

## HAZARDOUS ANIMALS AND PLANTS (CONTINUED)

- Some regional plants have thorns, stinging hairs, or toxic resins that may cause serious puncture wounds, slow-healing lacerations, or introduce poison into the skin causing skin irritation, rashes, or infections. Avoid skin contact with plants when tactically feasible. Contact with the smoke from the burning of these plants can also cause skin rashes and damage to your lungs.
- Clean your clothing after contact with animals and harmful plants. Decontaminate clothing by washing with soap and water.
- Some regional plants may cause systemic poisoning if leaves, berries, flowers, or other plant parts are chewed or swallowed. Symptoms include dizziness, vomiting, irregular heartbeat, and delirium or hallucinations.
- Numerous species of stinging rays and jellyfish, venomous sea snakes, and poisonous fish are common in the region's coastal waters. Swim only at approved beaches.

## SEXUALLY TRANSMITTED DISEASES

Sexually transmitted diseases are highly prevalent in this region. Gonorrhea, chlamydia, and other infections are common, and may affect a high percentage of personnel who have sexual contact. Human immunodeficiency virus (HIV) is the leading cause of death in sub-Saharan Africa. Hepatitis B is widespread. Though the immediate impact of HIV and hepatitis B on an operation is limited, the long-term impact on your individual health is substantial. See GTA 08-05-062 for appropriate countermeasures.

## HEARING PROTECTION

It is essential that you use properly fitted [hearing protection](#) during military operations. Exposure to high-intensity noise may cause hearing loss that can adversely affect your combat effectiveness and individual readiness. Good hearing is essential to mission success. If you are a dismounted soldier, the [Combat Arms Earplug](#) (NSN 6515-01-466-2710) will protect you from the impact noise of weapons fire while only slightly interfering with voice communications and detection of combat sounds such as vehicle noise, footfalls in leaves, and the closing of a rifle bolt. While not as effective as the Combat Arms Earplug in preserving your ability to hear important mission-related sounds, noise muffs or standard earplugs are very effective in preventing noise-induced injury. If you are a member of vehicle or helicopter crews, your combat vehicle crew or aircrew helmets have built-in hearing protectors.

## ORAL HEALTH

[Dental disease](#) is a common problem during deployments due to the challenge of maintaining good oral hygiene. You should deploy with toothbrush, dental floss, and fluoride toothpaste. Daily flossing and twice daily brushing of teeth is the best way to ensure prevention of periodontal disease and to decrease your risk of problems such as trench mouth and tooth decay. In difficult tactical environments, teeth should be brushed at least once a day. Seek medical attention immediately at the onset of any dental problems.

## SKIN DISEASES

Skin irritations and infections, such as [athlete's foot](#) and [ringworm](#), are common medical threats during any deployment and are commonly caused by fungi. The best prevention is to maintain clean, dry skin. See [GTA 08-05-062](#) for additional countermeasure information.

## PRE-DEPLOYMENT HEALTH INFORMATION

- [Complete the Pre-Deployment Health Assessment \(DD FORM 2795\)](#) to assess your state of health before deployment and to assist health care providers in identifying your medical needs and providing present and future medical care to you.
- You will not have access to your health care record during the deployment. The Adult Preventive and Chronic Care Flowsheet ([DD FORM 2766](#)) will be used as your deployment health record. This document will include information on all your immunizations, any medications you are currently taking, and any ongoing medical problems that you may have. When you go through readiness processing, ensure that all appropriate information is documented on your DD FORM 2766. When you return home, this information will be placed in your regular health record.

## INFORMATION ABOUT YOUR HEALTH CARE WHILE DEPLOYED

- It is important that you know where to seek health care while deployed. This may or may not be through the same channels as your home station. Ask your chain of command for more information.
- While deployed, you must maintain your health and seek care whenever an illness or injury threatens your ability to complete your tasks. Your unit is depending on you. It is always better to seek care early so that your problems can be documented appropriately and taken care of immediately.

