

**Military Deployment**  
**Periodic Occupational and Environmental Monitoring Summary (POEMS):**  
**FOB Gardez and vicinity, Afghanistan**  
**Calendar Years: (2003 to 2010)**

**AUTHORITY:** This periodic occupational and environmental monitoring summary (POEMS) has been developed in accordance with Department of Defense (DoD) Instructions 6490.03, 6055.05, and JCSM (MCM) 0028-07 (References 1-3).

**PURPOSE:** This POEMS documents the Department of Defense (DoD) assessment of occupational and environmental health (OEH) risk for FOB Gardez and vicinity that includes FOB Lightning, Combat Outpost (COP) Deysie, COP Zormat and COP Tellier/Wilderness. It presents a qualitative summary of health risks identified at this location and their potential medical implications. The report is based on information collected from January 2003 through December 2010 to include deployment OEHS sampling and monitoring data (e.g., air, water, and soil), field investigation and health assessment reports, as well as country and area-specific information on endemic diseases.

This assessment assumes that environmental sampling at FOB Gardez and vicinity during this period was performed at representative exposure points selected to characterize health risks at the *population-level*. Due to the nature of environmental sampling, the data upon which this report is based may not be fully representative of all the fluctuations in environmental quality or capture unique occurrences. While one might expect health risks pertaining to historic or future conditions at this site to be similar to those described in this report, the health risk assessment is limited to January 2003 through December 2010.

The POEMS can be useful to inform healthcare providers and others of environmental conditions experienced by individuals deployed to FOB Gardez and vicinity during the period of this assessment. However, it does not represent an individual exposure profile. Individual exposures depend on many variables such as; how long, how often, where and what someone is doing while working and/or spending time outside. Individual outdoor activities and associated routes of exposure are extremely variable and cannot be identified from or during environmental sampling. Individuals who sought medical treatment related to OEH exposures while deployed should have exposure/treatment noted in their medical record on a Standard Form (SF) 600 (Chronological Record of Medical Care).

**SITE DESCRIPTION:** FOB Gardez is located in the Paktia Province of eastern Afghanistan, near the city of Gardez. The city is located along a river in a mountain valley with an elevation around 7,600 feet. FOB Lightning is located approximately 2 kilometers from FOB Gardez. FOB Lightning may also be known under an alias, Thunder. COP Zormat is located SW of the city of Gardez. COP Deysie is located SE of the city of Gardez along the Gardez-Khost road at an elevation of around 8,000 feet and COP Tellier/Wilderness is located along the main route from Gardez to Kabul. The city of Gardez is located about 60 miles south of Kabul and 50 miles west of the Pakistan border. The structures on the camps included tents for housing, Morale, Welfare, and Recreation (MWR) and Dining facilities (DFAC). Hardened-semi permanent structures (B-huts) were used for housing, showers, latrines and sinks at the camps. Hardened permanent structures (pre-existing Qalats) were used for office space, housing and guard towers. There was an airfield, motor pool area for vehicle maintenance and a petroleum distribution area located on FOB Gardez. The roads within FOB Gardez were unpaved and some were covered in gravel. A Provincial Reconstruction Team was also located at FOB Gardez. Soldiers at FOB Lightning maintain US military vehicles. There was very limited information on FOB Lightning, COP Deysie, Zormat and Tellier/Wilderness, when searching for available information. While the below table is a summary of the risks, some of the risks are relevant to all sites; see the detailed sections for more information.

The population of interest for this assessment is personnel who were deployed at FOB Gardez, FOB Lightning, COP Zormat, COP Deysie, or COP Tellier/Wilderness for up to one year between January

2003 and December 2010. Based on historical Operation Enduring Freedom (OEF) rotations, Army deployment lengths typically did not exceed 14 months at any one time.

**SUMMARY:** Conditions that may pose a Moderate or greater health risk are summarized in Table 1. Table 2 provides population based risk estimates for identified OEH conditions at FOB Gardez and vicinity. As indicated in the detailed sections that follow Table 2, controls established to reduce health risk were factored into this assessment. In some cases, e.g. ambient air, specific controls are noted, but not routinely available/feasible.

**Table 1: Summary of Occupational and Environmental Conditions with MODERATE or Greater Health Risk**

***Short-term health risks & medical implications:***

The following hazards may be associated with potential health effects in some personnel during deployment at FOB Gardez and vicinity that includes FOB Lightning, Combat Outpost (COP) Deysie, COP Zormat and COP Tellier/Wilderness:

Food/waterborne diseases (e.g., bacterial diarrhea, Hepatitis A, Typhoid fever, diarrhea-cholera, diarrhea-protozoal, Brucellosis, Hepatitis E); other endemic diseases (malaria, cutaneous leishmaniasis, Crimean-Congo hemorrhagic fever, Sandfly fever, typhus-miteborne, Tuberculosis (TB), Leptospirosis, Rabies, Q fever); heat stress; continuous noise; and waste sites/waste disposal concerns. For food/waterborne diseases (e.g., bacterial diarrhea, Hepatitis A, Typhoid fever, , diarrhea-cholera, diarrhea-protozoal, Brucellosis, Hepatitis E), if ingesting food and water off post, the health effects can temporarily incapacitate personnel (diarrhea) or result in prolonged illness (Hepatitis A, Typhoid fever, and Brucellosis, Hepatitis E). Risks from food/waterborne diseases may have been reduced with preventive medicine controls and mitigation, which includes Hepatitis A and Typhoid fever vaccinations, and only drinking from approved water sources in accordance with standing CENTCOM policy. For other vector-borne endemic diseases (malaria, cutaneous leishmaniasis, Crimean-Congo hemorrhagic fever, Sandfly fever, typhus-miteborne), these diseases may constitute a significant risk due to exposure to biting vectors; risk is reduced to low by proper wear of treated uniform, application of repellent to bed net and exposed skin, and appropriate chemoprophylaxis. For respiratory diseases (Tuberculosis (TB)), personnel in close-quarter conditions could have been at risk for person-to-person spread. For water contact diseases (Leptospirosis) activities involving extensive contact with surface water increase risk. Animal contact diseases (Rabies, Q fever) pose year-round risk. For heat stress, risk can be greater for susceptible persons including those older than 45, of low fitness level, unacclimatized personnel, or individuals with underlying medical conditions. Risks from heat stress may have been reduced with preventive medicine controls, use of appropriate work-rest cycles, and mitigation. For continuous noise, risk is to personnel working near major noise sources; risk is reduced to personnel working near major noise sources by wearing proper hearing protection.

Air quality: Although there were not enough air data for a short-term assessment of particulate matter, the area is a dusty desert environment. In addition, although no samples were available for assessment, there is a burn pit located approximately 300 km south of the site. For inhalational exposure to high levels of dust and particulate matter, such as during high winds or dust storms, and for exposure to burn pit smoke, exposures may result in mild to more serious short-term health effects (e.g., eye, nose or throat and lung irritation ) in some personnel while at this site, and certain subgroups of the deployed forces (e.g., those with pre-existing asthma/respiratory and cardio-pulmonary conditions) are at greatest risk of developing notable health effects. Although most effects from exposures to dust and particulate matter and burn pit smoke should have resolved post-deployment, providers should be prepared to consider the relationship between deployment exposures and current complaints. Some individuals may have sought treatment for acute respiratory irritation during their time at FOB Gardez and FOB Lightning/Thunder. Personnel who reported with symptoms or required treatment while at this site should have exposure/treatment noted in medical record (e.g., in the electronic medical record and/or on a Standard Form (SF) 600 (Chronological Record of Medical Care)).

