

Now that you are in the process of going home, you need to remain alert to your own medical condition after leaving the theater. Staying in tune with your body's signals over the next several months will help ensure that your transition back to life in the U.S. is healthy and stress-free.

Preventive Medicine Requirements

- Complete Post-Deployment Health Assessment, DD form 2796
- Tuberculosis skin test: At time of redeployment and repeat at 90 days later.
- IF DIRECTED Continue daily Doxycycline (or weekly Chloroquine) for 4 weeks after departing theater.
- Also IF DIRECTED take 14 days of daily Primaquine (15 mg) during the first 2 weeks of this 4-week period, unless medically deferred.

Directions for Health Concerns

- Step 1 -- Contact your local medical treatment facility with any questions, concerns, or symptoms noticed after deployment.
- Step 2 -- If you have symptoms, your primary health care provider can do an initial assessment and provide any necessary treatment. If symptoms persist or your health does not improve, you may be referred to a specialist.
- Step 3 -- If you require further assistance, contact:

DoD Deployment Health Clinical Center

Walter Reed Army Medical Center
6900 Georgia Avenue, NW
Building 2, Room 3G04
Washington, DC 20307-5001
Phone: (202) 782-6563; DSN: (312) 662-6563;
Fax: (202) 782-3539

Toll Free Help Line: (866) 559-1627

<http://www.pdhealth.mil>

Diseases of Military Significance

Most illnesses related to a deployment occur while troops are still in the theater of operations.

However, some diseases may not cause symptoms until after return to home station. Except for in very rare cases, these will show up within the first six months. In the coming weeks or months, if you experience fever, muscle or joint pain, stomach or bowel problems, swollen glands, skin problems, excessive tiredness, emotional problems, trouble sleeping, shortness of breath or weight loss you should seek medical care as soon as possible. Remind your provider that you were deployed to Southwest Asia.

Possible delayed disease problems can be grouped into 5 main categories, though it is possible to have a combination of two or more: intestinal; respiratory; skin; nervous system; and fever or generalized illness. Many diseases can affect more than one system. For example, Leishmaniasis can be a skin disease or it can be a generalized illness. Seeking medical care is very important. The earlier the right tests are done, the more likely the correct diagnosis and treatment will be started.

Listed are examples of diseases that can affect Coalition forces. Many of these regularly occur in the US and other parts of the world, just as they do in Southwest Asia. A person's specific experiences determine what exposures they may have had. Telling your doctor where you were deployed is just as important in determining your diagnosis as a laboratory test might be.

Spread by insects

Malaria (spread by mosquitoes)

- Symptoms--fever, flu-like illness, chills, headache, muscle aches, fatigue, can be fatal if left untreated.

If you are directed to take malaria drugs, it is CRITICAL that you finish all anti-malarial medication exactly as prescribed.

Spread by insects (Continued)

Leishmaniasis (spread by sand flies)

- Skin form – open sores (usually round or oval). Often on exposed areas.
- Internal form – fever, weight loss, swelling of spleen and liver. Less common than skin form but can be much more serious.

Bacterial & viral infections

- Examples: West Nile fever, relapsing fever, sandfly fever, dengue, typhus, and Lyme disease.

Spread by animals

- Diseases include anthrax (usually skin sores), brucellosis, rabies, and Q-fever.
 - Rabies can be a fatal disease if an infected person does not get shots early after exposure.
- If you were bitten or scratched by an animal (especially a dog or cat) you should report it to a health care provider immediately.**

Spread by people

Tuberculosis (TB)

- Bacteria transmitted by infected person's cough, sneeze, or sometimes even speaking.
- Symptoms – persistent cough (possibly with blood), chest pain, weight loss, night sweats, fever, weakness. Can be fatal if left untreated.

It is important to have a tuberculosis skin test between 3 and 6 months after redeployment, even though you had one at the time you redeployed. (There can be a delay in the skin test turning positive after infection.)

Other person-to-person infections

- Besides TB, there are many other diseases spread by the respiratory route, including influenza, common colds, "strep" infections, various kinds of pneumonia, and chickenpox.

Spread by people (Continued)

- You should continue to cover your mouth and nose when sneezing or coughing, avoid rubbing your eyes or touching your nose with your fingers, and wash your hands frequently—even while you are traveling back, and especially in crowded places like inside an aircraft.
- A number of diseases can be spread by sexual contact. These may include Syphilis, Gonorrhea, Hepatitis C, and Chlamydia. Some of the more serious ones, like the Hepatitis B and HIV viruses, can also enter the body through contaminated needles or other direct ways to reach the bloodstream.

Spread by water, food, soil

Most of the infections that come from contaminated foods and beverages cause illness within days of ingestion—but some may not cause illness for several weeks:

- Several kinds of ingested parasites cause intestinal problems that can last for months. A stool exam is used to make the diagnosis, and most are treatable.
- Some parasites or bacteria can enter the body when the skin, mouth, or nose comes into contact with water or moist soil in the environment. The bacterial disease leptospirosis usually shows up within days, but schistosomiasis and other microscopic “worms” may not cause symptoms for several weeks. Parasitic infections cause a variety of symptoms including rash, itching, fever, cough, muscle aches, and urinary or intestinal problems.

Environmental Exposures

You may experience adverse health effects from intense or prolonged exposure to certain environmental conditions. Short, intense exposures to things such as smoke, dust or intense heat are common in military operations. Some of these exposures, such as smoke from battlefield fires, may cause coughing, shortness of breath, irritated eyes, headache, or dizziness.

Environmental Exposures (Continued)

These effects usually resolve within a few days and no long-term health effects are expected. If you continue to have symptoms even though you are no longer in the irritating environment, you should seek medical care as soon as possible.

Preventive medicine teams continue to sample soil, water, and air throughout the Area of Operations to determine if any environmental hazards are present. Samples analyzed as of May 2003 showed elevated amounts of particulate matter (dust) in the air, but no sources of radiation, chemicals or heavy metals were found in the air, soil or water that would pose a health risk. If any future sampling results indicated potential for any type of environmental exposure risk, a team of experts would be sent to assess the situation and all service members who may have been exposed would be contacted and evaluated.

Sources of more information:

Europe Toll Free Numbers: Civilian 00800-8666-8666
DSN: 312-662-3577/6563;
Commercial (202) 782-3577/6563;
Within CONUS Toll Free: 1-800-796-9699
Within CONUS Commercial 202-782-3577 or (DSN 662)
(07:45 to 16:30 EST) (16:30 to 7:45 EST) – Voicemail
available to leave a message for a return call)
Fax: (202) 782-3539

- Military deployment health information
<http://www.pdhealth.mil>
- Centers for Disease Control and Prevention
<http://www.cdc.gov>
- Tricare National and Regional toll free contact numbers :
<http://www.tricare.osd.mil>
- US Army Center for Health Promotion and Preventive
Medicine: <http://chppm-www.apgea.army.mil>

**Commander, US Army Center for Health Promotion and Preventive Medicine, ATTN: MCHB-CS-OHD, 5158 Blackhawk Road, APG, MD 21010
19 December 2003**



Redeployment Medical Guide for Missions in Support of Operation Iraqi Freedom

For additional information, contact your health care provider or contact the DoD Deployment Health Clinical Center listed in this brochure