## POST-DEPLOYMENT HEALTH INFORMATION

- [Complete the Post-Deployment Health Assessment \(DD FORM 2796\)](#) to assess your state of health after deployment and to assist health care providers in identifying your medical needs and providing present and future medical care to you.
- If you become sick after you return home, tell your physician that you were deployed.
- Complete malaria medications as directed, and receive follow-on medical care/tests as directed.

**Contact your Preventive Medicine or Medical Support Unit for more information.**

**DISTRIBUTION: UNLIMITED**

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# A SOLDIER'S GUIDE TO STAYING HEALTHY IN CENTRAL AFRICA

This country-specific guide should be used in conjunction with [GTA 08-05-062, Guide to Staying Healthy](#), and is intended to provide information that can help reduce your risk of Disease and Non-battle Injuries (DNBI) when deployed. This health threat and countermeasure information is based on the most current data available from U.S. Department of Defense medical agencies at the time of production. In addition to the information in this guide, you should also receive force health protection, health threat, and preventive medicine countermeasures training/briefings prior to and, as required, throughout the length of your deployment.

## CENTRAL AFRICA OVERVIEW

Central Africa includes the countries of [Burundi](#), [Cameroon](#), [Central African Republic](#), [Democratic Republic of the Congo](#), [Gabon](#), [Madagascar](#), [Malawi](#), [Mozambique](#), [Republic of the Congo](#), [Rwanda](#), [Tanzania](#), [Zambia](#) and [Zimbabwe](#). The coastal region consists of dense mangrove swamps, marshes, lakes, lagoons and expansive beaches, with coconut groves in Tanzania and coral beaches on the eastern coast of Madagascar. Along the coast of Cameroon is Mount Cameroon, a volcano that has been active four times this century. Mount Cameroon has an elevation of 13,350 feet above sea level. The most notable features in the northern interior are the prominent topographical plateaus, which range in average elevation from 1,970 feet to 2,300 feet. The southern interior is composed of swamps, semiarid deserts, lakes and rugged highlands. Zambia is home to the Bangweulu Swamp, which is the largest swamp in the world, and Lake Karib, the world's largest man-made lake. The borders of the region include Nigeria, Chad and Sudan in the north; Uganda, Kenya and the Indian Ocean to the east; Botswana and Swaziland in the south; and Angola and Niger, as well as the Atlantic Ocean, in the west. The elevation ranges from sea level to 19,450 feet above sea level in Tanzania at Mount Kilimanjaro. The climate in the region is primarily tropical with hot and humid summers and mild winters. The average daily temperature range is 72° to 81° F although extreme temperatures of -4° to 116° F are possible especially in Cameroon. North of the equator, the wet season is April through October with an average annual rainfall from 70 to 160 inches. South of the equator, the wet season is November through March with an average rainfall from 12 to 60 inches. Catastrophic conditions exist such as numerous tropical storms and cyclones, severe flooding, and lightning that kills more than 60 people each year. Hot, dry, and dust-laden harmattan winds from the Sahara occur during the dry season in the northern areas and can raise temperatures to over 100° F. In the eastern part of the Democratic Republic of the Congo, there is seismic activity as high as 7 on the Richter scale.

## CENTRAL AFRICA RISK ASSESSMENT

Based on a combination of all major infectious diseases that occur in a country, an [overall country risk level](#) is assigned as low, intermediate, high, or very high risk. All the countries in this region are at a VERY HIGH RISK for infectious diseases except for Zimbabwe and Madagascar, which are at a HIGH RISK. Diseases of military importance to forces deployed to Central Africa include [hepatitis A and E](#), [typhoid fever/paratyphoid fever](#), [diarrhea](#) (bacterial, protozoal, and [cholera](#)) and [brucellosis](#), which are acquired by consuming contaminated food, water, and dairy products; vector-borne diseases such as [malaria](#), [chikungunya virus disease](#), [yellow fever](#), [dengue fever](#), [Crimean-Congo hemorrhagic fever](#), [rickettsioses](#), [Sindbis virus disease](#), [O'Nyong-nyong virus disease](#), [leishmaniasis](#), [plague](#), [murine typhus](#) (flea-borne), [trypanosomiasis](#), [West Nile fever](#) and [Rift Valley fever](#) which are acquired through the bites of various insects and ticks; [schistosomiasis](#) and [leptospirosis](#) from swimming, wading, or skin contact with contaminated water; [Lassa fever](#) from inhalation of contaminated dust and aerosols; [anthrax](#) and [rabies](#) from animal contact; [meningococcal meningitis](#), [tuberculosis](#) and [ebola hemorrhagic fever](#) from contact with human respiratory secretions or droplets; and sexually transmitted diseases. Environmental factors also pose a significant health risk to deployed forces and include sewage, agricultural and industrial contamination of water and food supplies, extreme heat, localized air pollution, and potential severe flooding.

