http://chppm-www.apgea.army.mil/
1-800-222-9698

USACHPPM
Readiness thru Health

Hazardous Animals

Risk:

Many hazardous animals such as snakes, reptiles, scorpions and spiders, are found in Egypt. Seek medical attention if bitten or stung.

Prevention:

- Never walk barefoot.
- Do not handle any snake. If bitten, get medical attention. Wash any venom from eyes immediately!
- Do not disturb Nile crocodiles or monitor lizards. Use caution on river shorelines.
- To avoid contact with scorpions, spiders, centipedes, millipedes, and solifugids: shake out boots, bedding and clothing before use; avoid sleeping on the ground; use caution when entering bunkers or abandoned buildings.

Heat Stress

Risk:

- Heat stress 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:

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	½	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

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Deployment Health Card

EGYPT

Use force health protection measures

to avoid **adverse impact on your mission.**

USACHPPM
Readiness thru Health

Diseases from Food and Water

Risk:

Food and water may be contaminated with bacteria, parasites, viruses, raw sewage, toxic metals or pesticides that can cause illness.

» Diarrhea: Symptoms - loose bowel movements.

» Hepatitis A: Symptoms - flu-like illness.

» Typhoid/Paratyphoid fever: Symptoms - fever, constipation, headache .

Prevention:

» Consume only food, water and ice approved for military personnel.

» Do not eat at roadside food stands or any local food.

» Do not drink tap water anywhere in Egypt.

» Use field sanitation measures.

» Keep your hands clean.

» Get prescribed vaccines for Hepatitis A and typhoid.

Diseases from Arthropods

Risk:

» Egypt is home to many arthropods such as mosquitoes, ticks, and sand flies that can cause disease.

Prevention:

» Use DEET on exposed skin. Use permethrin-treated uniforms and permethrin-treated bed nets.

» Take prescribed anti-malarial medication.

» Flies can also transmit disease - keep living areas free of trash and food.

Disease from Water Contact

Risk:

» Parasitic worms can penetrate the skin of people who are wading or swimming in contaminated water.

» Schistosomiasis: Symptoms - fever, chills, nausea.

Prevention:

» Swim and wade only in approved water; wash skin and clothing after being in streams and ponds.

Clean your hands often throughout deployment - use soap and water or alcohol-based hand cleaner.

Diseases from Animal Contact

Risk:

» Rabies: Symptoms - pain, tingling, or itching from bite site, chills, fever, muscle aches.

» Avian Influenza: Humans have been infected with avian influenza in Egypt. Symptoms - fever, cough, and sore throat.

Prevention:

» Avoid all contact with animals, including rodents, cats, dogs and birds. Avoid areas where animals are kept. Clean your hands afterward if contact is unavoidable.

» If scratched or bitten, seek medical attention immediately.

» Keep living areas free of trash and food.

» Cook poultry until no longer pink, eggs until yolks are firm.

Respiratory Disease

Risk:

» Symptoms - Cough, sneezing, sore throat, fever, wheezing.

Prevention:

» Sneeze and cough into a tissue or your sleeve. Clean your hands often especially before eating and after using the latrine. Sleep head to toe in staggered bunks.

Traffic Safety

Risk:

» Egypt has one of the highest rates of road fatalities per miles driven in the world.

Prevention:

» Avoid driving.

» Avoid public mini- and microbuses for transportation.

» Use the trains as a means of transportation whenever possible.

» Use caution when crossing or walking along streets.

Hazardous Plants

Risk:

» Seek medical attention if injured or poisoned from plants.

Prevention:

» Do not touch, chew, eat, or burn unfamiliar plants; use clothing as a protective barrier for skin; wash contaminated skin/clothing after contact.

More information on disease and environmental risks is available from the Armed Forces Medical Intelligence Center at http://mic.afmic.detrick.army.mil/.