

2 August 2019

# Army Public Health Weekly Update

**Army Public Health Center: NOTICE: There will be no Army Public Health Weekly Update next week. Publication will resume on 23 August 2019.**



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## NOTE:

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We're sorry for the inconvenience.

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## U.S. MILITARY

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### Insomnia in the military is up 650 percent since 2003 — here's how DoD is hoping to curb that trend

31 July- More than ever, service members are struggling to fall asleep. That was the takeaway, in layman's terms, of a 14-year study by the Sleep Research Society that analyzed the association of insomnia with combat exposure in 1.3 million military personnel. From 1997 to 2011, reported rates of insomnia soared, the study found, a trend that spiked considerably following the 2003 invasion of Iraq, indicating a direct association between the disorder and exposure to combat. In the eight years following the invasion, the rate of insomnia, a sleep disorder known to increase the risk of cardiovascular issues, diabetes, stroke, depression, and anxiety, skyrocketed 652 percent among military personnel. And while post-traumatic stress disorder and traumatic brain injuries suffered as a result of combat deployments have been identified as known contributing factors, solutions to the alarming trend have proven to be elusive. Until now. Or, that is at least the hope for the Department of Defense in seeking answers with the help of Dr. Anne Germain, a sleep research expert who has been studying issues of insomnia and PTSD in the military for nearly 20 years. DoD recently awarded Germain's company, Noctem, with a \$2 million contract to conduct trials on a sample group of 800 sailors and Marines in what amounts to the most extensive sleep trial DoD has ever undertaken. [Military Times](#)

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## GLOBAL

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### Alarming surge in drug-resistant HIV uncovered

30 July- Health authorities have uncovered an alarming surge in resistance to crucial HIV drugs. Surveys by the World Health Organization (WHO) reveal that, in the past 4 years, 12 countries in Africa, Asia and the Americas have surpassed acceptable levels of drug resistance against two drugs that constitute the backbone of HIV treatment: efavirenz and nevirapine. People living with HIV are routinely treated with a cocktail of drugs, known as antiretroviral therapy, but the virus can mutate into a resistant form. The WHO conducted surveys from 2014 to 2018 in randomly selected clinics in 18 countries, and examined the levels of resistance in people who had started HIV treatment during that period. More than 10% of adults with the virus have developed resistance to these drugs in 12 nations (see 'Resistance rises'). Above this threshold, it's not considered safe to prescribe the same HIV medicines to the rest of the population, because resistance could increase. Researchers published the findings this month in WHO report. "I think we have kind of crossed the line," says Massimo Ghidinelli, an infectious-disease specialist at the Pan American Health Organization in Washington DC. Overall, 12% of women surveyed had a drug-resistant form of HIV, compared with 8% of men. Particularly concerning, says the report, is the high level

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## Hexavalent Chromium Sampling Strategy

Army policy mandates the use of the American Conference of Governmental Industrial Hygienists (ACGIH®) Threshold Limit Values (TLVs®) as the Occupational Exposure Limit (OEL) criteria when the Occupational Safety and Health Administration (OSHA) Permissible Exposure Limit (PEL) is less protective or when no OSHA PEL exists. As a result, industrial hygienists must ensure that air sampling exposure assessments align with the particle size-selective sampling methodology (i.e., inhalable, thoracic, and respirable) delineated in the applicable OSHA standard and/or Army policy.



of resistance in infants with HIV in sub-Saharan Africa. Between 2012 and 2018, about one-half of newly diagnosed infants in nine of the countries in this region had a form of HIV that was resistant to efavirenz, nevirapine or both. [Scientific American](#)

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## A wide waistline, higher BMI linked to greater brain thinning later in life

