

## Tools for Readiness



You can take steps to ensure readiness! The more educated you are, the more you will be able to ensure your own readiness or the readiness of your Soldiers.

Use the GFSR to:

- Gain knowledge about women's health.
- Find out about health education for women.
- Be aware of environments that require special attention.
- Access tools and references for counseling.
- Learn how to address non-equal opportunity female-specific issues.

## Preparation for the Field



Pack enough of these items for 30 days:

- Panty liners
- Sanitary napkins and tampons
- Baby wipes
- Multivitamins
- Cotton underwear
- Sports bras

## Websites on Health Topics

[www.hooah4health.com](http://www.hooah4health.com)

<http://chppm-www.apgea.army.mil/dhpw>

<http://www.cdcpin.org/scripts/index.asp>

<http://www.niaid.nih.gov/publications/>

## Guide to Female Soldier Readiness



Female Soldiers encounter unique healthcare and environmental situations. The Guide to Female Soldier Readiness (TG 281) can help you fulfill your responsibility for Soldier readiness, whether as an individual female Soldier or leader of female Soldiers.

To download the full guide, go to:

<http://chppm-www.apgea.army.mil/documents/TG/TECHGUID/TG281Draft29SepFinal.pdf>



## Oral Health

Field rations and sugary foods increase your risk of tooth decay.

- Floss daily.
- Brush at least twice daily with fluoridated toothpaste, even in the field.
- Chew xylitol gum.



To access more oral health information:

<http://chppm-www.apgea.army.mil/dhpw/OralFitnessMain.aspx>

## Nutrition



For top performance, eat all the food groups (whole grains, fruit, vegetables, meats, dairy).

- Women need more folic acid, iron and calcium.
- Field environments may require more energy if you are more active.

- Maintain your weight for optimal performance.
- Avoid dieting & weight loss during field operations.

Learn more about healthy eating at:

<http://chppm-www.apgea.army.mil/dhpw/Wellness/5ADay.aspx>

<http://chppm-www.apgea.army.mil/dhpw/wellness/ppnc.aspx>

## Pregnancies

Pregnancy and paternity can impact unit readiness for a long time.

- Unintended pregnancies can be prevented by education and access to contraceptive services.
- Birth control methods are FREE and easily available to military men and women.
- The well-woman exam is a great time to request or renew birth control prescriptions.



For further information about pregnancy:

<http://chppm-www.apgea.army.mil/dhpw/wellness/aspx>

<http://chppm-www.apgea.army.mil/dhpw/readiness/pppt.aspx>

## Sexually Transmitted Infections

Unprotected sex can cause pregnancy and spread sexually transmitted infections.

- Vaginal, oral, or anal sex can spread sexually transmitted infections! It is NOT “safe sex” without protection!!
- Not all STIs are curable
- Early evaluation by a healthcare provider is important

For further information about sexually transmitted infections:

<http://www.cdcnpin.org/scripts/std/index.asp>

<http://www.cdcnpin.org/scripts/hiv/index.asp>

<http://www.niaid.nih.gov/publications/stds.htm>

## Sexual Assault

The Army is committed to eliminating incidents of sexual assault.

- Contact a Sexual Assault Response Coordinator (SARC) to coordinate victim support services and inform victims of their reporting options.
- Sexual assault victims are offered 2 reporting options.
- Sexual assault can be reported at anytime.

For additional information on sexual assault awareness, response and care, leader guidance, regulations, and training:

<http://www.sexualassault.army.mil>