



ARF DiRex 2013

HEALTH INFORMATION GUIDANCE

Purpose



To provide health information to all participating personnel to enable safe and efficient exercise.

ARF DiRex Highlights

- **Table Top Exercise (TTX)**
- **Field Training Exercise (FTX)**
- **After Action Review (AAR)**
- **Humanitarian Civic Action (HCA)**

ARF DiRex Location



Cha-am, Hua-Hin

Emergency Procedures

- **Locate the emergency exits and know the evacuation plan.**
- **In the event of a threat or natural disaster, if it is safe, return to the exercise sites, your hotel or go to nearest Police, get accountability and contact Joint Coordination Centre (JCC)**
- **In the event of a hotel evacuation, follow the instructions from Hotel/Security staff and muster at the rally point, get accountability and contact your country lead or the Incident Command Manager or Joint Coordination Centre (JCC)**
- **Rally Point #1 – Camp Rama VI/FTX Exercise Site**
- **Rally Point #2 – Dusit Thani Hua Hin Hotel**

Emergency Contact Information

- **Tourist Police: 1155 (only Thai cell phone)**
- **Ambulance: 1669**
- **Incident Commander: Phetchaburi
Provincial Public Health Officer**

Diseases of Greatest Risk

- **Malaria/Dengue** -- major vector-borne diseases which are transmitted through the bite of an infected mosquito. Dengue is from a daytime biting mosquito, while malaria is from night-time biting mosquitoes.
- **Tuberculosis/Influenza** -- respiratory diseases that are spread person to person by infected coughs and sneezes.
- **Bacterial Diarrhea (travelers' diarrhea)** -- a food or water-borne disease. Use extreme caution when purchasing food from the local economy. Use food and water only come from approved sources.
- **Typhoid/Paratyphoid Fever** -- a food /water-borne disease contracted when you consume food, water, ice or milk contaminated with the infectious agent.
- **Hepatitis A** -- a food/water-borne disease contracted when you consume food, water, ice or milk contaminated with the infectious agent.

Vector-borne Diseases

Vector-Borne Disease Risks

- These include Malaria, Dengue, Japanese Encephalitis , Lyme Disease, Murine (flea-borne) Typhus , and Mite-borne (scrub) Typhus. Vector-borne disease risk is year-round.

Prevention

- Wear permethrin-treated uniforms with trousers bloused, sleeves rolled down, and undershirt tucked into trousers.
 - When in civilian attire; wear long pants, long sleeved shirts and closed toed shoes.
Wear DEET on exposed skin and use insect repellent on clothing.
- When in the field, sleep under a permethrin-treated bed net to repel insects.
- When using both DEET and sunscreen products, apply sunscreen first.

Respiratory Diseases (TB, Influenza)

- **Tuberculosis.**
 - There is an increased risk of being exposed to the bacteria that causes Tuberculosis (TB). Breathing in bacteria from infected persons will increase your chances for contracting the disease. Transmission requires close and prolonged contact. Avoid persons who are coughing and sneezing repeatedly. Avoid crowded conditions and provide ventilation when appropriate.
- **Influenza.**
 - All service members are required to receive seasonal influenza vaccine. All personnel are highly recommended to receive seasonal influenza vaccine. Practice precautionary hygiene, to include frequent hand washing, use alcohol based hand sanitizer, cover mouths when coughing/sneezing, and avoid close contact with people who are sick. Personnel must see a medical provider if they exhibit influenza like symptoms (fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue).
- **Pandemic Influenza.**
 - There have been no recent outbreaks of pandemic influenza in Thailand, yet World Health Organization considers both H5N1 (avian) and H1N1 (swine) influenza to be a global risk for infection. To protect against H5N1, only consume thoroughly cooked poultry products and avoid all contact with poultry (e.g., live bird markets, bird farms, cockfighting events).

Climatic Threats

Heat Injuries:

Sunburn, Heat Cramps, Heat Exhaustion, Heat Stroke

- **Heat and sun injury.**
 - Factors that increase heat injury risk include: alcohol consumption, skin trauma, diarrhea, certain medications, and poor physical conditioning.
- **Precautions.**
 - Decrease alcohol consumption, drink adequate amounts of water and other fluids frequently to avoid dehydration, adhere to safe work-rest cycles during extreme conditions, and maintain careful observation of other unit personnel to detect warning signs of heat injury.
 - Sun injury precautions include sun glasses, wide-brimmed hats, long sleeves and trousers, and liberal use of sunscreen and lip balm (spf 15 or greater).
- **Take all heat injuries immediately to Medical for assessment and treatment.**

Sexually Transmitted Diseases

- **Sexually Transmitted Diseases (STDs)**
 - Gonorrhea, Chlamydia, HIV/AIDS, and Hepatitis B, occur in significant numbers throughout the country. Other common diseases found in the population include chancroid, herpes, syphilis, and venereal warts. Gonorrhea/Chlamydia have 1-50% attack rates in personnel with unprotected sexual contact.
- **STD prevention -- never have unprotected sex.**
 - Abstinence is the only proven way to prevent sexually transmitted diseases; condom use can significantly reduce risk but is not 100% effective.

Remember: Herpes and HIV is forever as there is no cure. Take every precaution to prevent STDs from occurring as many of the other diseases are becoming increasingly resistant to drug therapy.

Venomous Arthropods and Snakes

- **Snakes.**
 - Two types: Elapidae and Viperidae
 - Snakes are venomous and can be fatal.

- **Arthropods.**
 - Scorpions, Spiders, Centipedes, and Millipedes
 - Bites and stings are poisonous. Don't place hands or feet anywhere you can't see. Shake out clothes and footwear.

- **DO NOT HANDLE THEM. AVOID THEM.**
 - If bitten or stung, report to medical immediately!

Summary

- **Maintain good general health and hygiene.**
- **Take all required preventive medications to include any current prescriptions (take adequate supplies to cover entire exercise).**
- **Wear protective uniforms/clothing and apply insect repellent when encountering day and night-time biting mosquitoes.**
 - Practice good hand-washing and use alcohol based hand sanitizer routinely.
- **Avoid health threats from biting/scratching animals, snakes, and arthropods.**
 - If bitten or scratched, report to medical immediately!