

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 enhanced Post-Deployment Health Assessment, DD form 2796 (Dated APR 03)
- Tuberculosis skin test: At time of redeployment and repeat at 90 days later. Ensure a 48-72 hour "read" by medics and entry into MEDPROS.
- 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 and write them on the DD2796.
- Step 2 -- If you have symptoms, your primary health care provider can do an initial assessment and provide any necessary treatment, consultation, and follow-up.
  - 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: intestinal; respiratory; skin; nervous system; and fever or generalized illness. Many diseases can affect more than one system. Seeking medical care is very important. The earlier the proper 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 anti-malarial drugs, it is CRITICAL that you finish all medication(s) exactly as prescribed.**

**Leishmaniasis** (spread by sand flies)

- Skin form – open sores (usually round or oval). Sometimes affects exposed areas such as the nose or mouth.
- Internal form – fever, weight loss, swelling of spleen and liver. Although more serious, this has not yet been seen among coalition forces.

### ***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. 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.

- Most diarrheal illness is self-limited and resolves with use of over-the-counter medications
- Some diarrhea is caused by bacteria or other organisms and requires antibiotics for resolution.
- Although uncommon, 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 easily treatable.

### ***Environmental and Occupational 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. 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.

- You will be asked about exposure to Depleted Uranium (DU) on the DD 2796. Based on your response, you may be given another questionnaire to fill out, and possibly a urine test to assess exposure. From the testing done so far, there have been no significant exposures to DU discovered.
- Preventive medicine teams continue to sample soil, water, and air in many locations 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 indicate a potential for a significant environmental exposure risk, a team

of experts will be sent to assess the risk from this exposure, and follow-up with units and individual service members will be based on this assessment.

- If you have concerns about a specific exposure, address them through your medical treatment facility and on the DD 2796.

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), and (voicemail from 16:30 to 7:45 EST  
 available to leave a message for a return call)  
 Fax: (202) 782-3539

#### **Sources of more information:**

- 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-Europe ATTN: MCHB-AE-EN, CMR 402, APO, AE 09180 DSN: 486-8084/FAX: 486-8938**



# **Redeployment Medical Guide for Missions in Support of Operation Iraqi Freedom**

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