***Long-term health risks & medical implications:***

The following hazards may be associated with potential chronic health effects in some personnel during deployment at FOB Gardez and vicinity that includes FOB Lightning, Combat Outpost (COP) Deysie, COP Zormat and COP Tellier/Wilderness:

Air quality: Although not enough air data samples of inhalable fine particulate matter less than 2.5 micrometers in diameter (PM<sub>2.5</sub>) are available to evaluate long-term risk, and fine particulate matter less than 10 micrometers in diameter (PM<sub>10</sub>) was not evaluated due to no available health guidelines, the area is a dusty desert environment. In addition, though there were not enough burn pit samples of PM<sub>2.5</sub> available for long-term assessment, there is a burn pit located approximately 300 km south of site. For inhalational exposure to high levels of dust and particulate matter, such as during high winds or dust storms, and for exposure to burn pit smoke, it is considered possible that some otherwise healthy personnel who were exposed for a long-term period to dust and particulate matter and burn pit smoke could develop certain health conditions (e.g., reduced lung function, cardiopulmonary disease). Personnel with a history of asthma or cardiopulmonary disease could potentially be more likely to develop such chronic health conditions. While the dust and particulate matter exposures and exposures to burn pit smoke are acknowledged, at this time there are no specific recommended, post-deployment medical surveillance evaluations or treatments. Providers should still consider overall individual health status (e.g., any underlying conditions/susceptibilities) and any potential unique individual exposures (such as burn pits, occupational or specific personal dosimeter data) when assessing individual concerns. Certain individuals may need to be followed/evaluated for specific occupational exposures/injuries (e.g., annual audiograms as part of the medical surveillance for those enrolled in the Hearing Conservation Program; and personnel covered by Respiratory Protection Program and/or Hazardous Waste/Emergency Responders Medical Surveillance).

**Table 2. Population-Based Health Risk Estimates - FOB Gardez and vicinity that includes FOB Lightning, Combat Outpost (COP) Deysie, COP Zormat and COP Tellier/Wilderness<sup>1, 2</sup>**

Source of Identified Health Risk <sup>3</sup>	Unmitigated Health Risk Estimate <sup>4</sup>	Control Measures Implemented	Residual Health Risk Estimate <sup>4</sup>
<b>AIR</b>			
Particulate matter less than 10 micrometers in diameter (PM <sub>10</sub> )	Short-term: Daily levels vary, acute health effects (e.g., upper respiratory tract irritation) more pronounced during peak days. More serious effects are possible in susceptible persons (e.g., those with asthma/existing respiratory diseases).	Limiting strenuous physical activities when air quality is especially poor; and actions such as closing tent flaps, windows, and doors.	Short-term: Daily levels vary, acute health effects (e.g., upper respiratory tract irritation) more pronounced during peak days. More serious effects are possible in susceptible persons (e.g., those with asthma/existing respiratory diseases).
	Long-term: No health guidelines		Long-term: No health guidelines
Particulate matter less than 2.5 micrometers in diameter (PM <sub>2.5</sub> )	Short-term: A majority of the time mild acute (short term) health effects are anticipated; certain peak levels may produce mild eye, nose, or throat irritation in some personnel and pre-existing health conditions (e.g., asthma, or cardiopulmonary diseases) may be exacerbated.	Limiting strenuous physical activities when air quality is especially poor; and actions such as closing tent flaps, windows, and doors.	Short-term: A majority of the time mild acute (short term) health effects are anticipated; certain peak levels may produce mild eye, nose, or throat irritation in some personnel and pre-existing health conditions (e.g., asthma, or cardiopulmonary diseases) may be exacerbated.
	Long-term: A small percentage of personnel may be at increased risk for developing chronic conditions. Particularly those more susceptible to acute effects (e.g., those with asthma/existing respiratory diseases).		Long-term: A small percentage of personnel may be at increased risk for developing chronic conditions. Particularly those more susceptible to acute effects (e.g., those with asthma/existing respiratory diseases).
<b>ENDEMIC DISEASE</b>			
Food borne/Waterborne (e.g., diarrhea-bacteriological)	Short-term: Variable; High (bacterial diarrhea, hepatitis A, typhoid fever) to Moderate (diarrhea-cholera, diarrhea- protozoal, brucellosis, hepatitis E) if ingesting local food/water, the health effects can temporarily incapacitate personnel (diarrhea) or result in prolonged illness (hepatitis A, Typhoid fever, hepatitis E, brucellosis).	Preventive measures include Hepatitis A and Typhoid fever vaccination and consumption of food and water only from approved sources.	Short-term: Low to none
	Long-term: none identified		Long-term: No data available
Arthropod Vector Borne	Short-term: Variable; High for malaria, Moderate for leishmaniasis - cutaneous (acute), Crimean-Congo hemorrhagic fever, sandfly fever, typhus-miteborne; and Low for, the plague and West Nile fever.	Preventive measures include proper wear of treated uniform, application of repellent to exposed skin, bed net use, minimizing areas of standing water and appropriate chemoprophylaxis.	Short-term: Low
	Long-term: Low for Leishmaniasis-visceral infection.		Long-term: No data available
Water-Contact (e.g. wading, swimming)	Short-term: Moderate for leptospirosis	Recreational swimming in surface waters not likely in this area of Afghanistan during this time period.	Short-term: Low for leptospirosis.
	Long-term: No data available		Long-term: No data available
Respiratory	Short-term: Variable; Moderate for tuberculosis (TB) to Low for meningococcal meningitis.	Providing adequate living and work space; medical screening; vaccination.	Short-term: Low
	Long-term: No data available		Long-term: No data available
Animal Contact	Short-term: Variable; Moderate for rabies, anthrax, Q-fever to Low for H5N1 avian influenza.	Prohibiting contact with, adoption, or feeding of feral animals IAW U.S. Central Command (CENTCOM) General	Short-term: No data available
	Long-term: Low (Rabies)		Long-term: No data available

		Order (GO) 1B. Risks are further reduced in the event of assessed contact by prompt post-exposure rabies prophylaxis IAW The Center for Disease Control's (CDC) Advisory Committee on Immunization Practices guidance.	
<b>VENOMOUS ANIMAL/ INSECTS</b>			
Snakes, scorpions, and spiders	Short-term: Low; If encountered, effects of venom vary with species from mild localized swelling (e.g. widow spider) to potentially lethal effects (e.g. Haly's Pit Viper).	Risk reduced by avoiding contact, proper wear of uniform (especially footwear), and proper and timely treatment.	Short-term: Low; If encountered, effects of venom vary with species from mild localized swelling (e.g. widow spider) to potentially lethal effects (e.g. Haly's Pit Viper).
	Long-term: No data available		Long-term: No data available
<b>HEAT/COLD STRESS</b>			
Heat	Short-term: Variable; Risk of heat injury is High for June-August, and Low for all other months.	Work-rest cycles, proper hydration and nutrition, and Wet Bulb Globe Temperature (WBGT) monitoring.	Short-term: Variable; Risk of heat injury in unacclimatized or susceptible personnel is Moderate for June-August and Low for all others.
	Long-term: Low, The long-term risk was Low. However, the risk may be greater to certain susceptible persons—those older (i.e., greater than 45 years), in lesser physical shape, or with underlying medical/health conditions.		Long-term: Low, The long-term risk is Low. However, the risk may be greater to certain susceptible persons—those older (i.e., greater than 45 years), in lesser physical shape, or with underlying medical/health conditions.
Cold	Short-term: Low risk of cold stress/injury.	Risks from cold stress reduced with protective measures such as use of the buddy system, limiting exposure during cold weather, proper hydration and nutrition, and proper wear of issued protective clothing.	Short-term: Low risk of cold stress/injury.
	Long-term: Low; Long-term health implications from cold injuries are rare but can occur, especially from more serious injuries such as frost bite.		Long-term: Low; Long-term health implications from cold injuries are rare but can occur, especially from more serious injuries such as frost bite.
<b>NOISE</b>			
Continuous (Flightline, Power Production)	Short-term: Low	Hearing protection used by personnel in higher risk areas	Short-term: Low
	Long-term: Low		Long-term: Low
<b>Unique Incidents/ Concerns</b>			
Pesticides/Pest Control	Short-term: Low	See Section 10.4	Short-term: Low
	Long-term: Low		Long-term: Low

