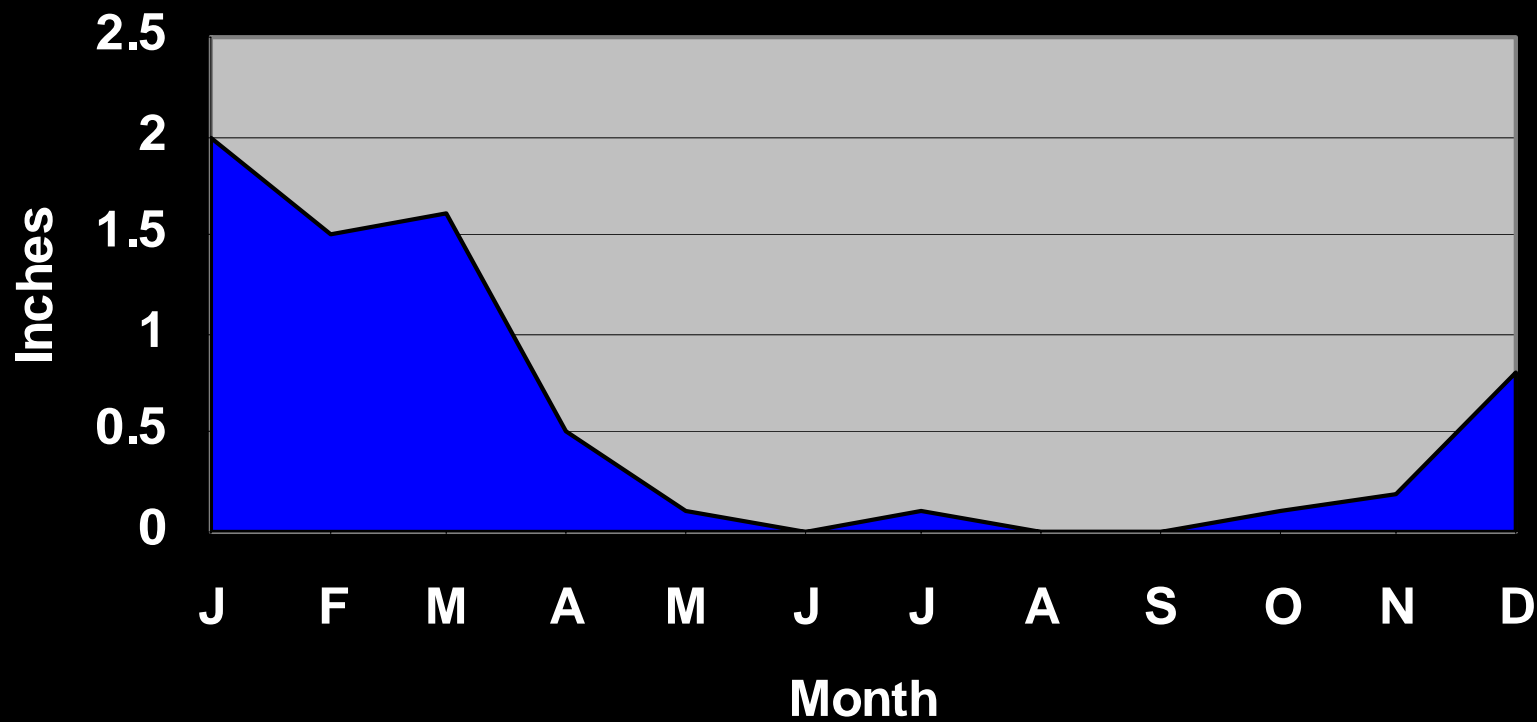
Physical Environment

Average Total Precipitation in Kabul



Physical Environment

Average Total Precipitation in Kandahar



Environmental Health Risk

- Greatest short term risks associated with ingestion of contaminated food/water; extreme heat/cold; high altitude
- Greatest long term risks associated with air contamination and chemical contamination of food/water



Environmental Issues

- Air Contamination
 - Overall, minimal health effects
 - High levels of particulate matter (PM10) able to reach the lungs recorded at Salerno, Kandahar, & Bagram
 - Short-term (less than or equal to 14 days duration) exposure presents a risk of temporary respiratory symptoms such as coughing, wheezing, and reduced lung function

Environmental Issues Cont.

