

Sent: Wed, 11 May 2016 12:39:47 -0400
From: "Bass, Keith M. CDR USN WHMO/WHMU" <keith.bass@whmo.mil>
To: "Walker, John J" <john.walker@whmo.mil>, Members WHMU OPS <memberswhmuops@whmo.mil>, "Bass, Keith M. LCDR USN WHMO/WHMU" <keith.bass@whmo.mil>, "Pena, Jennifer M. MAJ USA WHMO/WHMU" <jennifer.pena@whmo.mil>, jamie.eckert@whmo.mil, denise.whitfield@whmo.mil, "See, Suzanne E. Capt USAF WHMO/WHMU" <suzanne.see@whmo.mil>, "Walker, John J" <"/o=eop/ou=exchange administrative group /cn=recipients/cn=whca_1319768f80">, marcus.joseph@whmo.mil, francesca.cimino@whmo.mil, "Medina, Abraham CPT USA WHMO/WHMU" <abraham.medina@whmo.mil>, james.jones@whmo.mil, "Cornejo, Francisco A. LT USN WHMO/WHMU" <francisco.cornejo@whmo.mil>, luis.vidal@whmo.mil, ronny.jackson@whmo.mil, kyle.perry@whmo.mil
Cc: "Rosa, Luke" <luke_rosa@who.eop.gov>, "Rosa, Luke" <"/o=eop/ou=exchange administrative group /cn=recipients/cn=luke_rosa">
Subject: RE: Updated Medical Advisory - OCONUS Asia
[smime.p7m](#)

WHMO Team,

Please see attached revised Travel Advisory... Please disseminate this version as deemed necessary.

v/r

CDR Bass

Keith Bass
Director
White House Medical Unit
Office (202) 757-2432
Cell [REDACTED]
Keith.Bass@whmo.mil

-----Original Message-----

From: Walker, John J. MAJ USA WHMO/WHMU
Sent: Wednesday, May 11, 2016 11:08 AM
To: Rosa, Luke B. EOP/WHO <luke_rosa@who.eop.gov>
Cc: Members WHMU OPS <MembersWHMUOPS@whmo.mil>
Subject: Re: Updated Medical Advisory - OCONUS Asia

Yes Sir,

As soon as the director approves it we will shoot it out today.

John J. Walker
MAJ, DSc, APA-C
Chief Operations Officer
White House Medical Unit
[REDACTED]

> On May 11, 2016, at 10:49 AM, Rosa, Luke B. EOP/WHO <luke_rosa@who.eop.gov> wrote:
>

P6/b(6)

> Morning!
>
> Just following up here. Any chance you can send an updated medical
advisory for Asia?
>
> Thanks,
> Luke
>
> -----Original Message-----
> From: Rosa, Luke B. EOP/WHO
> Sent: Tuesday, May 10, 2016 11:07 AM
> To: WHMU <membersWHMUops@whmo.mil>
> Subject: Updated Medical Advisory - OCONUS Asia
>
> Good morning,
>
> Now that Hiroshima has been added, do you by any chance have an updated
medical advisory for the upcoming OCONUS trip to Asia?
>
> Thank you!
> Luke

April 25, 2016

MEMORANDUM FOR WHITE HOUSE PERSONNEL TRAVELING ON THE UPCOMING
TRIP OF THE PRESIDENT OF THE UNITED STATES TO
HANOI AND HO CHI MINH, VIETNAM; SHIMA AND
HIROSHIMA, JAPAN

FROM: DR. FRANCESCA CIMINO, FAAFP
WHITE HOUSE MEDICAL UNIT

SUBJECT: MEDICAL TRAVEL ADVISORY

The White House Medical Unit (WHMU) offers the following information for those traveling on the May visit of the President to Vietnam and Japan. Travelers deviating from the official itinerary should contact the White House Medical Unit at (202) 757-2476 for further information and individual recommendations.

Immunizations:

Recommended Vaccinations:

Hepatitis A vaccine is recommended for all travelers. Hepatitis A is a viral infection of the liver that is usually transmitted by unclean food handling. The vaccine is a two-shot series. All frequent international travelers should have this vaccine regardless of destination. Detailed information about this immunization is available at http://www.immunize.org/vis/hepatitis_a.pdf.