<p>Burn Pits</p>	<p>There is a burn pit located approximately 300m south of FOB Gardez but no samples were available to conduct an assessment. Short-term health effects could include eye, nose, throat, and lung irritation. More serious effects are possible in susceptible persons (e.g., those with asthma/existing respiratory diseases).</p>	<p>Control measures may have included locating burn pits downwind of prevailing winds, increased distance from living and working areas when possible, and improved waste segregation and management techniques</p>	<p>There is a burn pit located approximately 300m south of FOB Gardez but no samples were available to conduct an assessment. Short-term health effects could include eye, nose, throat, and lung irritation. More serious effects are possible in susceptible persons (e.g., those with asthma/existing respiratory diseases).</p>
------------------	---	---	---

<sup>1</sup>This Summary Table provides a qualitative estimate of population-based short- and long-term health risks associated with the occupational environment conditions at FOB Gardez and vicinity that includes FOB Lightning, Combat Outpost (COP) Deysie, COP Zormat and COP Tellier/Wilderness. It does not represent an individual exposure profile. Actual individual exposures and health effects depend on many variables. For example, while a chemical may have been present in the environment, if a person did not inhale, ingest, or contact a specific dose of the chemical for adequate duration and frequency, then there may have been no health risk. Alternatively, a person at a specific location may have experienced a unique exposure which could result in a significant individual exposure. Any such person seeking medical care should have their specific exposure documented in an SF600.

<sup>2</sup> This assessment is based on specific environmental sampling data and reports obtained from January 2003 through December 2010. Sampling locations are assumed to be representative of exposure points for the camp population but may not reflect all the fluctuations in environmental quality or capture unique exposure incidents.

<sup>3</sup>This Summary Table is organized by major categories of identified sources of health risk. It only lists those sub-categories specifically identified and addressed at FOB Gardez and vicinity. The health risks are presented as Low, Moderate, High or Extremely High for both acute and chronic health effects. The health risk level is based on an assessment of both the potential severity of the health effects that could be caused and probability of the exposure that would produce such health effects. Details can be obtained from the USAPHC/Army Institute of Public Health (AIPH). Where applicable, "None Identified" is used when though a potential exposure is identified, and no health risks of either a specific acute or chronic health effects are determined. More detailed descriptions of OEH exposures that are evaluated but determined to pose no health risk are discussed in the following sections of this report.

<sup>4</sup>Health risks in this Summary Table are based on quantitative surveillance thresholds (e.g. endemic disease rates; host/vector/pathogen surveillance) or screening levels, e.g. Military Exposure Guidelines (MEGs) for chemicals. Some previous assessment reports may provide slightly inconsistent health risk estimates because quantitative criteria such as MEGs may have changed since the samples were originally evaluated and/or because this assessment makes use of all historic site data while previous reports may have only been based on a select few samples.

## 1 Discussion of Health Risks at FOB Gardez, Afghanistan by Source

The following sections provide additional information about the OEH conditions summarized above. All risk assessments were performed using the methodology described in the US Army Public Health Command Technical Guide 230, *Environmental Health Risk Assessment and Chemical Exposure Guidelines for Deployed Military Personnel* (Reference 4). All OEH risk estimates represent residual risk after accounting for preventive controls in place. Occupational exposures and exposures to endemic diseases are greatly reduced by preventive measures. For environmental exposures related to airborne dust, there are limited preventive measures available, and available measures have little efficacy in reducing exposure to ambient conditions.

## 2 Air

### 2.1 Site-Specific Sources Identified

FOB Gardez is situated in a dusty semi-arid desert environment. Inhalational exposure to high levels of dust and particulate matter, such as during high winds or dust storms, may result in mild to more serious short-term health effects (e.g., eye, nose or throat and lung irritation) in some personnel. Additionally, certain subgroups of the deployed forces (e.g., those with pre-existing asthma/cardio pulmonary conditions) are at greatest risk of developing notable health effects.

### 2.2 Particulate matter

Particulate matter (PM) is a complex mixture of extremely small particles suspended in the air. The PM includes solid particles and liquid droplets emitted directly into the air by sources such as: power plants, motor vehicles, aircraft, generators, construction activities, fires, and natural windblown dust. The PM can include sand, soil, metals, volatile organic compounds (VOC), allergens, and other compounds such as nitrates or sulfates that are formed by condensation or transformation of combustion exhaust. The PM composition and particle size vary considerably depending on the source. Generally, PM of health concern is divided into two fractions: PM<sub>10</sub>, which includes coarse particles with a diameter of 10 micrometers or less, and fine particles less than 2.5 micrometers (PM<sub>2.5</sub>), which can reach the deepest regions of the lungs when inhaled. Exposure to excessive PM is linked to a variety of potential health effects.

## 2.3 Particulate matter, less than 10 micrometers (PM<sub>10</sub>)

### 2.3.1 Exposure Guidelines:

Short Term (24-hour) PM<sub>10</sub> (micrograms per cubic meter, µg/m<sup>3</sup>):

- Negligible MEG = 250
- Marginal MEG = 420
- Critical MEG = 600

Long-term PM<sub>10</sub> MEG (µg/m<sup>3</sup>):

- Not defined and not available.

### 2.3.2 Sample data/Notes:

FOB Gardez: A total of 7 valid PM<sub>10</sub> air samples were collected from 2006 to 2008. The range of 24-hour PM<sub>10</sub> concentrations was 17 µg/m<sup>3</sup> – 195 µg/m<sup>3</sup> with an average concentration of 83 µg/m<sup>3</sup>.

FOB Lightning: A total of 18 valid PM<sub>10</sub> air samples were collected from 2006 to 2008. The range of 24-hour PM<sub>10</sub> concentrations was 55 µg/m<sup>3</sup> – 268 µg/m<sup>3</sup> with an average concentration of 116 µg/m<sup>3</sup>.

COP Zormat: A total of 1 valid PM<sub>10</sub> air sample was collected in 2009 with a concentration of 49 µg/m<sup>3</sup>.

COP Tellier/Wilderness: A total of 1 valid PM<sub>10</sub> air sample was collected in 2007 with a concentration of 39 µg/m<sup>3</sup>.

### 2.3.3 Short-term health risks:

**Not Evaluated.** A risk assessment was not performed due to the limited data that was available. Only one sample was above the short-term negligible MEG.

### 2.3.4 Long-term health risk:

**Not Evaluated-no available health guidelines.** The U.S. Environmental Protection Agency (EPA) has retracted its long-term standard (national ambient air quality standards, NAAQS) for PM<sub>10</sub> due to an inability to clearly link chronic health effects with chronic PM<sub>10</sub> exposure levels.

## 2.4 Particulate Matter, less than 2.5 micrometers (PM<sub>2.5</sub>)

### 2.4.1 Exposure Guidelines:

Short Term (24-hour) PM<sub>2.5</sub> (µg/m<sup>3</sup>):

- Negligible MEG = 65

Long-term (1 year) PM<sub>2.5</sub> MEGs (µg/m<sup>3</sup>):

- Negligible MEG = 15

- Marginal MEG = 250
- Critical MEG = 500
- Marginal MEG = 65

#### 2.4.2 Sample data/Notes:

FOB Gardez: A total of 7 valid PM<sub>2.5</sub> air samples were collected from 2006 to 2008. The range of 24-hour PM<sub>2.5</sub> concentrations was 14 µg/m<sup>3</sup> – 40 µg/m<sup>3</sup> with an average concentration of 29 µg/m<sup>3</sup>.

FOB Lightning: A total of 1 valid PM<sub>10</sub> air sample was collected in 2007 with a concentration of 140 µg/m<sup>3</sup>.

