



## AVOIDING DNBI ~ PREPARING TO DEPLOY

### MEDICAL / DENTAL SCREENING

Pre-deployment medical and dental screening is critical to ensure you are healthy and fit, and generally includes:

- ◆ Verifying complete medical and dental records (including current HIV results and physical profile/examination); possession of ID warning tags, eyeglasses, mask inserts, etc.; immunizations and/or medications (prescribed by physician and/or directed by the Theater Surgeon or other sources) (2)
- ◆ Verifying sick/injured/pregnant status
- ◆ Reviewing DD Form 2795 (Pre-Deployment Health Assessment)
- ◆ Establishing follow-up appointments to correct deficiencies

(2) During medical screening, discuss prescribed medications or special personal hygiene requirements with the examiner; obtain at least 90-day supply of medications/hygiene products

### PREPARE CLOTHING/GEAR/PERSONAL HYGIENE ITEMS

- ◆ Ensure uniforms, chemical protective clothing, protective masks (with lens as needed) and other gear are in good condition and fit properly
- ◆ Practice putting on/removing clothing, masks, and gear; ensure clothing items, hair, etc. do not interfere with proper wear
- ◆ Ensure uniforms are treated with insect repellent (permethrin); mark treatment date on the uniform
- ✓ Apply permethrin to uniforms with the Individual Dynamic Absorption (IDA) kit (preferred method – good for the life of the uniform) or aerosol spray (reapply after sixth wash)

### RECOMMENDED/ADDITIONAL PACKING ITEMS: (3)

- ◆ Cotton underwear (10 changes)
- ◆ Birth control supplies (condoms, birth control pills) (if using birth control pills, continue as prescribed to regulate menstrual cycles and avoid problems resulting from inconsistent use)
- ◆ Unscented wet wipes; hand sanitizer gel/lotion
- ◆ Anti-fungal foot powder
- ◆ Anti-fungal cream, powder, or lotion (for relief of jock itch) (4)
- ◆ Yeast infection medication (two courses of vaginal treatment)
- ◆ Portable Urinary Device (PUD) (optional unit/indiv purchase) (5)
- ◆ Hygiene products for women (non-deodorant tampons, sanitary napkins, party liners; menstrual cramp pain reliever)
- ◆ Other medications or personal hygiene items (6)

(3) Some supplies may be available for purchase from AAFES/PX

(4) Jock itch is caused by infection of the groin area, especially affecting people who sweat a great deal in hot weather. While more common in men, women can also experience this condition. Since jock itch is also aggravated by clothes that chafe, ensure uniforms fit properly

(5) The PUD is for use by female personnel to reduce time needed to urinate and resolve privacy issues when latrines are not available (convoys, field operations) (see back panel for NSN)

(6) Preferred or special types/brands of personal hygiene items may not be available at all locations; if you need medications or hygiene items which may not be available through normal supply systems, obtain a 6-month supply, or enough for the duration of the operation (include pre-/post-deployment)

### OVER-THE-COUNTER (OTC) MEDICINES/HEALTH PRODUCTS and USE OF ALCOHOL/TOBACCO

Use of OTC, alcohol, and tobacco products (including but not limited to those listed below) may cause health problems and/or increase susceptibility to dehydration, hot/cold weather injury, depression, stress, and fatigue. Individuals should consult medical personnel regarding use of OTC products during military operations.

Cold/allergy medicine; sleeping aids; cough syrup; body building or weight loss supplements; vitamins; salt tablets; cigarettes; smokeless tobacco; alcoholic drinks; any product containing alcohol

## AVOIDING DNBI ~ DURING DEPLOYMENT

**Hot Weather:** If hot weather injuries are a threat:

- ◆ Wear natural fiber clothing (such as cotton) next to the skin for increased ventilation
- ◆ Protect yourself from exposure to sunlight and wind: work and rest in the shade when possible, construct shades/windscreens

**Cold Weather:** If cold weather injuries are a threat:

- ◆ When possible, remain inside well-ventilated warming tents and drink warm uncaffeinated liquids for relief from the cold
- ◆ Use the Extended Cold Weather Clothing System (ECWCS): layer clothing; wear headgear (to avoid heat loss from uncovered head) and wear polypropylene long underwear
- ◆ If unable to walk or exercise vigorously, keep hands and feet warm by frequently moving fingers and toes
- ◆ If working outside or on guard duty, insulate yourself from the ground with tree boughs or sleeping mats; avoid the wind or construct windscreens to reduce heat loss; watch for shivering