## INCREASED REGIONAL DISEASE THREATS

The potential for acquiring infectious diseases in the Central Africa region is higher than most locations to which you may deploy and poses a very serious risk to your health. It is critical that you use appropriate countermeasures AT ALL TIMES to avoid incapacitations, hospitalization, and loss to your unit. [Malaria](#) is widespread and occurs year-round throughout this region. Additionally, there is significant risk in this region for acquiring other incapacitating food and water diseases, including diarrhea (bacterial/protozoal), hepatitis A and typhoid/paratyphoid fever. All are transmitted year-round, day and night, in both urban and rural areas. You are at especially high risk for bacterial [diarrhea](#). Potential rates per month in the absence of countermeasures would be close to 100 percent. There is also a 1-10 percent risk of hepatitis A, protozoal diarrhea and typhoid/paratyphoid fever in the absence of countermeasures. Diarrhea can be expected if local food, water or ice is consumed. Lakes, rivers, streams or other surface water may be heavily contaminated with schistosomiasis or leptospirosis. You are at increased risk if you are involved in operations that involve water contact. If you do swim or wade in the water, there is a 1-10 percent chance of being temporarily debilitated with schistosomiasis. Sanitation is extremely poor throughout Central Africa, including most major urban areas. Local food and water supplies, including ice, are heavily contaminated with pathogenic bacteria, parasites and viruses to which most U.S. active-duty members have little or no natural immunity. Diarrheal diseases can affect a large majority of personnel if local food or water is consumed.

## INCREASED REGIONAL DISEASE THREATS (CONTINUED)

Annual outbreaks of [meningococcal meningitis](#) occur throughout the northern and eastern regions of the Central African Republic. You are at an especially high risk during the dry season from December through June and if you have close contact with local populations during an outbreak. All military personnel should receive the meningococcal meningitis vaccine that provides protection from most types of meningococcal meningitis.

## FIELD SANITATION TEAM

Each company-sized unit has a Field Sanitation Team (FST) whose members are trained (40-hour course) and fully equipped [IAW AR 40-5](#), [FM 4-25.12](#), and [FORSCOM REG 700-2](#). Know who the members of your FST are, and know how they can assist in preventing medical threats to your health. Become familiar with FST equipment and training.

## TOXIC INDUSTRIAL CHEMICALS AND MATERIALS

When deployed, you may face health risks from industrial chemicals and materials as a result of activities by terrorists or warring parties; accidents related to improper design, maintenance, or operation of indigenous industrial facilities; inadvertent exposure to toxic waste materials in the environment; or improper handling or disposal of hazardous material with which our own forces deploy. The degree of health risks depends upon many parameters. Consult your medical authority for additional information.

## VECTOR-BORNE DISEASES

Numerous vector-borne diseases are present throughout this region. They include [malaria](#), [chikungunya virus disease](#), [yellow fever](#), [dengue fever](#), [O'Nyong-nyong fever](#), [Rift Valley fever](#), [Sindbis virus disease](#), and [West Nile fever](#) from mosquitoes; [plague](#) and [murine typhus](#) from fleas; [leishmaniasis](#) from sand flies; [trypanosomiasis](#) from tsetse flies; and [Crimean-Congo hemorrhagic fever](#) and [rickettsioses](#) from ticks. There are many other diseases spread by the bites of mosquitoes, ticks, fleas, black flies, and lice. Your local medical authority will determine if these diseases or other vector-borne diseases are a threat in your specific location and provide appropriate countermeasures.