#### 2.4.3 Short and long-term health risks:

**Not Evaluated.** A risk assessment was not performed due to the limited data that was available.

## 2.5 Airborne Metals

#### 2.5.1 Sample data/Notes:

FOB Gardez: A total of 7 valid PM<sub>10</sub> heavy metal air samples were collected from 2006 to 2008. Chromium and zinc were detected in one of the seven samples taken at FOB Gardez. The chromium concentration was below the 1-year negligible MEG. The sample analysis method results in any detected zinc compound being reported as total zinc metal rather than as individual compounds. For this assessment, it was assumed that zinc oxide is the most likely compound of zinc to exist in the air sample, therefore the 1-year negligible air MEG for zinc oxide was used to assess this exposure and the zinc concentration was below the MEG.

FOB Lightning: A total of 18 valid PM<sub>10</sub> heavy metal air samples were collected from 2006 to 2008. All 18 samples had no detected metals.

COP Zormat: A total of 1 valid PM<sub>10</sub> heavy metal air sample was collected in 2009. There were no metals detected in the sample.

COP Tellier/Wilderness: A total of 1 valid PM<sub>10</sub> heavy metal air sample was collected in 2007. There was one detected metal in this sample, Manganese. This sample was below the 1 year negligible MEG for Manganese.

#### 2.5.2 Short and long-term health risks:

**None identified based on the available sampling data.**

## 2.6 Volatile Organic Compounds (VOC)

#### 2.6.1 Sample data/Notes:

No samples for airborne organics were taken at FOB Gardez, FOB Lightning, COP Zormat, COP Tellier/Wilderness or COP Deysie.

#### 2.6.3 Short and long-term health risks:

**No data available for analysis.**



## 3 Soil

### 3.1 Site-Specific Sources Identified

#### 3.2 Sample data/Notes:

A total of 30 valid surface soil samples were collected from 2003 to 2010, to assess OEH health risk to deployed personnel. The primary soil contamination exposure pathways are dermal contact and dust inhalation. Typical parameters analyzed for included semi volatile organic compounds (SVOCs), heavy metals, polychlorinated biphenyls (PCBs), pesticides, herbicides. If the contaminant was known or suspected, other parameters may have been analyzed for (i.e., total petroleum hydrocarbons (TPH) and polycyclic aromatic hydrocarbons (PAH) near fuel spills).

#### 3.3 Short-term health risk:

**Not an identified source of health risk.** Currently, sampling data for soil are not evaluated for short term (acute) health risks.

#### 3.4 Long-term health risk:

**None identified based on available sample data.** There was only one chemical, naphthalene, that had one detection above its 1-year negligible MEG. This sample was taken in 2007 at a fuel point. It was noted that the soil was saturated with fuel at the time of sampling; however, there was no documentation of a fuel spill or subsequent cleanup of this area.

## 4 Water

In order to assess the health risk to U.S. personnel from exposure to water in theater, the USAPHC identified the most probable exposure pathways. These are based on the administrative information provided on the field data sheets submitted with the samples taken over the time period being evaluated. It is assumed that 100% of all U.S. personnel at FOB Gardez and vicinity will be directly exposed to treated and disinfected fresh bulk water, since this classification of water is primarily used for personal hygiene, showering, cooking, and for use at vehicle wash racks. Field data sheets indicate that bottled water is the only approved source of drinking water.

### 4.1 Drinking Water: Bottled or Packaged Water

#### 4.1.1 Site-Specific Sources Identified

#### 4.1.2 Sample data/Notes:

To assess the potential for adverse health effects to troops, the following assumptions were made about dose and duration: A conservative (protective) assumption was that personnel routinely ingested 15 L/day of bottled water for up to 365 days (1-year). It was further assumed that control measures were not used. A total of 1 valid bottled water samples were collected at FOB Gardez in 2006.

#### 4.1.3 Short-term and long-term health risk:

**None identified based on available sample data.** All collected samples were below the short and long-term Negligible MEGs.

## 4.2 Non-Drinking Water: Disinfected

### 4.2.1 Site-Specific Sources Identified

Although the primary route of exposure for most microorganisms is ingestion of contaminated water, dermal exposure to some microorganisms, chemicals, and biologicals may also cause adverse health effects. Complete exposure pathways would include drinking, brushing teeth, personal hygiene, cooking, providing medical and dental care using a contaminated water supply or during dermal contact at vehicle or aircraft wash racks.

### 4.2.2 Sample data/Notes:

To assess the potential for adverse health effects to troops the following assumptions were made about dose and duration: All U.S. personnel at this location were expected to remain at this site for approximately 1 year. A conservative (protective) assumption is that personnel routinely consumed less than 5L/day of non-drinking water for up to 365 days (1-year). It is further assumed that control measures and/or personal protective equipment were not used. A total of 43 disinfected bulk water and untreated water (Non-Drinking) samples from 2004 to 2010 were evaluated for this health risk assessment.

### 4.2.3 Short and long-term health risks:

**None identified based on available sample data.** Lead was the only detected chemical that had a sample value slightly greater than 2.5 times the 5L/day, 1-year negligible MEG, however the average concentration of all Lead samples does not exceed the 1-year negligible MEG.

## 5 Military Unique

### 5.1 Chemical Biological, Radiological Nuclear (CBRN) Weapons

No specific hazard sources were documented in the Defense Occupational and Environmental Health Readiness System (DOEHRS), or the Military Exposure Surveillance Library (MESL) from January 2003 through December 2010 (References 1 and 5).

### 5.2 Depleted Uranium (DU)

No specific hazard sources were documented in the DOEHRS, or MESL from January 2003 through December 2010 (References 1 and 5).

### 5.3 Ionizing Radiation

No specific hazard sources were documented in the DOEHRS, or MESL from January 2003 through December 2010 (References 1 and 5).

### 5.4 Non-Ionizing Radiation

No specific hazard sources were documented in the DOEHRS, or MESL from January 2003 through December 2010 (References 1 and 5).

## 6 Endemic Diseases

This document lists the endemic diseases reported in the region, its specific health risks and severity and general health information about the diseases. CENTCOM Modification (MOD) 11 (Reference 6) lists deployment requirements, to include immunizations and chemoprophylaxis, in effect during the timeframe of this POEMS.

### 6.1 Foodborne and Waterborne Diseases

Food borne and waterborne diseases in the area are transmitted through the consumption of local food and water. Local unapproved food and water sources (including ice) are heavily contaminated with pathogenic bacteria, parasites, and viruses to which most U.S. Service Members have little or no natural immunity. Effective host nation disease surveillance does not exist within the country. Only a small fraction of diseases are identified or reported in host nation personnel. Diarrheal diseases are expected to temporarily incapacitate a very high percentage of U.S. personnel within days if local food, water, or ice is consumed. Hepatitis A and typhoid fever infections typically cause prolonged illness in a smaller percentage of unvaccinated personnel. Vaccinations are required for DoD personnel and contractors. In addition, although not specifically assessed in this document, significant outbreaks of viral gastroenteritis (e.g., norovirus) and food poisoning (e.g., *Bacillus cereus*, *Clostridium perfringens*, *Staphylococcus*) may occur. Key disease risks are summarized below:

Mitigation strategies were in place and included consuming food and water from approved sources, vaccinations (when available), frequent hand washing and general sanitation practices.

#### 6.1.1 Diarrheal diseases (bacteriological)

**High, mitigated to Low:** Diarrheal diseases are expected to temporarily incapacitate a very high percentage of personnel (potentially over 50% per month) within days if local food, water, or ice is consumed. Field conditions (including lack of hand washing and primitive sanitation) may facilitate person-to-person spread and epidemics. Typically mild disease treated in outpatient setting; recovery and return to duty in less than 72 hours with appropriate therapy. A small proportion of infections may require greater than 72 hours limited duty, or hospitalization.

#### 6.1.2 Hepatitis A, typhoid/paratyphoid fever, and diarrhea-protozoal

**High, mitigated to Low:** Unmitigated health risk to U.S. personnel is high year round for hepatitis A and typhoid/paratyphoid fever, and Moderate for diarrhea-protozoal. Mitigation was in place to reduce the risks to low. Hepatitis A, typhoid/paratyphoid fever, and diarrhea-protozoal disease may cause prolonged illness in a small percentage of personnel (less than 1% per month). Although much rarer, other potential diseases in this area that are also considered a Moderate risk include: hepatitis E, diarrhea-cholera, and brucellosis.