26 July- Older adults might want to try and lose a few inches off of their waistlines. A new study has associated a wider waist and higher body mass index to brain thinning. To look at the association between the size of the waistline and brain thinning, the researchers recruited 1,289 people. The participants had an average age of 64. About two-thirds of those who were involved in the study were Latino. At the beginning of the study, the researchers measured the waist circumference of each participant and took note of their BMI. A total of 346 participants had a BMI of less than 25, which is considered normal, 571 had 25 to 30, which means that they were overweight, and 372 had 30 or higher, which is categorized as obese. The normal weight group had an average of 33 inches waist circumference. Meanwhile, for the participants who were overweight, the average waist circumference was 36 inches. The average waist circumference among participants who were obese was 41 inches. All participants underwent an MRI brain scan six years later. The findings were published in the online medical journal *Neurology*. "People with bigger waists and higher BMI were more likely to have a thinning in the cortex area of the brain, which implies that obesity is associated with reduced gray matter of the brain," said Tatjana Rundek, a neurologist and one of the authors of the study, in a press release. After adjusting for factors that might affect the results, researchers found a link between a higher BMI and thinner cortex. Every unit increase in BMI among overweight participants was associated with a 0.098-millimeter thinner cortex. A wider waistline was also associated with the thinner cortex. [Tech Times](#)

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## Congressional hearing probes Juul's role in youth vaping 'epidemic'

24 July- Tobacco opponents and Juul executives are testifying on Capitol Hill this week during a two-day hearing on the company's role in "the youth nicotine epidemic," according to the House Oversight Subcommittee on Economic and Consumer Policy. The hearing will scrutinize the leading vape company's marketing, health claims and relationship with Big Tobacco -- namely, tobacco giant Altria, which invested nearly \$13 billion in Juul Labs late last year. The list of attendees sets the stage for a heated clash over whether e-cigarettes should be subject to stronger regulation, weighing their potential benefit to adults who want to quit smoking against the risk that a generation of young people will become addicted to nicotine. Democratic Rep. Raja Krishnamoorthi of Illinois, the chairman of the subcommittee, announced last month that his panel was investigating Juul, and asked the

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<https://intelshare.intelink.sgov.gov/sites/medcom-g2/SitePages/Home.aspx>

To access this version, you will need a **SECRET** clearance and a SIPRNet account.

company to "provide memoranda and communications regarding its social media practices, advertising, and the product's long-term impact on consumer health." "The safety and well-being of America's youth is not for sale," Krishnamoorthi said in a letter to Juul CEO Kevin Burns dated June 7. "I am extremely concerned about reports that JUUL's high nicotine content is fueling addiction and that frequent JUUL use is sending kids across the country into rehab, some as young as 15." [CNN](#)

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## Drug-resistant superbug spreading in Europe's hospitals

29 July- Superbugs resistant to emergency antibiotics are spreading in hospitals, a Europe-wide study shows. Drugs called carbapenems are used when an infection cannot be treated with anything else. The spread of resistant *Klebsiella pneumoniae* was "extremely concerning", researchers from the Sanger Institute said. And they warned other bugs could become resistant too - because of the unique way bacteria have sex. It can live completely naturally in the intestines without causing problems for healthy people. However, when the body is unwell, it can infect the lungs to cause pneumonia, and the blood, cuts in the skin and the lining of the brain to cause meningitis. [BBC News](#)

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## Higher intake of vitamin A could help reduce skin cancer risk, study says

31 July- A new study suggests that a diet rich in vitamin A may help lower the risks of skin cancer. Vitamin A provides antioxidants that can combat carcinogenic free radicals. People who are consuming more food and supplements that are high in vitamin A could lower their risk of having cutaneous squamous cell carcinoma, a form of skin cancer, by 17 percent. Squamous cell carcinoma is the second-most-common type of skin cancer that can affect people with fair skin color. "These findings just add another reason to have a healthy diet with fruits and vegetables. Vitamin A from plant sources is safe," said Eunyoung Cho, associate professor of dermatology and epidemiology at Brown University and the study's lead author. The research involved data from about 125,000 Americans who participated in two large, long-term observational studies — the Nurses' Health Study and Health Professionals Follow-up Study. The volunteers' average age was in the early 50s and the majority had no prior history of cancer and completed the dietary reports multiple times. Information about the participants' hair color, the number of severe sunburns they had in their lifetime, and any family history of skin cancer were asked in the research. The study, however, did not probe the participants' avoidance of mid-day sun, which is known to be a major risk factor for skin cancer. Subsequent analysis, a total of 3,978 cases of squamous cell carcinoma were reported and verified within the 24- or 26-year follow-up periods. [Tech Times](#)

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## Irritating compounds can show up in 'vape juice'