- Take your malaria prevention pills when directed to do so. This is CRITICAL. Normally, you will begin taking medication prior to arriving in the area, while in the area, and after returning home.
- A yellow fever vaccination will be required when deploying to most countries within Central Africa. It is critical that you receive this immunization when directed to do so.
- Use the DOD Insect Repellent System detailed in [GTA 08-05-062](#) to reduce your risk of acquiring a vector-borne disease. Wear permethrin-treated uniforms with trousers tucked into boots, sleeves rolled down, and undershirt tucked into trousers. [Wear N-diethyl-meta-toluamide \(DEET\)](#) on all exposed skin.
- When deployed to this region, sleep under a permethrin-treated bed net to repel insects and further reduce risks of vector-borne diseases. Many insects in this region feed during the night, including mosquitoes that transmit malaria.
- When using both DEET and sunscreen products, apply sunscreen to the skin first so it does not interfere with the effectiveness of the DEET. After 30 minutes to an hour, apply the DEET. This allows the sunscreen to penetrate and bind to the skin first.

## FOOD-BORNE AND WATER-BORNE DISEASES

The diseases of greatest risk throughout the region, in both rural and urban areas, are bacterial and protozoal [diarrhea](#), [hepatitis A](#), and [typhoid/paratyphoid fever](#), associated with contaminated food, water, and ice. Do not consume any food, water, or beverages (to include bottled water) that have not been approved by the U.S. military. Assume all non-approved food, ice, and water are contaminated. Water and food items available in this region, including dairy products, fish, fruits, and vegetables, may contain unsafe levels of pesticides, chemical fertilizers, bacteria, and viruses. Contamination with human or animal waste is widespread. Even a one-time consumption of these foods or water may cause severe illness. See [GTA 08-05-062](#) for appropriate countermeasures.

## HOT AND COLD WEATHER INJURIES

Temperature extremes in this region may impact military operations. Heat is the greatest overall medical threat when deployed to this region, especially during the early phase of deployment; acclimatization is critical. Individual and unit countermeasures are extremely important. Cold injuries are possible during the winter in the desert region. See [GTA 08-05-062](#) for appropriate countermeasures.

## SAND, WIND, AND DUST

Sand, wind, and dust cause health problems, particularly to skin, eyes, throat and lungs. Take care of problems early to avoid infection. Dry air, dust and wind dry out the nose and throat and can also cause nosebleeds, coughing and wheezing. Cracked, chapped fingers reduce manual dexterity. Body areas (such as ears, armpits, groin, elbows, knees, feet, and the area under breasts) that collect dust and sand are susceptible to chafing, abrasion and infection. High winds can turn tent pegs and loose objects into flying missiles (which may not be visible in blowing sand).

- Take a daily sponge bath, using an approved water source.
- Wash your face and eyelids several times per day.
- Carry at least two pairs of glasses and a copy of your prescription. Do not wear contact lenses; [AR 40-63](#) prohibits contact lens use during a military deployment.
- Breathe through a wet face cloth, or coat the nostrils with a small amount of petroleum jelly to minimize drying of mucous membranes. Protect your lips with lip balm.
- Shield your face with cloth materials to protect from blowing dust and sand.
- Wear goggles (NSN 8465-01-0328-8268) to protect your eyes from wind, dust and sand or when traveling in open vehicles.
- Wear gloves and use moisturizing skin lotion to protect your hands.

## HAZARDOUS ANIMALS AND PLANTS

- Many species of venomous snakes, including mambas, adders, vipers, and cobras, live in the region. Consider any snake encountered as dangerous, and do not handle. Seek immediate medical attention if bitten; untreated snakebites may cause serious illness or death within 1 hour.
- Several species of centipedes, scorpions, and spiders, some with potentially fatal venom, are present throughout the region. If possible, avoid sleeping on the ground. Shake out boots, bedding, and clothing prior to use, and never walk barefoot. If bitten or stung, seek medical attention immediately.