#### 6.1.3 Short-term Health Risks:

**Low:** The overall unmitigated short-term risk associated with food borne and waterborne diseases are considered High (bacterial diarrhea, hepatitis A, typhoid/paratyphoid fever) to Moderate (diarrhea-cholera, diarrhea-protozoal, brucellosis) to Low (hepatitis E) if local food or water is consumed. Preventive Medicine measures reduced the risk to Low. Confidence in the health risk estimate is high.

#### 6.1.4 Long-term Health Risks:

**None identified based on available data.**

## 6.2 Arthropod Vector-Borne Diseases

During the warmer months, the climate and ecological habitat support populations of arthropod vectors, including mosquitoes, ticks, mites, and sandflies. Significant disease transmission is sustained countrywide, including urban areas. Malaria, the major vector-borne health risk in Afghanistan, is capable of debilitating a high percentage of personnel for up to a week or more. Mitigation strategies were in place and included proper wear of treated uniforms, application of repellent to exposed skin, and use of bed nets and chemoprophylaxis (when applicable). Additional methods included the use of pesticides, reduction of pest/breeding habitats, and engineering controls.

### 6.2.1 Malaria

**High, mitigated to Low:** Potential unmitigated risk to U.S. personnel is High during warmer months (typically April through November) but reduced to low with mitigation measures. Malaria incidents are often associated with the presence of agriculture activity, including irrigation systems and standing water, which provide breeding habitats for vectors. A small number of cases may occur among personnel exposed to mosquito (*Anopheles* spp.) bites. Malaria incidents may cause debilitating febrile illness typically requiring 1 to 7 days of inpatient care, followed by return to duty. Severe cases may require intensive care or prolonged convalescence.

### 6.2.2 *Leishmaniasis*

**Moderate, mitigated to Low:** The disease risk is Moderate during the warmer months when sandflies are most prevalent, but reduced to low with mitigation measures. Leishmaniasis is transmitted by sand flies. There are two forms of the disease; cutaneous (acute form) and visceral (a more latent form of the disease). The leishmaniasis parasites may survive for years in infected individuals and this infection may go unrecognized by physicians in the U.S. when infections become symptomatic years later. Cutaneous infection is unlikely to be debilitating, though lesions may be disfiguring. Visceral leishmaniasis disease can cause severe febrile illness which typically requires hospitalization with convalescence over 7 days.

### 6.2.3 *Crimean-Congo hemorrhagic fever*

**Moderate, mitigated to Low:** Unmitigated risk is moderate, but reduced to low with mitigation measures. Crimean-Congo hemorrhagic fever occurs in rare cases (less than 0.1% per month attack rate in indigenous personnel) and is transmitted by tick bites or occupational contact with blood or secretions from infected animals. The disease typically requires intensive care with fatality rates from 5% to 50%.

### 6.2.4 *Sandfly fever*

**Moderate, mitigated to Low:** Sandfly fever has a Moderate risk with potential disease rates from 1% to 10% per month under worst case conditions. Mitigation measures reduced the risk to low. The disease is transmitted by sandflies and occurs more commonly in children though adults are still at risk. Sandfly fever disease typically resulted in debilitating febrile illness requiring 1 to 7 days of supportive care followed by return to duty.

### 6.2.5 *Plague*

**Low:** Potential health risk to U.S. personnel is Low year round. Bubonic plague typically occurred as sporadic cases among people who come in contact with wild rodents and their fleas during work, hunting, or camping activities. Outbreaks of human plague are rare and typically occur in crowded urban settings associated with large increases in infected commensal rats (*Rattus rattus*) and their flea populations. Some untreated cases of bubonic plague may develop into secondary pneumonic plague. Respiratory transmission of pneumonic plague is rare but has the potential to cause significant outbreaks. Close contact is usually required for transmission. In situations where respiratory transmission of plague is suspected, weaponized agent must be considered. Extremely rare cases (less than 0.01% per month attack rate) could occur. Incidence could result in potentially severe illness which may require more than 7 days of hospitalization and convalescence.

### 6.2.6 *Typhus-miteborne (scrub typhus)*

**Moderate, mitigated to Low:** Potential health risk to U.S. personnel is Moderate during warmer months (typically March through November) when vector activity is highest. Mitigation measures reduced the risk to low. Mite-borne typhus is a significant cause of febrile illness in local populations with rural exposures in areas where the disease is endemic. Large outbreaks have occurred when non-indigenous personnel such as military forces enter areas with established local transmission. The disease is transmitted by the larval stage of trombiculid mites (chiggers), which are typically found in areas of grassy or scrubby vegetation, often in areas which have undergone clearing and regrowth. Habitats may include sandy beaches, mountain deserts, cultivated rice fields, and rain forests. Although data are insufficient to assess potential disease rates, attack rates can be very high (over 50%) in groups of personnel exposed to heavily infected "mite islands" in focal areas. The disease can

cause debilitating febrile illness typically requiring 1 to 7 days of inpatient care, followed by return to duty.

#### 6.2.7 West Nile fever

**Low:** West Nile fever is present. The disease is maintained by the bird population and transmitted to humans via mosquito vector. Typically, infections in young, healthy adults were asymptomatic although fever, headache, tiredness, body aches (occasionally with a skin rash on trunk of body), and swollen lymph glands can occur. This disease is associated with a low risk estimate.

#### 6.2.9 Short-term health risks:

**Low:** The unmitigated health risk estimate is High for malaria (infection rate of less than 1% per month), Moderate for leishmaniasis-cutaneous (acute), Crimean-Congo hemorrhagic fever, sandfly fever, typhus-miteborne; and Low for, the plague and West Nile fever. Health risk is reduced to low by proper wear of the uniform, application of repellent to exposed skin, and appropriate chemoprophylaxis. Confidence in health risk estimate was high.

#### 6.2.10 Long-term health risks:

**Low:** The unmitigated risk is moderate for leishmaniasis-visceral (chronic). Risk is reduced to Low by proper wear of the uniform and application of repellent to exposed skin. Confidence in the risk estimate is high.

### 6.3 Water Contact Diseases

Operations or activities that involve extensive water contact may result in personnel being temporarily debilitated with leptospirosis in some locations. Leptospirosis health risk typically increases during flooding. In addition, although not specifically assessed in this document, bodies of surface water are likely to be contaminated with human and animal waste. Activities such as wading or swimming may result in exposures to enteric diseases such as diarrhea and hepatitis via incidental ingestion of water. Prolonged water contact also may lead to the development of a variety of potentially debilitating skin conditions such as bacterial or fungal dermatitis. Mitigation strategies were in place and included avoiding water contact and recreational water activities, proper wear of uniform (especially footwear), and protective coverings for cuts/abraded skin.

#### 6.3.1 Leptospirosis

**Moderate, mitigated to Low:** Human infections occur seasonally (typically April through November) through exposure to water or soil contaminated by infected animals and is associated with wading, and swimming in contaminated, untreated open water. The occurrence of flooding after heavy rainfall facilitates the spread of the organism because as water saturates the environment leptospirosis present in the soil passes directly into surface waters. Leptospirosis can enter the body through cut or abraded skin, mucous membranes, and conjunctivae. Infection may also occur from ingestion of contaminated water. The acute, generalized illness associated with infection may mimic other tropical diseases (for example, dengue fever, malaria, and typhus), and common symptoms include fever, chills, myalgia, nausea, diarrhea, cough, and conjunctival suffusion. Manifestations of severe disease can include jaundice, renal failure, hemorrhage, pneumonitis, and hemodynamic collapse. Recreational activities involving extensive water contact may result in personnel being temporarily debilitated with leptospirosis. Incidence could result in debilitating febrile illness typically requiring 1 to 7 days of inpatient care, followed by return to duty; some cases may require prolonged convalescence. This disease is associated with a Moderate health risk estimate.