30 July- Scientists don't know much yet about the long-term effects of "vape juice," the liquid used in e-cigarettes and vaporizers. But researchers analyzing the liquid and the vapor produced when it's heated say some kinds of e-liquids are reacting to form irritating chemicals called acetals while they're sitting on shelves. More than 3 million young people in middle school and high school, in addition to many adults, use e-cigarettes, according to the Centers for Disease Control and Prevention. Many of them could be inhaling these compounds regularly. And that could be irritating or even damaging to their lungs, Yale and Duke university researchers suggest. The study published Tuesday looked specifically at eight flavors of Juul e-liquids, which contain a different mixture of solvents than many other brands of e-liquid. These new findings build on similar work the research group published in October 2018 on other brands of e-liquids. Acetals are formed from alcohol and aldehydes, chemicals used to flavor and perfume foods and other commercial products. While some aldehydes are considered harmful, many are generally recognized as safe to eat and touch, says Hanno Erythropel, the study's lead author and an associate research scientist at Yale's chemical and environmental engineering department. [NPR](#)

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## Kidney condition detected in minutes by app

31 July- A mobile phone app has speeded up the detection of a potentially fatal kidney condition in hospital patients. Staff describe the technology as a "potential lifesaver", providing diagnoses in minutes instead of hours. Acute kidney injury is caused by serious health conditions, including sepsis, and affects one in five people admitted to hospital. The condition is more common in older patients and, if not treated quickly, can affect other organs. It accounts for around 100,000 deaths every year in the UK. During a trial at London's Royal Free Hospital, doctors and nurses received warning signals via a mobile phone app in an average of 14 minutes, when patients' blood tests indicated the condition...The new alerting system, known as Streams, developed by the Royal Free with technology firm DeepMind, sends results straight to front-line clinicians in the form of easy-to-read results and graphs. One of the blood tests looks for high levels of a waste product called creatinine, which is normally filtered out by the kidneys. Information on other blood markers which can help treat patients is also made available quickly to specialists via the app. [BBC News](#)

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## Severe hypoglycemia treatment administered without injection receives FDA approval

26 July- Baqsimi, a nasal powder for the emergency treatment of severe hypoglycemia, has received the approval of the U.S. Food and Drug Administration. This is the first and only glucagon therapy for severe hypoglycemia to be administered without injection. "People who are living with diabetes are at risk of their blood sugar levels falling below the normal range," stated Janet Woodcock, the director of the FDA's Center for Drug Evaluation and Research, in a press release published on Wednesday, July 24. "There are many products on the market for those who need insulin, but until now, people suffering from a severe hypoglycemic episode had to be treated with a glucagon injection that first had to be mixed in a several-step process." Hypoglycemia occurs when the blood sugar level of a patient, often a diabetic, falls below normal. This causes the patient to experience symptoms such as confusion, lightheadedness, blurred vision, trouble concentrating, fast or irregular heartbeat. Hypoglycemia might also cause seizures or convulsions and unconsciousness. [Tech Times](#)

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## These tattoos could help track chronic diseases like diabetes

26 July- Using an app or pinprick to keep tabs on your health was last decade's medical innovation at work. But now, researchers from Germany have come up with another solution for real-time health tracking. This one comes in style—as a permanent tattoo with the ability to change colors in response to bodily changes called biomarkers. [Fox News](#)

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### INFLUENZA

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## CDC: Flu View - Weekly U.S. Influenza Surveillance Report

2018-2019 Influenza Season Week 29 ending July 20, 2019:

U.S. Virologic Surveillance: WHO and NREVSS collaborating laboratories, which include both public health and clinical laboratories located in all 50 states, Puerto Rico, Guam, and the District of Columbia, report to CDC the total number of respiratory specimens tested for influenza and the number positive for influenza by virus type. In addition, public health laboratories also report the influenza A subtype (H1 or H3) and influenza B lineage information of the viruses they test and the age or age group of the persons from whom the specimens were collected.

Pneumonia and Influenza (P&I) Mortality Surveillance: Based on National Center for Health Statistics (NCHS) mortality surveillance data available on July 15, 2019, 5.0% of the deaths occurring during the week ending July 13, 2019 (week 28) were due to P&I. This percentage

is below the epidemic threshold of 5.8% for week 28.

