AFGHANISTAN

• Civil war / damaged infrastructure
• Deteriorated public health systems
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 24,557 ft
Physical Environment

Average Max/Min Temperature in Kabul

Degrees Fahrenheit

Month

Maximum
Minimum

J F M A M J J A S O N D
Physical Environment

Average Max/Min Temperature in Kandahar

Degrees Fahrenheit

Maximum

Minimum

Month
Physical Environment

Average Total Precipitation in Kabul

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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
• 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
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.
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