### 6.3.2 Short-term health risks:

**Low:** Unmitigated Health risk of leptospirosis is Moderate during warmer months. Mitigation measures reduce the risk to Low. Confidence in the health risk estimate is high.

### 6.3.3 Long-term health risks:

**None identified based on available data.**

## 6.4 Respiratory Diseases

Although not specifically assessed in this document, deployed U.S. forces may be exposed to a wide variety of common respiratory infections in the local population. These include influenza, pertussis, viral upper respiratory infections, viral and bacterial pneumonia, and others. The U.S. military populations living in close-quarter conditions are at risk for substantial person-to-person spread of respiratory pathogens. Influenza is of particular concern because of its ability to debilitate large numbers of unvaccinated personnel for several days. Mitigation strategies were in place and included routine medical screenings, vaccination, enforcing minimum space allocation in housing units, implementing head-to-toe sleeping in crowded housing units, implementation of proper personal protective equipment (PPE) when necessary for healthcare providers and detention facility personnel.

### 6.4.1 Tuberculosis (TB)

**Moderate, mitigated to Low:** Potential health risk to U.S. personnel is Moderate, mitigated to Low, year round. Transmission typically requires close and prolonged contact with an active case of pulmonary or laryngeal TB, although it also can occur with more incidental contact. The Army Surgeon General has defined increased risk in deployed Soldiers as indoor exposure to locals or third country nationals of greater than one hour per week in a highly endemic active TB region. Additional mitigation included active case isolation in negative pressure rooms, where available.

### 6.4.2 Meningococcal meningitis

**Low:** Meningococcal meningitis poses a Low risk and is transmitted from person to person through droplets of respiratory or throat secretions. Close and prolonged contact facilitates the spread of this disease. Meningococcal meningitis is potentially a very severe disease typically requiring intensive care; fatalities may occur in 5-15% of cases.

### 6.4.3 Short-term health risks:

**Low:** Moderate (TB) to Low (for meningococcal meningitis). Overall risk was reduced to Low with mitigation measures. Confidence in the health risk estimate is high.

### 6.4.4 Long-term health risks:

**None identified based on available data.** Tuberculosis is evaluated as part of the post deployment health assessment (PDHA). A TB skin test is required post-deployment if potentially exposed and is based upon individual service policies.

## 6.5 Animal-Contact Diseases

### 6.5.1 Rabies

**Moderate, mitigated to Low:** Rabies posed a year-round moderate risk. Occurrence in local animals was well above U.S. levels due to the lack of organized control programs. Dogs are the primary reservoir of rabies in Afghanistan, and a frequent source of human exposure. Rabies is transmitted by exposure to the virus-laden saliva of an infected animal, typically through bites, but could occur from scratches contaminated with the saliva. A U.S. Army Soldier stationed in Afghanistan died of rabies on 31 August 2011 (Reference 7). Laboratory results indicated the Soldier was infected from contact with a dog while deployed. Although the vast majority (>99%) of persons who develop rabies disease will do so within a year after a risk exposure, there have been rare reports of individuals presenting with rabies disease up to six years or more after their last known risk exposure. Mitigation strategies included command emphasis of CENTCOM GO 1B, reduction of animal habitats, active pest management programs, and timely treatment of feral animal scratches/bites.

### 6.5.2 Anthrax

**Low:** Anthrax cases are rare in indigenous personnel, and pose a Low risk to U.S. personnel. Anthrax is a naturally occurring infection; cutaneous anthrax is transmitted by direct contact with infected animals or carcasses, including hides. Eating undercooked infected meat may result in contracting gastrointestinal anthrax. Pulmonary anthrax is contracted through inhalation of spores and is extremely rare. Mitigation measures included consuming approved food sources, proper food preparation and cooking temperatures, avoidance of animals and farms, dust abatement when working in these areas, vaccinations, and proper PPE for personnel working with animals.

### 6.5.3 Q-Fever

**Moderate, mitigated to Low:** Potential health risk to U.S. personnel is Moderate, but mitigated to Low, year round. Rare cases are possible among personnel exposed to aerosols from infected animals, with clusters of cases possible in some situations. Significant outbreaks (affecting 1-50%) can occur in personnel with heavy exposure to barnyards or other areas where animals are kept. Unpasteurized milk may also transmit infection. The primary route of exposure is respiratory, with an infectious dose as low as a single organism. Incidence could result in debilitating febrile illness, sometimes presenting as pneumonia, typically requiring 1 to 7 days of inpatient care followed by return to duty. Mitigation strategies in place as listed in paragraph 6.5.2 except for vaccinations.

### 6.5.4 H5N1 avian influenza

**Low:** Potential health risk to U.S. personnel is Low. Although H5N1 avian influenza (AI) is easily transmitted among birds, bird-to-human transmission is extremely inefficient. Human-to-human transmission appears to be exceedingly rare, even with relatively close contact. Extremely rare cases (less than 0.01% per month attack rate) could occur. Incidence could result in very severe illness with fatality rate higher than 50 percent in symptomatic cases. Mitigation strategies included avoidance of birds/poultry and proper cooking temperatures for poultry products.

### 6.5.5 Short-term health risks:

**Low:** The short-term unmitigated risk is Moderate for rabies, and Q-fever, to Low for anthrax, and H5N1 avian influenza. Mitigation measures reduced the overall risk to Low. Confidence in risk estimate is high.



### 6.5.6 Long-term health risks:

**Low:** A Low long term risk exists for rabies because, in rare cases, the incubation period for rabies can be several years.

## 7 Venomous Animal/Insect

All information was taken directly from the Clinical Toxinology Resources web site from the University of Adelaide, Australia (Reference 8). The species listed below have home ranges that overlap the location of FOB Gardez and vicinity, and may present a health risk if they are encountered by personnel. See Section 9 for more information about pesticides and pest control measures.

### 7.1 Spiders

- *Latrodectus dahlia* (widow spider): Severe envenoming possible, potentially lethal. However, venom effects are mostly minor and even significant envenoming is unlikely to be lethal.

### 7.2 Scorpions

- *Androctonus afghanus*, *Androctonus amoreuxi* and *Androctonus baluchicus*: Severe envenoming possible, potentially lethal. Severe envenoming may produce direct or indirect cardio toxicity, with cardiac arrhythmias, cardiac failure. Hypovolaemic hypotension possible in severe cases due to fluid loss through vomiting and sweating.

- *Compsobuthus rugosulus*, *Compsobuthus tofti*, *Mesobuthus caucasicus*, *Mesobuthus eupeus*, *Mesobuthus macmahoni*, *Orthochirus afghanus*, *Orthochirus bicolor*, *Orthochirus Jalalabadensis*, *Orthochirus pallidus*, *Orthochirus samrchelsis* and *Orthochirus scrobiculosus*: There are a number of dangerous Buthid scorpions, but there are also some known to cause minimal effects only. Without clinical data it is unclear where these species fit within that spectrum.

- *Hottentotta alticola* and *Hottentotta saulcyi*: Moderate envenoming possible but unlikely to prove lethal. Stings by these scorpions are likely to cause only short lived local effects, such as pain, without systemic effects.

- *Scorpiops afghanus*: Mild envenoming only, not likely to prove lethal. Stings by these scorpions are likely to cause only short lived local effects, such as pain, without systemic effects.

### 7.3 Snakes

- *Boiga trigonata* (Common Cat Snake) and *Telescopus rhinopoma* (leopard viper): Unlikely to cause significant envenoming; Bites by these rear fanged Colubrid snakes are rarely reported. They are likely to cause minimal to moderate local effects and no systemic effects.

- *Echis sochureki* (Sochurek's saw-scaled viper) and *Gloydius halys* (Haly's Pit Viper): Severe envenoming possible, potentially lethal. Bites may cause moderate to severe coagulopathy and haemorrhagins causing extensive bleeding.

