



It Takes Everyone to Stop the Spread of VGE

Story by MC3 Ridge Leoni
5 Star Writer

There are many dangers Sailors are taught to avoid on an aircraft carrier. From flight deck mishaps to fires in the engineering spaces, these dangers are avoided through knowledge and awareness. However, there are less common threats that need to be addressed as well, and these can easily be deterred.

Sailors aboard Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69) (IKE) are encouraged to protect themselves from shipboard illnesses, including Viral Gastroenteritis (VGE).

During IKE's 2009 deployment, VGE among Sailors was wide spread due to the living conditions of working together in close quarters.

VGE is an infection caused by a variety of viruses that result in vomiting or diarrhea. It is often called the "stomach flu," although it is not caused by influenza viruses.

Hospital Corpsman 2nd Class (SW/AW) Tara Young of Health Services Department's Medical Division said many different viruses can cause VGE, including rotaviruses; noroviruses; adenoviruses; sapoviruses and astroviruses.

"VGE is not caused by bacteria such as Salmonella species or Escherichia coli, parasites such as Giardia lamblia, by medications, or other medical conditions, although the symptoms may be similar. Your doctor can determine if the diarrhea is caused by a virus or by something else."

The symptoms of the VGE are noticeable, said Young.

"The main symptoms of VGE are watery diarrhea and vomiting. The affected crew member may also have a headache, fever and abdominal cramps," said Young. "In general, the symptoms begin 1 to 2 days following infection with a virus that causes VGE and may last for 1 to 10 days, depending on which virus causes the illness."

It is important to take preventive measures to reduce the chance of getting VGE, said Young.

"Sailors can reduce their chance of getting infected by frequent hand washing, prompt disinfection of contaminated surfaces with household chlorine bleach-based cleaners, and prompt washing of soiled articles of clothing," said Young. "If food or water is thought to be contaminated, it should be avoided."

Although preventive measures are important, it is also imperative that infected personnel stay away from other crew members until granted sick in quarter (SIQ) bed rest from Medical.

"The viruses that cause VGE are spread through close contact with infected persons. Individuals may also become infected by eating or drinking contaminated foods or beverages," said Young. "Food may be contaminated by food preparers or handlers who have viral gastroenteritis, especially if they do not wash their hands regularly after using the bathroom. Shellfish may be contaminated by sewage, and persons who eat raw or undercooked shellfish harvested from contaminated waters may get diarrhea."

Because life on an aircraft carrier involves

close contact with other Sailors, it can be hard to avoid the ill crew members. Medical encourages Sailors aboard IKE to stay hydrated to further fight the spread of infection.

"The most important part of treating viral gastroenteritis is to prevent severe loss of fluids. This treatment should begin with the individual; oral hydration of water is important to replenish the fluids the body is losing," said Young. "If the individual cannot hold down any fluids at all, an individual may need IV fluids. Antibiotics (which have no effect on viruses) and other

treatments should be avoided unless specifically recommended by a physician."

The spread of VGE can be detrimental to IKE's mission, but through available information and accessible treatment of VGE, Sailors can stop the spread of infection.

"Every day we have seen 1 to 3 individuals complaining of VGE type of symptoms. Compared to last cruise, we have had a large decrease in our VGE cases," said Young.

Education and proper hygiene are key to stopping the spread of this virus, she said.



Sailors aboard aircraft carrier USS Dwight D. Eisenhower (CVN 69) fire nine-millimeter pistols during small arms qualifications. (U.S. Navy Photo by Albert K. Jones/Released)



Sailors aboard aircraft carrier USS Dwight D. Eisenhower (CVN 69) load nine-millimeter clips for use in small arms qualifications. (U.S. Navy Photo by Albert K. Jones/Released)



PROFILE



Machinery Repairman **MRFN Louis Thompson**

“ My job is to create parts like fittings and caps for damaged fixtures. I enjoy the job because I get to make things. My favorite part of being a Sailor has been getting away from home and seeing more of the world. My job is tiring, but I make the best of it. ”

Department/Division:
Engineering / Repair

Hometown:
New Ark, Del.

