

Respiratory Disease

Risk:

- » Acute Respiratory Disease: coughing, sneezing, sore throat, fever, and wheezing.
- » Tuberculosis: coughing, chest pain, breathlessness, night sweats, weight loss, fatigue.

Prevention:

- » Sneeze and cough into your sleeve.
- » Clean your hands often, before eating and after using the latrine.
- » Sleep head to toe in staggered bunks.
- » Avoid close indoor contact with local population.

Heat Stress

Risk:

- Heat lowers mental and physical performance and can cause heat cramps, heat exhaustion and heat stroke.
- » Symptoms- weakness, giddiness, nausea, headache; then confusion, convulsions and unconsciousness. Seek medical attention.

Prevention:

- » Replace fluids and follow the Work/Rest Guide (See Figure 1)

Cold Injury

Risk:

Injuries such as frostbite, hypothermia, dehydration, snow blindness, trench foot and carbon monoxide poisoning can occur in cold weather. (See Figure 2)

Prevention:

- » Cover exposed skin; wear protective glasses or goggles with side-shields.
- » Avoid wet skin; change into dry clothing at least daily and whenever clothing becomes wet.
- » Wash and dry feet and put on dry socks at least twice daily.
- » Maintain adequate hydration (3 to 6 L of liquid/day/soldier) and nutrition (4500 calories/day/soldier).

More information on disease and environmental risks is available from the National Center for Medical Intelligence at <https://www.intelink.gov/ncmi/index.php>

Altitude Illness

Risk:

- » High altitudes can cause headache, nausea, vomiting, dizziness, fatigue, irritability, coughing, difficulty breathing and impaired mental status. Stop ascent; descend if mission and capability allow. Seek medical attention immediately.
- » Environmental conditions are more severe at higher elevations.

Prevention:

- » Stage ascents over time.
- » Plan frequent rests during work and exercise.

Airborne Sand & Dust

Risk:

Sand, wind, and dust cause health problems, particularly to skin, eyes, throat and lungs. High winds create flying object hazards which may not be visible in blowing sand or dust.

Prevention:

- » Shield your face with cloth materials to protect from blowing dust and sand.
- » Wear proper eye protection.
- » Wash daily, especially body areas that collect dust and sand.
- » Protect lips with lip balm and use moisturizing skin lotion on your hands to prevent cracked, chapped fingers.

Sexually Transmitted Diseases (STDs)

Risk:

Unprotected sexual contact may result in sexually transmitted diseases (STDs) including gonorrhea, chlamydia, HIV/AIDS, and/or hepatitis B.

Prevention:

- » Abstinence; latex condoms; hepatitis B vaccine.



<http://chppm.amedd.army.mil>

1-800-222-9698

Deployment Health Card

IRAQ

Use force health protection measures to avoid seriously jeopardizing your mission.



Diseases from Food and Water Consumption

- Risk:**
Food, water, and ice may be contaminated with bacteria, parasites, viruses, raw sewage, toxins or pesticides that can cause illness.
- » Diarrhea: loose bowel movements.
 - » Hepatitis A: flu-like illness and jaundice.
 - » Typhoid/Paratyphoid fever: fever, constipation, and headache.

- Prevention:**
- » Consume food, water, and ice approved by the U.S. military.
 - » Get prescribed vaccines for hepatitis A and typhoid.

Diseases from Insects

- Risk:**
Iraq is home to many insects such as mosquitoes, ticks, and sand flies that can cause disease.
- Prevention:**
- » Use insect repellents containing DEET on exposed skin. Sleep under permethrin-

treated bed nets. Treat older Army Combat Uniforms (ACUs) with permethrin but do not use permethrin on the newer Flame-Resistant Uniforms (FRACUs). If unsure of uniform type; check the use and care label inside the garment.

- » Keep living areas free of trash and food as flies can also transmit disease.

Diseases from Water Contact

- Risk:**
Wading, swimming, and other contact with contaminated water can cause disease.
- » Leptospirosis: fever, chills, nausea, and muscle aches in calves and thighs.
 - » Schistosomiasis: painful or frequent urination, blood in urine; fever, diarrhea, abdominal pain, and blood in stool.

- Prevention:**
- » Swim and wade in approved water; wash skin and clothing after being in streams and ponds.

Diseases from Animal Contact

- Risk:**
- » Rabies: any animal bite/scratch should be evaluated by medical personnel for risk of rabies.
 - » Q fever: fever, severe headache, malaise, sore throat, chills, sweats, nausea and vomiting, diarrhea, non-productive cough, and chest pain.

- Prevention:**
- » Avoid all contact with animals including rodents, cats, dogs, and livestock. If contact is unavoidable, clean your hands afterwards.
 - » If scratched or bitten, seek medical attention immediately.
 - » Keep living areas free of trash and food.

Hazardous Animals

Risk:
Many hazardous animals including snakes, lizards, scorpions, spiders, centipedes, millipedes and solifugids (camel spiders) are found in Iraq. Seek medical attention

if bitten or stung. Shake or brush, rather than swat or crush, insects off clothing/skin.

- Prevention:**
- » Never walk barefoot.
 - » Do not handle snakes, lizards, insects, or spiders.
 - » Shake out boots, bedding and clothing prior to use.
 - » Use caution when entering abandoned buildings or bunkers.

Hazardous Plants

Risk:
Many toxic plants can irritate the skin and lungs if touched or burned; poisoning can occur if plants are chewed or eaten.

- Prevention:**
- » Avoid touching, chewing, or burning unfamiliar plants; wash contaminated skin and clothing after contact.
 - » Use clothing as a protective barrier.
 - » Eat only U.S. military-approved food.

Figure 1: Fluid Replacement and Work/Rest Guide

Heat Cat	WBGT Index, °F	Easy Work		Moderate Work		Hard Work	
		Work/Rest (min)	Water Intake (Qt/H)	Work/Rest (min)	Water Intake (Qt/H)	Work/Rest (min)	Water Intake (Qt/H)
1	78° - 81.9°	NL	½	NL	¾	40/20	¾
2	82° - 84.9°	NL	¾	50/10	¾	30/30	1
3	85° - 87.9°	NL	¾	40/20	¾	30/30	1
4	88° - 89.9°	NL	¾	30/30	¾	20/40	1
5	> 90	50/10 min	1	20/40	1	10/50	1

- » Easy Work = Walking on hard surface 2.5 mph <30 lb. load, Weapon maintenance, Marksmanship training
- » Moderate Work = Patrolling, Walking in sand 2.5 mph no load, Calisthenics
- » Hard Work = Walking in sand 2.5 mph with load, Field assaults

Figure 2: Wind Chill Chart

Wind (mph)	Temperature (°F)																			
	Calm	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	
5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63		
10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72		
15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77		
20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81		
25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84		
30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87		
35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89		
40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91		
45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93		
50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95		
55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97		
60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98		

- » Frostbite Times
- 30 minutes
 - 10 minutes
 - 5 minutes