Influenza-Associated Pediatric Mortality: Two influenza-associated pediatric deaths were reported to CDC during week 29. One death was associated with an influenza A virus for which no subtyping was performed and occurred during week 10 (the week ending March 9, 2019) and one death was associated with an influenza A (H1N1)pdm09 virus and occurred during week 21 (the week ending May 25, 2019). A total of 126 influenza-associated pediatric deaths occurring during the 2018-2019 season have been reported to CDC. [CDC](#)

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## VETERINARY/FOOD SAFETY

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### Employee discovery prompts cookie dough recall for undeclared peanuts

28 July- JuJu Bakes LLC, doing business as "The Cookie Dough Cafe" of Bloomington, IL, is recalling 15 cases of 1.6-ounce "Chocolate Chip Chilled Gourmet Edible Cookie Dough Bars" because they may contain peanuts, which are not declared on the label, according to a recall notice posted on the Food and Drug Administration's website. People who have an allergy or severe sensitivity to peanuts run the risk of serious or life-threatening allergic reaction if they consume these products. The recall was initiated after an employee tasted peanut butter in a bar labeled chocolate chip; "The employee sampling the item did not have a peanut allergy, and did not experience a reaction. Her observation led to the recall of Lot #19177," the recall notice said. The recalled "Chocolate Chip Chilled Gourmet Edible Cookie Dough Bar" was packaged in a 1.6-ounce, white and turquoise package, marked with lot number "19177," an expiration date of "01/22/20," and UPC "850967006531." According to the recall notice, no other lots or expiration dates were affected. [Food Safety News](#)

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### Germany reports E. coli cases linked to Egypt

30 July- The public health institute in Germany has reported more than 30 people have been sick with E. coli this year after going to Egypt. The Robert Koch Institute (RKI) noted increased reports of Enterohemorrhagic E. coli (EHEC) related to or after staying in Egypt. Earlier this month, Public Health England also reported an increase in adults and children ill after coming back from Hurgada in Egypt. In Germany, there are 31 cases of EHEC and five people with hemolytic uremic syndrome (HUS), a type of kidney failure associated with E. coli infection. This is significantly more than in the same period of previous years. In 2018, there were 21 EHEC and one HUS case. In 2017, nine EHEC and one HUS case were recorded. The rise cannot be explained by the increase in travel to Egypt alone, according to RKI. [Food Safety News](#)

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## Publix recalls Rock Garden Organic Basil due to Cyclospora risk

29 July- The U.S. Food and Drug Administration (FDA), along with the Centers for Disease Control and Prevention (CDC), and state and local partners, are investigating a multistate outbreak of Cyclospora illnesses potentially linked to fresh basil exported by Siga Logistics de RL de CV located in Morelos, Mexico. Although the investigation is ongoing, CDC's analysis of epidemiologic information indicates that contaminated fresh basil is the likely cause of the illnesses. FDA's traceback investigation indicates that the fresh basil available at points of sale where consumers became ill was exported to the United States by Siga Logistics de RL de CV located in Morelos, Mexico. FDA has requested a voluntary recall and the firm has agreed. FDA has increased import screening on basil and will continue to investigate the cause and source of the outbreak as well as the distribution of products.

[Outbreak News Today](#)

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## Vesicular stomatitis reported in Oklahoma horse

31 July- The National Veterinary Services Laboratories in Ames, Iowa confirmed a finding of vesicular stomatitis virus (VSV) infection (Indiana serotype) on an equine premises in Tillman County, Oklahoma on July 29. The seven year old horse presented with oral lesions, erosions at commissures of the mouth on July 24 when the owner had the horse examined. The horse met the case definition of infection with compatible clinical signs and complement fixation test positive results at 1:40 or greater. The clinical horse is also PCR positive for VSV-Indiana on a swab of the lesions. Since the start of the outbreak in late June, 366 VSV-affected premises have been identified (174 confirmed positive, 192 suspect) in five states (Texas, New Mexico, Colorado and Wyoming are the others). [Outbreak News Today](#)

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## WGS project helps Denmark uncover campylobacter outbreak

26 July- Fifty people are ill in Denmark from Campylobacter after eating chicken meat but authorities believe the actual number of patients may be much higher. Statens Serum Institut (SSI), Danish Veterinary and Food Administration (Fødevarestyrelsen) and DTU Food – National Food Institute are investigating the Campylobacter jejuni outbreak.