Typhoid vaccine is recommended for all travelers. Typhoid is a bacterial infection also transmitted by unclean food handling; the injected vaccine (available from WHMU) is effective for two years. The oral vaccine (available by prescription) is effective for five years. All frequent international travelers should have this vaccine regardless of destination. Detailed information about this immunization is available at <http://www.immunize.org/vis/typhoid.pdf>.

Influenza vaccine is recommended for all travelers. Influenza ("the flu") is a viral infection transmitted by coughing, sneezing and close contact. Annual vaccination is required for adequate protection. Detailed information about this vaccination is available at http://www.immunize.org/vis/flu_inactive.pdf.

Yellow fever vaccine is required **only** for all travelers coming from countries with risk of yellow fever transmission going to Vietnam. All such travelers arriving **MUST** have documentation of an up-to-date yellow fever vaccine. The vaccine is a single shot and is effective for ten years. Detailed information about this immunization is available at http://www.immunize.org/vis/yellow_fever.pdf.

Routine/childhood vaccines are recommended for all travelers. These include tetanus, diphtheria, pertussis, polio, mumps, measles, rubella, pneumococcal, and varicella (chicken pox).

Vaccinations are offered to pass holders at the WHMU Clinic in Room 97 of the EEOB, phone (202) 757-2476. Immunization hours are 9:00 to 11:00 AM and 1:00 to 3:00 PM Monday through Friday (clinic is closed on Thursday mornings for training). Good medical practice requires that you be monitored for 15 minutes after an injection. For USSS members, vaccines can also be obtained at the USSS Health Clinic from 1:00 to 3:00 PM Monday through Friday at HQ building, phone (202) 406-6912. Vaccines may also be obtained through your personal physician or any of the U.S. State Department Travel Clinics.

Dietary Precautions:

There is **high** risk for **travelers' diarrhea** in Vietnam, including in deluxe accommodations. Food precautions are essential in order to reduce the chance of illness. The risk of acquiring food-borne illness is greatest when eating at smaller restaurants and from street vendors. Strictly avoid undercooked fish, shellfish, raw vegetables and salads.

Additionally, "**bird flu**" (H5N1) is present in Vietnam. Well-cooked chicken and eggs are safe to eat. It can be difficult to determine if poultry has been adequately cooked. Unless you have knowledge of specific kitchen procedures, do not eat chicken, duck, goose, pigeon, or turkey in Hanoi and Ho Chi Minh.

The water in Vietnam is **NOT SAFE TO DRINK**. Do not drink the tap water unless it has been boiled, filtered, or chemically disinfected. Do not drink un-bottled beverages or drinks with ice. Do not consume ice. Brush your teeth only with bottled water. Drink only canned, boxed, or commercially bottled water and carbonated drinks. International brands are safest. The best approach to avoid food-borne illnesses is prevention:

- Eat only thoroughly cooked food or fruits and vegetables you have peeled yourself
- Cooked foods should be eaten while hot
- *Boil it, cook it, peel it, or forget it*
- Don't eat food purchased from street vendors
- Don't eat dairy products unless you know they have been pasteurized

There is *minimal* risk for travelers' diarrhea in Japan. Tap water and ice in **Japan** are **SAFE** for consumption. There is some risk of **liver fluke** ingestion. The most conservative approach is to avoid undercooked fish and shellfish, raw vegetables and salads outside deluxe establishments while in Shima.

The local embassy personnel can usually be relied upon as a good source of information regarding safe places to eat. You should notify the traveling medical team immediately of diarrhea or nausea or vomiting so that treatment can begin as soon as possible.

Endemic Diseases:

- There is **NO** risk for **malaria** in the travel locations on the itinerary. However, other illnesses spread by mosquitos are highly present in Vietnam. These include **dengue fever** and **chikungunya**. If you will be outdoors for an extended period at any time during the day in Vietnam, you should use insect precautions. Wear clothing that exposes minimal skin and apply DEET repellant (30-35%).

Note: The World Health Organization has reported *sporadic cases of Zika virus* in Vietnam. Based on the current information, we recommend you take the following steps to prevent the disease:

- Women that are pregnant or planning to get pregnant in the near future should consider deferring travel to these areas.
- Men that are traveling to these areas with a partner at home that is pregnant, trying to become pregnant, or may become pregnant, condom use is recommended. Sexual transmission of Zika virus appears uncommon at present, but all authorities are advocating a very cautious approach. In general, abstinence or male condom use is recommended for 1-2 months after risk travel with no compatible symptoms, for 6 months

following recovery from confirmed infection, and for the duration of pregnancy when the female partner is pregnant. Symptomatic travelers should ideally abstain from sex pending test results and seek expert advice if Zika infection is proven.