- *Hemorrhis ravergeri* (mountain racer) and *Psammophis lineolatus* (Teer snake): Unlikely to cause significant envenoming. Bites require symptomatic treatment only.

- *Macrovipera lebetina obtuse* (Levantine Viper): Severe envenoming possible, potentially lethal.

Bites may cause mild to severe local effects, shock & coagulopathy.

- *Platyceps rhodorachis* (Jan's desert racer): Mild envenoming only, not likely to prove lethal. Requires symptomatic treatment only.

#### 7.4 Short-term health risk:

**Low:** If encountered, effects of venom vary with species from mild localized swelling (e.g. widow spider) to potentially lethal effects (e.g., Haly's Pit Viper). See effects of venom above. Mitigation strategies included avoiding contact, proper wear of uniform (especially footwear), and timely medical treatment. Confidence in the health risk estimate is low (Reference 4, Table 3-6).

#### 7.5 Long-term health risk:

**None identified.**

## 8 Heat/Cold Stress

### 8.1 Heat

Summer (June - September) monthly mean daily maximum temperatures range from 77 °F to 85 degrees Fahrenheit (°F) with an average temperature of 68 °F based on historical climatological data from the U.S. Air Force Combat Climatology Center, 14<sup>th</sup> Weather Squadron. The health risk of heat stress/injury based on temperatures alone is Low (< 78 °F) from September – May and high (82-87.9°F) from June – August. However, work intensity and clothing/equipment worn pose greater health risk of heat stress/injury than environmental factors alone (Reference 9). Managing risk of hot weather operations included monitoring work/rest periods, proper hydration, and taking individual risk factors (e.g., acclimation, weight, and physical conditioning) into consideration. Risk of heat stress/injury was reduced with preventive measures

#### 8.1.1 Short-term health risk:

**Low to High, mitigated to Low:** The risk of heat injury was reduced to low through preventive measures such as work/rest cycles, proper hydration and nutrition, and monitoring Wet Bulb Globe Temperature (WBGT). Risk of heat injury in unacclimatized or susceptible populations (older, previous history of heat injury, poor physical condition, underlying medical/health conditions), and those under operational constraints (equipment, PPE, vehicles) is High from June – August and Low from September – May. Confidence in the health risk estimate is low (Reference 4, Table 3-6).

#### 8.1.2 Long-term health risk:

**Low:** The long-term risk is Low. However, the risk may be greater for certain susceptible persons—those older (i.e., greater than 45 years), in lesser physical shape, or with underlying medical/health conditions. Long-term health implications from heat injuries are rare but may occur, especially from more serious injuries such as heat stroke. It is possible that high heat in conjunction with various chemical exposures may increase long-term health risks, though specific scientific evidence is not conclusive. Confidence in these risk estimates is medium (Reference 4, Table 3-6).

## 8.2 Cold

### 8.2.1 Short-term health risks:

Winter (December - March) mean daily minimum temperatures range from 11 °F to 28 °F with an average temperature of 27 °F based on historical climatological data from the U.S. Air Force Combat Climatology Center, 14<sup>th</sup> Weather Squadron. Because even on warm days a significant drop in temperature after sunset by as much as 40 °F can occur, there is a risk of cold stress/injury from December – February. The risk assessment for Non-Freezing Cold Injuries (NFCI), such as chilblain, trench foot, and hypothermia, is Low based on historical temperature and precipitation data. Frostbite is unlikely to occur because temperatures rarely drop below freezing. However, personnel may encounter significantly lower temperatures during field operations at higher altitudes. As with heat stress/injuries, cold stress/injuries are largely dependent on operational and individual factors instead of environmental factors alone (Reference 9).

**Low:** The health risk of cold injury is Low. Confidence in the health risk estimate is medium.

### 8.1.2 Long-term health risk:

**Low:** The health risk of cold injury is Low. Confidence in the health risk estimate is high.

## 9 Noise

### 9.1 Continuous

There were both commercial and tactical generators located on FOB Gardez. There was also an airfield on FOB Gardez that contributes to noise levels. Buildings and work sites within flight lines are exposed to flight noise. In 2007, it was noted that Soldiers were not exposed to noise levels in excess of 85 dBA on a routine basis or while in living areas. It was also reported in 2009, that engineering controls are in place and no generators are located in close proximity to any work or sleep areas and where necessary, appropriate signage and use of PPE is present.

No specific hazard sources documented in DOEHRS or DoD OEHS Portal for FOB Lightning, COP Deysie, COP Zormat or COP Tellier/Wilderness.

#### 9.1.1 Short and long-term health risks:

**Low:** Due to limited data, confidence in this risk estimate is medium (Reference 4, Table 3-6)

### 9.2 Impulse

No specific hazard sources were documented in the DOEHRS, or MESL from January 2003 through December 2010 (References 1 and 5).

#### 9.2.1 Short-term and Long-term health risks:

**Not evaluated.**

## 10 Unique Incidents/Concerns

### 10.1 Potential environmental contamination sources

DoD personnel are exposed to various chemical, physical, ergonomic, and biological hazards in the course of performing their mission. These types of hazards depend on the mission of the unit and the operations and tasks which the personnel are required to perform to complete their mission. The health risk associated with these hazards depends on a number of elements including what materials are used, how long the exposure last, what is done to the material, the environment where the task or operation is performed, and what controls are used. The hazards can include exposures to heavy metal particulates (e.g. lead, cadmium, manganese, chromium, and iron oxide), solvents, fuels, oils, and gases (e.g. carbon monoxide, carbon dioxide, oxides of nitrogen, and oxides of sulfur). Most of these exposures occur when performing maintenance task such as painting, grinding, welding, engine repair, or movement through contaminated areas. Exposures to these occupational hazards can occur through inhalation (air), skin contact, or ingestion; however exposures through air are generally associated with the highest health risk.

### 10.2 Waste Sites/Waste Disposal

There was no hazardous waste storage on FOB Gardez; hazardous materials were collected at point of use and shipped off site. Solid waste was collected in trash receptacles and then transported by local nationals to a burn pit located approximately 300 meters southwest of FOB Gardez. Regulated medical waste was being shipped off site during 2009; there is no mention of how solid waste and medical waste were disposed of during other years. There was no specific information on waste sites/waste disposal for FOB Lightning, COP Deysie, COP Zormat or COP Tellier/Wilderness.

### 10.3 Fuel/petroleum products/industrial chemical spills

FOB Gardez had a total JP8 storage capacity of 300,000 gallons located at the FARP (Forward Aviation Refuel Point). There are also six; 50,000-gallon bladders of JP8 and one 2,000-gallon bladder of automotive gasoline stored at the ground refuel point.

In August 2007, a 10,000-gallon generator fuel tank on FOB Gardez leaked JP8; the total amount of the spill was unknown. The leak occurred within ten meters of one of the wells located in the Pyrenees section of FOB Gardez. Personnel noticed a fuel smell when washing hands and showering over several months. One water sample was taken from the well supplying the showers and was found to contain 10 ppm of total BTEX (Benzene, Toluene, Ethyl Benzene, and Xylene) which is a constituent of fuel. A second well located approximately 250 feet from the leaking tank was also sampled and no trace of fuel was found. Personnel in the affected section of the FOB were instructed to take showers at other locations on the FOB. Use of the leaking fuel tank was stopped and the remaining fuel pumped out. Two generators located next to the tank were also removed. New piping from a second well to the affected section of the FOB was installed around the end of 2007(exact date is unknown). A water sample was taken from the aid station in March 2008, which was being supplied with water from a new well; no Benzene, Ethyl benzene or Toluene were detected. Eight soil samples taken from the fuel spill area in November 2007 had elevated levels of 1,3,5-Trimethylbenzene and Naphthalene. The soil was still saturated with fuel in March 2008 when four more soil samples were taken. In October 2008, a 10'x12 'x10' pit was excavated and the fuel-contaminated soil was remediated. Soil samples taken in 2009 after remediation did not have any PAHs, VOCs or SVOCs detected.