Campylobacter is the main cause of bacterial intestinal infections in Denmark and more than 4,500 cases were registered in 2018. The same type of Campylobacter, sequence type 122, identified in patients by whole genome sequencing has also been found in chicken meat from one slaughterhouse, named as HKScan in Vinderup, a town in Northwestern Jutland. [Food Safety News](#)

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## WELLNESS

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### **Morning exercise may offer the most weight loss benefits**

31 July- People who exercise in the morning seem to lose more weight than people completing the same workouts later in the day, according to a new study of workouts and waistlines. The findings help shed light on the vexing issue of why some people shed considerable weight with exercise and others almost none, and the study adds to the growing body of science suggesting that the timing of various activities, including exercise, could affect how those activities affect us. The relationship between exercise and body weight is somewhat befuddling. Multiple past studies show that a majority of people who take up exercise to lose less weight drop fewer pounds than would be expected, given how many calories they are burning during their workouts. Some gain weight. But a few respond quite well, shedding pound after pound with the same exercise regimen that prompts others to add inches. This variability interests and puzzles Erik Willis, a data analyst with the Center for Health Promotion and Disease Prevention at the University of North Carolina at Chapel Hill. For almost a decade, he and colleagues at the University of Kansas, the University of Colorado Denver and other institutions have overseen the Midwest Exercise Trial 2, an extensive examination of how regular, supervised exercise influences body weight. [The New York Times](#)

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### **The gym is teeming with invisible members: Germs- Here's how to avoid them**

29 July- After swimming one day at the Chelsea Recreation Center in New York, Allison Goldstein noticed that the walls in the shower were starting to buckle inward. "It looked like a giant air bubble was pushing out of the wall," the Jersey City resident said. "Over time, the section where the wall met the ceiling started to peel back, and lo and behold, there was some delicious-looking brown and black sludge back there." Granted, this is an extremely visual example of the grossness that can grow in gyms. But out of sight shouldn't be out of mind when it comes to working out in public places. Studies have found that the surfaces of treadmills, weight machines and other typical gym equipment are teeming with bacteria and other infectious germs. Here's how to lower your exposure to the most dangerous and prevalent germs without freaking out so much that you stop going to the gym. [Washington Post](#)

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## Tanzania: Dengue outbreak in Dar es Salaam region

28 July- Since the dengue outbreak began in Tanzania one year ago, 6,677 cases have been reported, including 13 deaths, according to an ANI report. Tanzanian Minister of Health, Community Development, Gender, Seniors and Children Ummu Mwalimu said, "There are 6,631 cases of infection and 11 deaths in Dar es Salaam region alone." It appears that the outbreak is slowing as there were 536 cases of infection with the dengue virus in June, while only six cases have been reported since early July. [Outbreak News Today](#)

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## Zimbabwe: More than 850 typhoid cases reported in Harare

27 July- Officials in the capital city of Zimbabwe, Harare report seeing 858 new typhoid cases in the last six months, with the suburbs of Glen View and Budiriro hit the hardest according to a report in The Herald. No deaths have been recorded. The reason for the outbreak is due to its failure to constantly supply clean water and delays in attending to sewer bursts or leakages, local authorities' state. Harare Town Clerk Engineer Hosiah Chisango said, "The drivers for water-borne diseases (cholera and typhoid) have been water cuts or availability of municipal water, contaminated, sewer bursts or leakages, use of shallow wells, illegal vending of cooked food, attending gatherings during an outbreak, poor hygiene practices and household contact to a case." Typhoid fever is a potentially life-threatening illness caused by the bacterium *Salmonella typhi*. *Salmonella typhi* lives only in humans. Persons with typhoid fever carry the bacteria in their bloodstream and intestinal tract. In addition, a small number of persons, called carriers, recover from typhoid fever but continue to carry the bacteria. Both ill persons and carriers shed *S.typhi* in their feces.

