



# USNH Naples Preventive Medicine Department Brief 2022



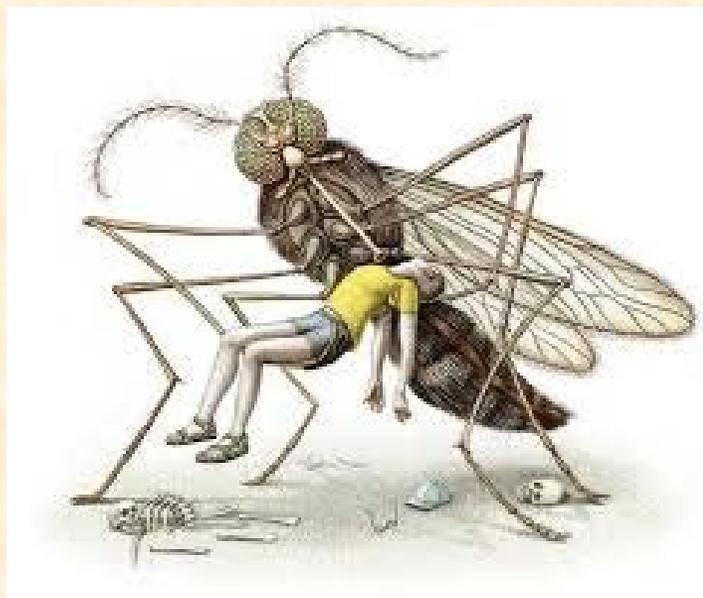


# Preventive Medicine Department



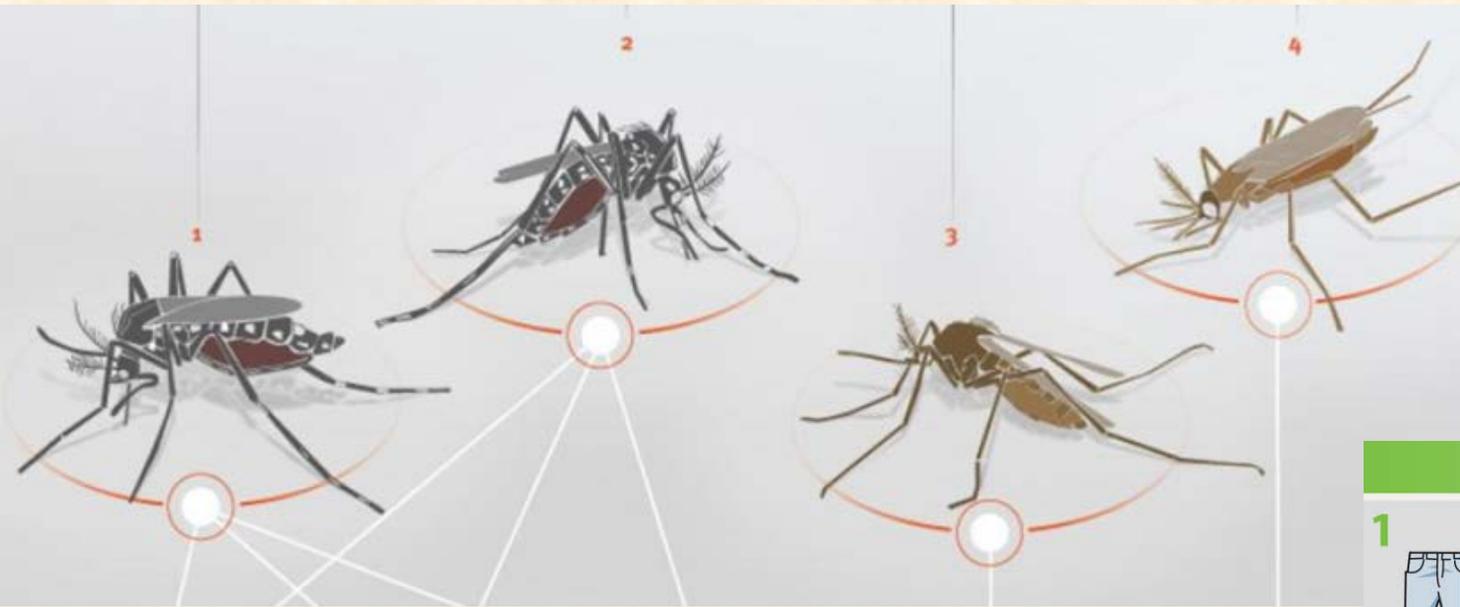
## Covered Topics:

- Mosquito Prevention
- Stray Animals
- Travel Medicine
- Heat Injury Prevention





# Mosquito Prevention



## Invasive Species

1. *Aedes aegypti*: Chikungunya, Zika, Dengue
2. *Aedes albopictus*: Chikungunya, Zika, Dengue

## Local Species

3. *Culex pipiens*: West Nile fever
4. *Anopheles*: Malaria

## TAKE PRECAUTIONS:



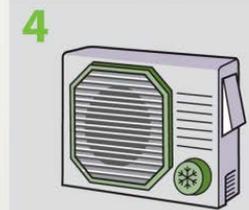
Wear long-sleeved shirts and long trousers