One soil sample was taken in 2006 from a reported fuel spill area at FOB Gardez. No documentation was found in regards to this sample during a search of the MESL or the Occupational and

Environmental Health Site Assessment (OEHSA) for FOB Gardez. There was only a short description in the sampling notes when the sample was taken.

No specific fuel/petroleum products/ industrial chemical spills were documented in DOEHRS or MESL for FOB Lightning, COP Deysie, COP Zormat or COP Tellier/Wilderness.

#### 10.4 Pesticides/Pest Control:

The health risk of exposure to pesticide residues is considered within the framework of typical residential exposure scenarios, based on the types of equipment, techniques, and pesticide products that have been employed, such as enclosed bait stations for rodenticides, various handheld equipment for spot treatments of insecticides and herbicides, and a number of ready-to-use (RTU) methods such as aerosol cans and baits. The control of rodents required the majority of pest management inputs, with the acutely toxic rodenticides staged as solid formulation lethal baits placed in tamper-resistant bait stations indoors and outdoors throughout cantonment areas. Nuisance insects, including biting and stinging insects such as bees, wasps, and ants, also required significant pest management inputs. Use of pesticides targeting against these pests generally involved selection of compounds with low mammalian toxicity and short-term residual using pinpoint rather than broadcast application techniques. No specific hazard sources were documented in DOEHRS or MESL data portal. A total of 14 monthly pesticide application reports in the MESL data portal for FOB Gardez (August 2006 to May 2009) list the usage of pesticides on the site. For each pesticide product applied during this period, the EPA approved label has been archived, providing a framework how each pesticide handled and applied (see below).

##### 10.4.1 Rodenticides

Brodifacoum and Bromadiolone were used to control rodents.

##### 10.4.2 Insecticides

Insecticides used to control ants, bees, crickets, fleas, flies, lice, mosquitoes, spiders, termites, and wasps include: hydramethylnon, nithiazine, fipronil, imidacloprid, d-trans allethrin, phenothrin, methomyl, beta-cyfluthrin, deltamethrin, permethrin, pyrethrins, piperonyl butoxide, methoprene, Bacillus thuringiensis var. israelensis and Boric Acid Dust.

##### 10.4.3 Short-term and Long-term health risks

**Low:** Confidence in the health risk assessment is medium (Reference 4, Table 3-6).

#### 10.5 Asbestos

No specific hazard sources were documented in the DOEHRS, or MESL from January 2003 through December 2010 (References 1 and 5).

#### 10.6 Lead Based Paint

No specific hazard sources were documented in the DOEHRS, or MESL from January 2003 through December 2010 (References 1 and 5).

## 10.7 Burn Pit

There is no burn pit located on FOB Gardez; however, there is one located approximately 300 meters south-southwest (off-site) of FOB Gardez. The prevailing wind direction is north-northwest, so the smoke from the burn pits typically blow away from FOB Gardez. Local nationals operate the burn pit while one US soldier is assigned to oversee the separating of garbage at the burn pit. There were no specific samples taken at or near the burn pit or the area of FOB Gardez closest to the burn pit. There was no specific information regarding burn pits at FOB Lightning, COP Deysie, COP Zormat or COP Tellier/Wilderness.

While not specific to FOB Gardez and vicinity, the consolidated epidemiological and environmental sampling and studies on burn pits that have been conducted as of the date of this publication have been unable to determine whether an association does or does not exist between exposures to emissions from the burn pits and long-term health effects (Reference 10). The Institute of Medicine committee's (Reference 10) review of the literature and the data suggests that service in Iraq or Afghanistan (i.e., a broader consideration of air pollution than exposure only to burn pit emissions) may be associated with long-term health effects, particularly in susceptible (e.g., those who have asthma) or highly exposed subpopulations, such as those who worked at the burn pit. Such health effects would be due mainly to high ambient concentrations of PM from both natural and anthropogenic sources, including military sources. If that broader exposure to air pollution turns out to be relevant, potentially related health effects of concern are respiratory and cardiovascular effects and cancer. Susceptibility to the PM health effects could be exacerbated by other exposures, such as stress, smoking, local climatic conditions, and co-exposures to other chemicals that affect the same biologic or chemical processes. Individually, the chemicals measured at burn pit sites in the study were generally below concentrations of health concern for general populations in the United States. However, the possibility of exposure to mixtures of the chemicals raises the potential for health outcomes associated with cumulative exposure to combinations of the constituents of burn pit emissions and emissions from other sources.

## 11 References<sup>1</sup>

1. Defense Occupational and Environmental Health Readiness System (referred to as the DOEHRS-EH database) at <https://doehrs-ih.csd.disa.mil/Doehrs/>. Department of Defense (DoD) Instruction 6490.03, *Deployment Health*, 2006.
2. DoDI 6055.05, Occupational and Environmental Health, 2008.
3. Joint Staff Memorandum (MCM) 0017-12, Procedures for Deployment Health Surveillance, 2012.
4. USA PHC TG230, June 2013 Revision.
5. DoD MESL Data Portal: <https://mesl.apgea.army.mil/mesl/>. Some of the data and reports used may be classified or otherwise have some restricted distribution.
6. Modification 11 to United States Central Command Individual Protection and Individual Unit Deployment Policy, 2 December 2011.
7. CDC. 2012. Morbidity and Mortality Weekly Report. Imported Human Rabies in a U.S. Army Soldier. May 4, 2012. 61(17); 302-305.
8. Clinical Toxinology Resources: <http://www.toxinology.com/>. University of Adelaide, Australia.
9. Goldman RF. 2001. Introduction to heat-related problems in military operations. *In*: Textbook of military medicine: medical aspects of harsh environments Vol. 1, Pandolf KB, and Burr RE (Eds.), Office of the Surgeon General, Department of the Army, Washington DC.
10. IOM (Institute of Medicine). 2011. Long-term health consequences of exposure to burn pits in Iraq and Afghanistan. Washington, DC: The National Academies Press.

---

<sup>1</sup> NOTE. The data are currently assessed using the 2013 TG230. The general method involves an initial review of the data which eliminates all chemical substances not detected above 1-yr negligible MEGs. Those substances screened out are not considered acute or chronic health hazards so are not assessed further. For remaining substances, acute and chronic health effects are evaluated separately for air water (soil is only evaluated for long term risk). This is performed by deriving separate short-term and long term population exposure level and estimates (referred to as population exposure point concentrations (PEPC)) that are compared to MEGs derived for similar exposure durations. If less than or equal to negligible MEG the risk is Low. If levels are higher than negligible then there is a chemical-specific toxicity and exposure evaluation by appropriate SMEs, which includes comparison to any available marginal, critical or catastrophic MEGs. For drinking water 15 L/day MEGs are used for the screening while site specific 5-15 L/day are used for more detailed assessment. For nondrinking water (such as that used for personal hygiene or cooking) the 'consumption rate' is limited to 2 L/day (similar to the EPA) which is derived by multiplying the 5 L/day MEG by a factor of 2.5. This value is used to conservatively assess non drinking uses of water.

## 12 Where Do I Get More Information?

If a provider feels that the Service member's or Veteran's current medical condition may be attributed to specific OEH exposures at this deployment location, he/she can contact the Service-specific organization below. Organizations external to DoD should contact DoD Force Health Protection and Readiness (FHP & R).

**Army Institute of Public Health** Phone: (800) 222-9698. <http://phc.amedd.army.mil/>

**Navy and Marine Corps Public Health Center (NMCPHC)** (formerly NEHC) Phone: (757) 953-0700. [www.nmcphc.med.navy.mil](http://www.nmcphc.med.navy.mil)

**U.S. Air Force School of Aerospace Medicine (USAFSAM)** (formerly AFIOH) Phone: (888) 232-3764. <http://www.wpafb.af.mil/afri/711hpw/usafsam.asp>

**DoD Force Health Protection and Readiness (FHP & R)** Phone: (800) 497-6261. <http://fhp.osd.mil>