[Outbreak News Today](#)

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## USCENTCOM

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### Syria's war: Idlib's hospitals under attack, at least 14 killed

30 July- Syrian government air attacks have killed at least 14 civilians in Hama and Idlib provinces. Activists say the government's week-long aerial attacks have been the bloodiest in three months and seem deliberately aimed at health facilities in Syria, according to international aid agencies. The Syrian government has made inroads into the rebel-held province of Idlib, but a three-way tussle between the Assad government, Turkey and Russia is complicating matters. Al Jazeera's Zeina Khodr reports from Hatay in southern Turkey near the Syrian border. [Al Jazeera](#)

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## USEUCOM

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### Netherlands: Second sighting of an adult *Hyalomma marginatum* tick this year

28 July- The Netherlands National Institute for Public Health and the Environment (RIVM) reports identifying a so-called giant tick that was found in Odoorn in the province of Drenthe on 13 July as a female *Hyalomma marginatum* tick. The tick from Drenthe is the second sighting of an adult *Hyalomma marginatum* in the Netherlands this year. The first specimen was found a week earlier in the Achterhoek. The Centre for Monitoring of Vectors (CMV) of the Netherlands Food and Consumer Product Safety Authority (NVWA) investigated both locations and found no other *Hyalomma* ticks. RIVM examined the *Hyalomma* tick from Drenthe and found no Crimean Congo virus in it. Approximately fifty *Hyalomma* ticks found in Northwest Europe have been tested for the Crimean Congo virus since 2012. All tests were negative, none of these ticks carried the virus. RIVM did find the bacterium *Rickettsia aeschlimannii* in the *Hyalomma* tick from Drenthe. People infected with this bacterium may develop fever, headache, muscle pain and a characteristic rash. This disease, also known as spotted fever, is rare. Spotted fever is easy to diagnose and treat with antibiotics. Horse owners should be aware that the *Hyalomma* tick could carry parasites that can give horses' piroplasmiasis. The parasites were not found in the tick from Drenthe.

[Outbreak News Today](#)

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## Ukraine: Measles cases slow, expected to increase when school starts

31 July- Measles cases in Ukraine have slowed considerably in recent weeks; however, officials say they will start increasing again after school starts in September. The Public Health Center of the Ministry of Health of Ukraine reported 214 measles cases during the past week- 110 adults and 104 children. From 19 to 26 July the most new cases of measles were registered in Kyiv, Khmelnytskyi, and Odessa and Vinnitsa oblasts. Since the beginning of the year, 56,594 total cases have been reported, including 18 deaths. Health officials remind the public that these illnesses always drop during the summer months, only to return in higher numbers in September. Hence, they are calling on the public to get vaccinated. [Outbreak News Today](#)

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### USINDOPACOM

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## Dengue in Bangladesh: Tally tops 10,000, Dhaka University protests

28 July- The total number of dengue fever cases in Bangladesh through July 27 this year has surpassed the total for all of 2018, according to the latest numbers from Bangladeshi officials. A total of 10,528 people have been infected with the mosquito-borne disease to date. Last year, the total number was 10,148, according to the Directorate General of Health Services (DGHS). Eight deaths have been recorded according to official's statistics; however, media counts put the tally at 25. In addition, nearly 400 of the cases have been reported outside of Dhaka with a sharp rise in dengue cases in the past two days. The situation is straining hospital resources as they struggle to accommodate a growing number of dengue patients. Hospitals in Dhaka are packed with dengue patients so much amid the outbreak that their relatives have to rush from one hospital to another to get their loved ones urgent medical attention. At Dhaka University, students are burning effigies of the health minister and mayors of Dhaka south and north city corporation demanding their resignation over "failure in controlling dengue outbreak". In addition, hundreds of students in Jahangirnagar University today protested against the inaction of the university authorities amid the ongoing dengue outbreak in the city. [Outbreak News Today](#)

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## South Cotabato: All four dengue strains circulating

27 July- Health officials in the southern Philippines province of South Cotabato are warning residents that four strains or serotypes of dengue virus are circulating in the province. Dr. Alah Baby Vingno, Integrated Provincial Health Office (IPHO) assistant chief said, "since all four strains are already here, there is a possibility that a person will be infected with dengue four times". The World Health Organization says dengue is caused by a virus of the