- Soil Contamination
 - Localized to specific areas around industrial facilities, waste disposal ditches, and open sewage ditches
 - Significant exposure is unlikely
- Water Contamination
 - Contaminated with raw sewage
 - One of the most significant health threats to deployed personnel
 - Sewage contamination of drinking water in urban areas is common

The background of the slide is a faded American flag with stars and stripes. A white rectangular box with a thin red border is positioned in the upper left quadrant, containing the title text.

Infectious Disease Risk

- **HIGH RISK** for infectious diseases
- Inadequate force health protection (FHP) measures, will seriously jeopardize mission effectiveness

Infectious Diseases

- Foodborne and Waterborne Diseases
 - **HIGH RISK** = Diarrhea, hep A, typhoid fever
 - **INTERMEDIATE RISK** = brucellosis, cholera, hep E
- FHP Priorities
 - **Deploy appropriate PM personnel and equipment**
 - Consume food, water, ice only from US-approved sources
 - Operate food preparation facilities in accordance with Army doctrine
 - Ensure proper hand washing facilities near all latrines and dining facilities and enforce

Infectious Diseases Cont.

- Vector-borne Diseases

- **HIGH RISK** = Malaria

- **INTERMEDIATE RISK** = Crimean-Congo hemorrhagic fever, leishmaniasis, sand fly fever, typhus, West Nile fever



- FHP Priorities

- Use DEET on all exposed skin

- Treat field uniforms with permethrin

- Use bed nets in field conditions, treat with permethrin

- **Enforce malaria chemoprophylaxis as appropriate**



Infectious Diseases Cont.

- Animal-contact Diseases
 - **HIGH RISK** = Rabies, among the highest in the world
 - **INTERMEDIATE RISK** = Anthrax, Q-fever
- FHP Priorities
 - Avoid animal contact, especially if the animal exhibits strange behavior
 - No mascots
 - Report all animal bites and scratches



Infectious Diseases Cont.

- Sexually Transmitted Diseases
 - **INTERMEDIATE RISK** = gonorrhea, chlamydia, HIV, Hep B
- FHP Priorities
 - Avoid sexual contact
 - Use latex condoms if sexually active



Infectious Diseases Cont.

- Water-contact Diseases
 - **INTERMEDIATE RISK** = leptospirosis
- FHP Priorities
 - avoid unnecessary contact with lakes, rivers, streams, and other surface water

There will not be a sign like this.

WARNING!

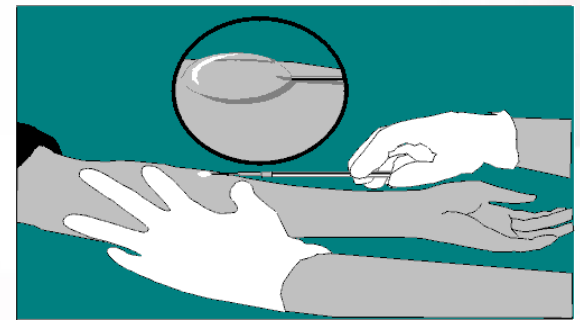
**LEPTOSPIROSIS
HEALTH HAZARD**

FRESH WATER STREAMS AND MUD
POSSIBLY POLLUTED WITH BACTERIA

SWIM, BOAT,
OR HIKE AT YOUR OWN RISK

Infectious Diseases Cont.

- Respiratory Diseases
 - **INTERMEDIATE RISK** = tuberculosis



- FHP Priorities

- Tuberculin skin test before and after deployment
- 72 sqft/person and head-to-toe sleeping arrangement
- Cough or sneeze into your upper sleeve instead of your hands
- Wash hands at every opportunity
- Avoid close contact with local population

Hazardous Animals & Plants

- **Animals**

- Rabid dogs, snakes, centipedes, scorpions, spiders



- **Plants**

- Mexican Poppy, Fetid Nightshade

- **FHP Priorities**

- Do not handle animals
- Shake out boots, clothing, & bedding
- Do not touch, chew, eat, or burn unfamiliar plants



SUMMARY

- Physical Environment
- Infectious Diseases = **High Risk**
- Hazardous Animals and Plants
- FHP measures are simple and effective
 - Use and Enforce
 - Will conserve the fighting strength