### HOT AND COLD WEATHER INJURIES CAN KILL!

Seek immediate medical attention for:

- Heat injury (heat cramps, exhaustion, or stroke)
- Cold injury (loss of sensitivity in any body part)

**All Environmental/Climate Conditions:** The following measures are recommended for any environment:

- ◆ Wear uniforms properly and use unscented sun block (SPF 15 or higher), sunglasses, lip balm, and skin moisturizer
- ◆ Follow work/rest guidance (see back panel) for water consumption (urine color should be light with no strong odor)
- ◆ Avoid over-the-counter medications, alcohol, tobacco, and caffeinated beverages since any of these can cause or increase the effects of dehydration or solar radiation (sunburn) injury
- ◆ Use the buddy system – personnel who have had previous heat/cold injuries are especially susceptible to new or more serious injuries
- ◆ Be prepared for temperature changes at night; do not rest or sleep in tents or vehicles unless well ventilated to avoid potentially fatal carbon monoxide poisoning

**High Altitude:** During operations at elevations over 8,000 feet:

- ◆ Personnel must adapt to higher elevations by ascending (climbing upwards) slowly to avoid serious illness or death -- which can occur quickly if suddenly exposed to high altitudes
- ◆ Staged or graded ascent improves personal performance and reduces DNBI while adapting to higher elevations; personnel can maintain acclimatization only by remaining at altitude (acclimatization is lost after returning to lower elevations)
- ◆ Personnel with altitude sickness who continue to ascend are at risk for more serious illness or death, and must get immediate medical treatment and/or move to a lower altitude
- ◆ Prepare for other DNBI threats, including:
  - ✓ Environmental conditions, including greater threat of cold weather injury due to wind chill from mountain winds: solar radiation injuries (sunburn, snow blindness) from increased sunlight and reflection from snow and rock surfaces
  - ✓ Accidents resulting from: reduced physical capability and dehydration; increased effort needed to perform duties; physical and psychological effects of altitude sickness
  - ✓ Terrain injuries (falls, avalanches, lightning)
  - ✓ Carbon monoxide poisoning from lower oxygen content of air and use of stoves/heaters in poorly ventilated space

### REMEMBER!

**DNBI CAN HURT MILITARY OPERATIONS**

## AVOIDING DNBI TRANSMITTED PERSON TO PERSON

Using basic Personal Protective Measures (PPM's) and good personal hygiene can significantly reduce the threat of becoming a casualty of and/or spreading infectious disease (*meningitis, flu, tuberculosis, colds*); becoming pregnant or contracting sexually transmitted diseases (STD's) (*HIV, chlamydia, herpes*); and reduce personal discomfort during deployment

- ◆ Wash hands thoroughly before touching any areas on your face, eating, and after using the latrine; use wet wipes or hand sanitizer lotion/gel if soap and water are not available
- ◆ Bathe regularly to avoid fungal and bacterial conditions (vaginitis, jock itch); use unscented wet wipes if shower facilities are not available; avoid skin infections by not shaving underarms, legs, or bikini areas
- ◆ Male personnel with a history of, or who develop 'shaving rash' during deployment should seek medical treatment to ensure products used to reduce inflammation do not diminish the effectiveness of sunblock, insect repellent, or other PPM's
- ◆ Wear clean, well-fitting underwear (preferably of cotton fiber); change underwear at least once daily; women using panty-liners should change them often, especially during menstrual cycles (liners are not a substitute for clean underwear)
- ◆ Do not use scented health care products (soaps, deodorants) since they may cause skin irritation and attract biting insects
- ◆ Dry thoroughly after showering
- ◆ Keep feet dry and use anti-fungal powder to avoid trench foot
- ◆ Wear clean, dry uniforms; change socks at least once daily
- ◆ Seek medical care for sores (painful/painless); discharge, swelling, or lumps from the vaginal area or penis; painful, uncomfortable or burning urination; or lower abdominal pain (7)

(7) Symptoms may indicate prostate conditions (men), vaginitis (women), or urinary tract infection (UTI) (all). Avoid serious health problems by seeking medical help if unsure about the problem, if experiencing the condition for the first time, or if symptoms do not respond to treatment

## SEXUAL ACTIVITY

To maintain good order and discipline, and to avoid Sexually Transmitted Disease (STD) and/or pregnancy, Service, Theater, or unit commanders may prohibit sexual activity during military operations. If you choose to have sex during operations that allow sexual activity, it is your responsibility to use PPM's to prevent STD's and pregnancy. **Avoiding sexual activity is the most obvious and best choice available**, otherwise:

- ◆ You must choose an effective method of birth control
- ◆ Always use condoms during sex – regardless of other measures you choose. Do not reuse condoms. Using new condoms during each sexual encounter provides improved (not 100%) prevention against STD's and pregnancy

## NUTRITION GUIDELINES DURING DEPLOYMENT

- ◆ Food and water play a major role in sustaining your health, performance and morale. To maximize physical performance and aid your body's ability to heat/cool, you must consume adequate amounts of food and fluids each day
- ◆ Energy needs typically increase in the field environment due to higher physical demands. To ensure optimum physical and mission performance, you should consume enough food to relieve hunger and avoid weight loss (maintain your weight; do not avoid food or attempt weight loss during field operations)
- ◆ Energy needs can vary based on individual body size, weight, walking/working surface, and level of fitness. Climate can also affect energy requirements, for example:
  - ✓ Work in cold weather can increase energy needs by 10-25%
  - ✓ Operations in high-altitude areas can increase energy needs by 50% or more

## REDUCE VECTORBORNE DNBI

In nearly all parts of the world, the likelihood of exposure to harmful insects, ticks, and other pests exists year-round; therefore, the following measures are essential to reduce the risk of diseases transmitted by biting insects, including mosquitoes (*Dengue, malaria*), fleas (*plague, typhus*), sand flies (*leishmaniasis*), and ticks (*Lyme disease*):

- ◆ Use only DOD approved repellents for skin or clothing
- ◆ Treat uniforms and bednets with permethrin prior to deployment
- ◆ Minimize exposure by keeping sleeves rolled down when possible, especially during peak periods of mosquito biting (dusk and dawn); tuck undershirts into pants; tuck pant legs into boots
- ◆ Apply DEET (per label instruction) on all exposed skin including back of neck, ears, feet and ankles (when exposed) (do not apply permethrin directly on skin)
- ◆ Sleep or rest under a bednet treated with permethrin; tuck bednet under bedding; use bednet poles to prevent netting from draping onto skin; hang bednet inside (not over) the poles
- ◆ Avoid or minimize contact with animals (alive or dead)
- ◆ Perform regular "buddy-checks" for ticks
- ◆ Apply space sprays to control flying insects in enclosed areas (follow label instructions; avoid inhaling spray fumes)
- ◆ Take medications/prophylaxis (e.g., malaria pills) as prescribed

## DOD INSECT REPELLENT SYSTEM



**YOU NEED TO KNOW...** Dry cleaning removes permethrin from the uniform and starch reduces the effectiveness of permethrin

## AVOIDING DNBI FROM ANIMALS AND PLANTS

**Rodents:** Do not tolerate rodents in the unit area, as they can spread serious life-threatening diseases, such as *Hantavirus* or *plague*. Disease or illness can also occur from insects carried on rodents (such as fleas, ticks, or mites); contamination of food from rodent nesting or feeding; rodent bites or scratches; or from contact with rodent urine/fecal material. Avoid DNBI by:

- ◆ Maintaining a high state of sanitation throughout the unit area
- ◆ Sealing openings 1/4-inch or greater to prevent rodents from entering unit areas
- ◆ Not inhaling dust when clearing or cleaning unused areas (before sweeping, mist areas with water or, preferably, a disinfectant solution of 3-oz liquid bleach per 1-gal. water)
- ◆ Promptly removing dead rodents from the area (use disposable gloves or plastic bags over the hands when handling any dead animal, and place the dead rodent/animal into a plastic bag prior to disposal)
- ◆ Seeking immediate attention if bitten or scratched by a rodent or if experiencing difficulty breathing or flu-like symptoms

**Animals:** Animals can transmit rabies and cause other DNBI

- ◆ Avoid contact with domestic (cats, dogs), farm, or wild animals
- ◆ Discourage pests by properly disposing of trash and eliminate food consumption and storage in living areas
- ◆ Do not keep or adopt animal mascots or pets

**Other:**

- ◆ Avoid contact with snakes, plants, spiders and other insects and arthropods (including scorpions, centipedes, ants, bees, wasps, and flies) (ask US PVNTMED personnel for assistance in identifying hazardous snakes, insects, animals and plants)
- ◆ If bitten, stung, or skin irritation develops from any type of contact, seek help from US medical personnel