Use mosquito repellents, coils or other devices that will help fend off mosquitoes \*



If possible, sleep under bed nets pre-treated with insecticides



If possible, set the air-conditioning to a low temperature at night – mosquitoes do not like cold temperatures

**In case of sudden onset of fever, joint pain, muscle pain, and headache occurring 1-12 days after staying in affected areas:**

- Consult a doctor who can make the correct diagnosis
- Limit the risk of further mosquito bites as much as possible - this will help prevent the virus from spreading to others in case you do have Chikungunya



\* Specialised advice should be sought for pregnant women and for new born children



# Stray Animals

- Base policy on animals (NAVSUPPACTNAPLESINST 10570.2 Series).
  - Rabies Prevention & Control Program USNHNAPINST 6220.2J
  - **DO NOT FEED OR PET** - avoid stray animals; feeding stray or feral animals on government property is strictly prohibited and punishable under the Uniform Code of Military Justice (UCMJ).
  - Treat all animal bites as a **medical emergency**, seek immediate medical attention at the U. S. Navy Hospital Emergency Room.
  - Report cases of aggressive, abused, sick, abandoned, or neglected animals to NAVSUPPACT Naples Security Dispatch at DSN: 626-5638/39.



# Travel Medicine

- AD, GS, and CIV employee's on orders outside the EUCOM AOR are required to seek travel medicine screening based on the Foreign Clearance Guide requirements for destination(s).
  - Many immunizations must be administered 14 days prior to departure to ensure protection.
- Beneficiaries, GS, and CIV employees traveling on leisure are not required to have a travel screening.
  - If you are traveling to a malaria or yellow fever endemic country in Africa or Southeast Asia, please come in to acquire anti-malaria medications and other location specific vaccines; **fees may apply**.

Now virtual:

- [usn.naples.navhospnaplesit.list.travel-medicine@mail.mil](mailto:usn.naples.navhospnaplesit.list.travel-medicine@mail.mil)
- [usn.naples.navhospnaplesit.list.fleet-liaison@mail.mil](mailto:usn.naples.navhospnaplesit.list.fleet-liaison@mail.mil)



# CDC Travel and Health Website

**Travelers' Health**

Home

**Destinations**

- Travel Notices +
- Yellow Fever Information
- Zika Travel Information +
- Find a Clinic +
- Disease Directory
- Resources -
- Resources for Travelers +
- Resources For Clinicians +
- Resources for the Travel Industry
- Yellow Book -
- Contents
- Tables
- Maps
- Figures
- Boxes
- Updates
- About the Yellow Book +
- Partners +
- Mobile Apps
- RSS Feeds

CDC > Home

Destinations

 For Travelers



**Where are you going?**

-- Select One --

**What kind of traveler are you?**  
*(optional)*

- Traveling with Children
- Chronic Disease
- Cruise Ship
- Extended Stay/Study Abroad
- Immune-Compromised Travelers
- Pregnant Women
- Mission/Disaster Relief
- Visiting Friends or Family

**Go**

**For Clinicians**



**Traveler destination**

-- Select One --

**Special travel needs**  
*(optional)*

- Traveling with Children
- Chronic Disease
- Cruise Ship
- Extended Stay/Study Abroad
- Immune-Compromised Travelers
- Pregnant Women
- Mission/Disaster Relief
- Visiting Friends or Family

**Go**

Complete List of Destinations

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [Y](#) [Z](#)



<https://www.cdc.gov/>



# Heat Injury Prevention

Note: Wearing of body armor or NBC uniform adds approximately 10 points to the measured WBGT index. Exposure limits should be adjusted accordingly.

Flag Color	WBGT Index (F)	Intensity of Physical Exercise
	Less than 80	Extremely intense physical exertion may precipitate heat exhaustion or heat stroke, therefore, caution should be taken.
	80 – 84.9	Discretion required in planning heavy exercise for unseasoned personnel. This is a marginal heat stress limit for all personnel.
	85 – 87.9	Strenuous exercise and activity (e.g. close order drill) should be curtailed for new and unacclimated personnel during the first 3 weeks of heat exposure.
	88 – 89.9	Strenuous exercise curtailed for all personnel with less than 12 weeks training in hot weather.
	90 and Above	Physical training and strenuous exercise suspended for <i>all personnel</i> (excluding operational commitment not for training purposes).



DRINK COOL FLUIDS & AVOID ALCOHOL



AVOID HEAVY EXERTION MIDDAY



PROTECT AGAINST SUNBURN



WEAR LOOSE & LIGHT CLOTHING



NEVER LEAVE ANYONE IN A PARKED CAR



STAY IN A COOL ENVIRONMENT



TAKE PRECAUTIONS WITH CERTAIN DRUGS



TAKE A COOL SHOWER OR BATH



# USNH Naples Preventive Medicine Department Contact Information



Office number DSN: 629-4170 / 626-5486

Commercial number: 081-811-4170 / 081-568-5486

Email: [usn.naples.navhospnaplesit.list.preventive-medicine@mail.mil](mailto:usn.naples.navhospnaplesit.list.preventive-medicine@mail.mil)