Flaviviridae family and there are 4 distinct, but closely related, serotypes of the virus that cause dengue (DEN-1, DEN-2, DEN-3 and DEN-4). Recovery from infection by one provides lifelong immunity against that particular serotype. However, cross-immunity to the other serotypes after recovery is only partial and temporary. Subsequent infections (secondary infection) by other serotypes increase the risk of developing severe dengue. As of July 22, 3,664, with 21 deaths have been reported in the province. [Outbreak News Today](#)

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## USNORTHCOM

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### Canada: Vancouver: Measles case confirmed in the Lower Mainland

29 July- Vancouver Coastal Health Authorities are reporting a confirmed measles case in a Burnaby resident who traveled abroad to the Philippines. Members of the public may have been exposed to measles if they were on Philippines Airlines Flight PR116, arriving in Vancouver on July 23rd, 2019, or if they spent any time at the following public locations between the specific times listed below:

Date	Time	Location
July 23, 2019	4:30 p.m. – 7:20 p.m.	International arrivals at Vancouver International Airport (YVR)
July 23, 2019	5:00 p.m. – 7:00 p.m.	Park and ride shuttle YVR Airport

People who are at risk of getting measles are those who have never had measles disease and those who have not had two doses of a measles vaccine. [Outbreak News Today](#)

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## **U.S.: New York- Cyclospora cases rise in the Capital region**

28 July- In a follow-up on the Cyclospora cluster in the Capital region of New York, state health officials are now reporting 69 lab-confirmed cases of cyclosporiasis in patrons who ate at restaurants or attended events in the Capital Region. There are 204 lab-confirmed cases of cyclosporiasis in New York State outside of New York City, a significant increase from previous years. The State Department of Agriculture and Markets and the Department of Health today urged New Yorkers to not eat fresh basil imported from Siga Logistics S. de R.L de C.V of Mexico following the release of the US Food and Drug Administration's (FDA) nationwide advisory, which has potentially linked the herb to cases of cyclosporiasis illness in New York and other states. [Outbreak News Today](#)

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## **U.S.: Utah- Reports death of resident who contracted infection after weight-loss surgery in Mexico**

28 July- In a follow-up on reports of infections caused by an antibiotic-resistant form of Pseudomonas aeruginosa bacteria linked to surgeries performed in Tijuana, Mexico, Utah health officials say a resident who undergone weight-loss surgery has died after testing positive for an antibiotic-resistant form of Pseudomonas aeruginosa bacteria (VIM-CRPA). Eight Utahns, including the patient who died, have been infected or colonized with VIM-CRPA after traveling to Tijuana for similar surgical procedures. All of the other patients recovered. The Utah Department of Health (UDOH) interviewed the patients or their family members and discovered seven of the eight patients, including the patient who died, reported the same surgeon, Dr. Mario Almanza, performed their operations. Five of these patients reported they had been referred to Dr. Almanza through an online referral service known as Weight Loss Agents. [Outbreak News Today](#)

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## **Costa Rica clamps down on traders and establishments as methanol poisoning cases rise**

26 July- The Costa Rica Ministry of Health intensifies measures against traders of adulterated alcohol in light of the rising number of methanol poisoning cases reported recently. On Wednesday, The Ministry of Health, together with the Fiscal Control Police, carried out the search for the distributor Pinares de Heredia, located in San Isidro de Coronado, in order to obtain information on the methanol adulterated product "Red Star Brandy." In addition, the Minister of Health, Daniel Salas issued a resolution that totally prohibits the commercialization of "Guaro Montano", "Aguardiente Timbuka", "Aguardiente

Molotov “,” Aguardiente Barón Rojo “,” Guaro Gran Apache “and” Aguardiente Estrella Roja “, instructing the governing areas to cancel the sanitary permit for operation to establishments where they are discovered to continue marketing. In the event that the owners or administrators of real estate where alcoholic beverages are stored, handled or marketed deny entry to the place or access to the requested information, the suspension of the Sanitary Operating Permit and the suspension will proceed immediately corresponding closure. The closures will remain valid until the interested party solves the requirements. So far there are 45 people suspected of poisoning with methanol, of which 20 have died ((15 men and five women, all over 30 years). In addition, more than 38,000 containers have been seized. Methanol ingestion is an uncommon form of poisoning that can cause severe metabolic disturbances, blindness, permanent neurologic dysfunction and death. [Outbreak News Today](#)

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