- All other travelers to these areas are encouraged to wear long sleeved shirts and long pants and use insect repellents with at least 30% DEET. In addition, when possible, stay in places with air conditioning or areas that use window and door screens to keep mosquitoes outside.
- **Avian Influenza (bird flu)** is present in Vietnam. Avoid places where direct contact with birds or their secretions may occur (such as live animal markets and poultry farms). The current influenza vaccine **does not** protect against bird flu. However, we do have anti-viral medications which are effective, if infected.
- **Tuberculosis** is present in Vietnam. Avoid crowded public places, people who are coughing, and public transportation whenever possible.
- **Rabies** occurs in all locations on this trip. All bites, scratches, or direct physical contact with a stray or wild animal should be taken seriously and post-bite medical care sought immediately. If an animal bites or scratches you it is a **MEDICAL EMERGENCY**. Immediately wash the wound with soap and water for at least 15 minutes and contact the WHMU medical officer.
- **HIV, hepatitis B**, and other sexually transmitted diseases are prevalent (as they are in most urban areas).

Additional issues:

- **Air quality** is poor in all large urban areas. Individuals with respiratory problems (such as asthma or allergies) should bring extra inhalers and other prescribed medications. Air quality in **Hanoi and Ho Chi Minh** frequently reaches unhealthy levels. Travelers should reduce prolonged or heavy outdoor exertion.
- **Motor vehicle accidents** are a major health threat. Wear seat belts at all times and be vigilant regarding unfamiliar traffic patterns and driving practices. Avoid riding on

motorcycles.

- **Routine medical supplies** should be carried with you. Bring additional contact lens solutions, glasses, personal prescription medications, over-the-counter cold and allergy remedies, and pain/headache relief preparations.

Note: Special precautions for bringing medications into Japan. Japanese customs authorities *strictly regulate* the importation of medications. Certain medications, including inhalers and some cough, cold, allergy, or sinus medications, may be prohibited and can result in detention for up to several weeks. In addition to narcotics and other controlled substances, regulated ingredients include those deemed to be stimulants, such as pseudoephedrine, levomethamphetamine, and the common cough suppressant dextromethorphan. For more information please visit the U.S. State Department information page on this issue <http://japan.usembassy.gov/e/acs/tacs-medimport.html>.

- **Jet lag** can be severe and may take several days to overcome. Hanoi and Ho Chi Minh are eleven hours later than Washington DC. Shima and Hiroshima have a thirteen hour time difference. Jet lag is best overcome by adapting to local sleep/wake and meal patterns as quickly as possible. Stay well hydrated and exercise regularly. Early morning exposure to daylight will help reset your body clock. Late afternoon sunlight is beneficial when you return. Sleeping pills will aid in initiating sleep, but will not reset your internal clock.
- **Medical Insurance:** The US Government does not *automatically* provide medical insurance for official travelers. Be certain that you are familiar with your personal insurance carrier's policies on coverage overseas. In most cases, the US Government will provide *secondary* coverage for requirements beyond what your personal policy may cover, but travelers should talk to their personnel offices for details (some policies do not provide any overseas coverage, in which case the government would not be available as a secondary insurer). In most cases, for official travelers, medical evacuation (to the nearest source of acceptable care, not necessarily to the United States) is provided by the government, if required. Credit cards may or may not be accepted depending upon location, and cash is often the preferred method of payment. Additionally, pre-approval may be required so discussion in advance with your private insurance company is highly

encouraged. Additional comprehensive travel advice can be found in the attached booklet from the White House Medical Unit, titled "Travel Advice - International Travel Readiness".