Years in the Navy:
1 year 4 months

Goals:
Travel
Save Money





ANNOUNCEMENTS/MOVIES



BACK OF THE DAY

SAILOR
ATAN CASEY BAXTER

DEPT/DIVISION
AIMD/IM-3



SPACE OF THE DAY

SAILOR
AOAN CHRISTOPHER BAKER
AO3 DANIEL REED

SPACE
03-170-8-Q

DEPT/DIVISION
WEAPONS/G-4

IT PAYS TO PLAY

Get your BINGO cards and play!
8:30pm - Friday, June 25 on SITE TV
Hosted by ITCS Fix, YNC Grantham
and GMC Worchester
Tune in for some fun & a chance to win great prizes.
The end is near so get in gear and PLAY!!

NOT ON THE BOOK

2010 OPERATION ENDURING FREEDOM

WELCOME TO A NEW DECADE

NOVEMBER 20

WE WANT TO GO HOME TOO!!!

Removal of dishware from the mess decks is unauthorized. Please return items to the sculleries.

5 STAR

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Editor:
MC1(SW) Amy Kirk

Staff Writers/Layout:
MC2(SW/AW) Jesse Dick
MC3 Nathan Parde
MC3 Ridge Leoni
MC3 Sean Burgess
MC3(SW) Mack Jamieson

Printed by:
MC3(SW) Stephen Gustin

Wednesday, June 23, 2010
Vol. IX Issue 136
View online at
www.eisenhower.navy.mil/5Star.html
OR
Outlook:Public Folders/PAO/5 Star

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WEDNESDAY'S IKE MOVIE SCHEDULE

Channel 5	Channel 6	Channel 7	Channel 8
8:30 a.m. <i>IKE's Got Talent</i>	8:30 a.m. <i>I Think I Love My Wife</i>	8:30 a.m. <i>The Marine 2</i>	8:30 a.m. <i>OPSEC: Think Like a Wolf</i>
10:30 a.m. <i>The Ant Bully</i>	10:30 a.m. <i>Men Who Stare At Goats</i>	10:30 a.m. <i>Nick and Norah's Infinite Playlist</i>	10:30 a.m. <i>3M Ladderwells/Flushometers</i>
12:30 p.m. <i>Bolt</i>	12:30 p.m. <i>School For Scoundrels</i>	12:30 p.m. <i>Pulp Fiction pt 1</i>	12:30 p.m. <i>Overcoming Anger</i>
3 p.m. <i>Madagascar Escape 2 Africa</i>	3 p.m. <i>Blade</i>	3 p.m. <i>Pulp Fiction pt 2</i>	3 p.m. <i>Suicide Awareness</i>
5:30 p.m. <i>The Last Mimzy</i>	5:30 p.m. <i>Charlie Wilson's War</i>	5:30 p.m. <i>Scrooged</i>	5:30 p.m. <i>RSEP: Global Terrorism Financing</i>
7:30 p.m. <i>IKE News</i>	7:30 p.m. <i>IKE News</i>	7:30 p.m. <i>IKE News</i>	7:30 p.m. <i>IKE News</i>
8 p.m. <i>IKE's Got Talent</i>	8 p.m. <i>I Think I Love My Wife</i>	8 p.m. <i>Rack of the Day Pick</i>	8 p.m. <i>OPSEC: Think Like a Wolf</i>
10 p.m. <i>The Ant Bully</i>	10 p.m. <i>Men Who Stare At Goats</i>	10 p.m. <i>Nick and Norah's Infinite Playlist</i>	10 p.m. <i>3M Ladderwells/Flushometers</i>
12 a.m. <i>Bolt</i>	12 a.m. <i>School For Scoundrels</i>	12 a.m. <i>Pulp Fiction pt 1</i>	12 a.m. <i>Overcoming Anger</i>
2 a.m. <i>Madagascar Escape 2 Africa</i>	2 a.m. <i>Blade</i>	2 a.m. <i>Pulp Fiction pt 2</i>	2 a.m. <i>Suicide Awareness</i>
4 a.m. <i>The Last Mimzy</i>	4 a.m. <i>Charlie Wilson's War</i>	4 a.m. <i>Scrooged</i>	4 a.m. <i>RSEP: Global Terrorism Financing</i>