

Heat Stress

Risk:

Heat stress impairs cognitive ability and physical performance and can cause heat cramps, heat exhaustion, and heat stroke.

- » Symptoms- inability to work, flushed face, confusion, disorientation and fainting. When in doubt, treat as a heat illness. Seek medical attention and begin cooling the Soldier immediately if mental status is altered or loss of consciousness occurs.

Prevention:

- » Maximize physical fitness and heat acclimation prior to deployment.

- » Observe Soldiers carefully for signs of distress in the heat and adjust work-rest schedules, work rates and water consumption according to conditions.
- » Heat strain and dehydration can accumulate over several days before causing heat illness; therefore, during recovery periods, emphasize rest, shade, rehydration, and proper nutrition.
- » See Fluid Replacement and Work/Rest Guide Chart.
- » See TB MED 507 Heat Stress Control and Heat Casualty Management for more information (www.usariem.army.mil).

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

Figure 1: Fluid Replacement and Work/Rest Guide Chart

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

U.S. Army Public Health Command (Provisional)
formerly US Army Center for Health Promotion and Preventive Medicine (USACHPPM)
<http://chppm.amedd.army.mil>
1-800-222-9698

- » 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

MEXICO

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

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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 (yellowing of skin, white of eyes, and mucus membranes).

Prevention:

- » Consume only food, water, and ice approved by the U.S. military.
- » Get prescribed hepatitis A vaccine.
- » Wash hands often, before eating and after using latrines.

Diseases from Insects

Risk:

Mexico is home to many insects including mosquitoes that can cause disease.

- » Dengue Fever: sudden onset fever, intense headache, muscle pain, joint pain, eye pain, loss of appetite, nausea, vomiting, rash.

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 Army Combat Uniforms (FRACUs). If unsure of the uniform type, check the Use and Care Label on the inside of the garment.
- » Keep living areas free of trash and food.

Diseases from Animal Contact

Risk:

- » Rabies: Any animal bite/scratch should be evaluated by medical personnel for risk of rabies.

Prevention:

- » Avoid all contact with animals and animal hides, including rodents, cats, dogs and livestock.
- » Clean your hands afterwards if contact is unavoidable.

- » If scratched or bitten, seek medical attention immediately.
- » Keep living areas free of trash and food.

Diseases from Water Contact

Risk:

Wading, swimming, and other contact with contaminated water can cause disease.

- » Leptospirosis: fever, chills, nausea and muscle aches.

Prevention:

- » Do not swim or wade in unapproved water.
- » Wash skin and clothing after exposure to streams or ponds.

Diseases from Soil Contact

Risk:

- Personnel with significant skin exposure to soil heavily contaminated with human or animal feces are at risk of becoming infected with intestinal worms and parasites.
- » Intestinal worms: skin rash, fever, cough, abdominal pain, nausea, diarrhea, and unintentional weight loss.

- » Other parasites: visible red worm-like burrows or inflamed tracks under skin. Intense itching at the site.

Prevention:

- » Do not walk barefoot or contact soil with bare hands.

Sexually Transmitted Diseases (STDs)

Risk:

Unprotected sexual contact may result in sexually transmitted diseases including gonorrhea, Chlamydia, HIV/AIDS, and hepatitis B.

Prevention:

- » Avoid sexual contact.
- » Use a new latex condom with each sexual encounter.
- » Get prescribed hepatitis B vaccine.

Respiratory Disease

Risk:

- » Acute Respiratory Disease: coughing, sneezing, sore throat, fever and wheezing.

Prevention:

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

Hazardous Animals

Risk:

Many hazardous animals can be found in Mexico including reptiles, snakes, marine animals, bees, scorpions and spiders. Fish/shellfish along Mexico's coasts may produce toxins that accumulate in the fish/shellfish and are poisonous if eaten.

Prevention:

- » Do not handle any reptile, snake, marine animal or insect.
- » Swim only at approved beaches.
- » Shake out boots/bedding/clothing prior to use.
- » Never walk barefoot.
- » Avoid sleeping on the ground.
- » Seek medical attention immediately if bitten or stung.
- » Avoid locally caught seafood; consume only food, water, and ice approved by the U.S. military.

Hazardous Plants

Risk:

Toxic plants can cause skin/eye irritation if touched/burned.

Prevention:

- » Do not touch, chew, eat, or burn unfamiliar plants; wash contaminated skin/clothing after contact.

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.