Site-Specific Medical Care:

TRAVELING MEDICAL TEAM

Air Force One:

CAPT Ronny Jackson, MD
World Cell: [REDACTED]
ronny.jackson@whmo.mil

Capt Kyle Perry, RN
World Cell: [REDACTED]
kyle.perry@whmo.mil

Support Plane:

MAJ Jen Peña, MD
World Cell: [REDACTED]
jennifer.pena@whmo.mil

CPT Betty Moore, RN
World Cell: [REDACTED]
betty.moore@whmo.mil

HANOI, VIETNAM

WHMU Advance Medical Officer

WHMU Advance Officers

Maj Justin Wright, PA-C
World Cell: [REDACTED]
justin.wright@whmo.mil
Arrival: May 17

LT Ari Doucette, PA-C
World Cell: [REDACTED]
ari.doucette@whmo.mil
Arrival: May 17

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Local US Medical POC:
Embassy Nurse Practitioner
Beth King, DNP
[+84] 4-3850-5114 (Office)
[REDACTED] (Cell)
Kingbj@state.gov

Local Hospital:

Vinmec International Hospital (Level II equivalent)
458 Minh Khai St.
Hanoi, Vietnam
Main Switchboard: [+84] 4-3974-3556
24hr ER dept: [+84] 4-3974-3558/4333
Website: <http://www.vinmec.com>

HO CHI MINH CITY, VIETNAM

WHMU Advance Officers

LT Frank Cornejo, PA-C

World Cell: [REDACTED]

frank.cornejo@whmo.mil

Arrival: May 18

CPT Abe Medina, PA-C

World Cell: [REDACTED]

abraham.medina@whmo.mil

Arrival: May 18

Local US Medical POC:

Embassy Nurse Practitioner

Beth King, DNP

[+84] 4-3850-5114 (Office)

[REDACTED] (Cell)

Kingbj@state.gov

Local Hospital:

French Vietnamese (Level III Equivalent)

06 Nguyen Luong Bang St.

Tan Phu Ward, HCMC, 70000

Main Switchboard: [+84] 8-5411-3333

24hr ER dept: [+84] 8-5411-3500

Website: <http://www.fvhospital.com>

SHIMA, JAPAN

WHMU Advance Officers

LCDR Bien Decena, PA-C

World Cell: [REDACTED]

bien.decena@whmo.mil

Arrival: May 19

MAJ Jim Nicholson, MD

World Cell: [REDACTED]

james.nicholson@whmo.mil

Arrival: May 19

Local US Medical POC:

Regional Medical Officer

Rajesh Vyas, MD

[+81] 3-3224-5635 (office)

[REDACTED]

VyasR@state.gov

Local Hospital for Summit Site:

Ise Red Cross Hospital (Level I Equivalent)

1-471-2 Funae, Ise

Mie Prefecture 516-8512

Main switchboard: [+81] 596-28-2171

24hr ER dept: [+81] 596-65-5026

Website: <http://www.ise.jrc.or.jp/info/i04.html>

Local Hospital for Airport:

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Nagoya University Hospital (Level II Equivalent)

65 Tsuramai-cho, Showa-ku

Nagoya 466-8560

Main switchboard: [+81] 052-741-2111

24hr ER dept: [+81] 052-744-2996

Website: <http://www.med.nagoya-u.ac.jp/english02/index.html>

HIROSHIMA, JAPAN

WHMU Advance Officers

CPT Brandon Moore, PA-C

World Cell: [REDACTED]

brandon.moore@whmo.mil

Arrival: May 23

Mrs. Grace Butler

World Cell: [REDACTED]

grace.butler@whmo.mil

Arrival: May 23

Local US Medical POC:

Regional Medical Officer

Rajesh Vyas, MD

[+81] 3-3224-5635 (office)

[REDACTED]
VyasR@state.gov

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Local Hospital:

Hiroshima Citizens Hospital (Level II Equivalent)

7-33 Motomachi

Hiroshima-City, Hiroshima Pref. 730-8518

Japan

Neighborhood: Naka-Ku

Main switchboard: [+81] 082-221-2291

24hr ER dept: [+81] 082-221-2365

Website: <http://city-hosp.naka.hiroshima.jp/english>

Staff Care: The WHMU Medical Officer should be the first call for any medical issues. If the WHMU Medical Officer is not available, the Embassy Health Unit should be the next point of contact. An Embassy Medical Officer can provide care or direct you to the appropriate hospital or clinic for treatment. Assistance with individual questions or concerns is also available from the WHMU Clinic at (202) 757-2476 or on the Centers for Disease Control website at www.cdc.gov/travel.

For questions regarding this medical advisory please contact Dr. Francesca Cimino at [REDACTED] or francesca.cimino@whmo.mil.