

### What were the environmental conditions where I was deployed?

The military assesses environmental conditions and hazards at locations throughout the world to determine potential exposures and impacts to health. Get base camp Periodic Occupational and Environmental Monitoring Summaries (POEMS) and fact sheets that describe environmental conditions and hazards at the Military Exposure Surveillance Library (MESL) <https://mesl.apgea.army.mil/mesl/healthSummary.jsp>.

Visit the MESL website to get documents that pertain to you. If you have questions regarding your exposures, bring the documents to your health care provider. You can also get useful information from the USAPHC Environmental Medicine Program (EMP) at <http://phc.amedd.army.mil/organization/institute/doem/Pages/EnvMed.aspx>.

Your health care provider can contact the EMP's Clinical Consult Service for provider-to-provider assistance at (410) 436.2714 or [USAPHC-EMP@AMEDD.army.mil](mailto:USAPHC-EMP@AMEDD.army.mil).

### Reuniting with family and friends

Reunions can be filled with both joy and stress. Move back into the household routine slowly - resume family routines that are effective, but be prepared to make some adjustments reestablishing your place in the family. Make time for each child and for your partner. Manage money carefully.

Don't overdo at the reunion parties. Watch your sugar and alcohol intake. If you are not in a monogamous relationship, use a condom to avoid sexually transmitted infections.

See a chaplain or counselor for help with homecoming stress.

### Deployment-Related Stress

While you were deployed, you may have been exposed to dangerous situations and experienced events that most people never will. Many Service members feel anxious or depressed in a garrison or home environment. Usually, these feelings are temporary and are due to readjusting from intensely stressful situations to a more routine way of life. If you experience sleep problems, anxiety, depression, memory problems, loss of appetite, troubling dreams, loss of energy or any other psychological difficulties, make sure that you note these issues on DD Form 2796 or DD Form 2900 and **tell your healthcare provider**. In some cases, these symptoms can be warning signs of more serious mental health issues like posttraumatic stress disorder, acute stress disorder or adjustment disorders.

**For more information, contact your healthcare provider or Real Warriors**

Toll Free Help Line: 866.966.1020  
<http://www.realwarriors.net/>  
or

**Deployment Health Clinical Center**  
Toll Free Help Line: 866.559.1627  
<http://www.pdhealth.mil>

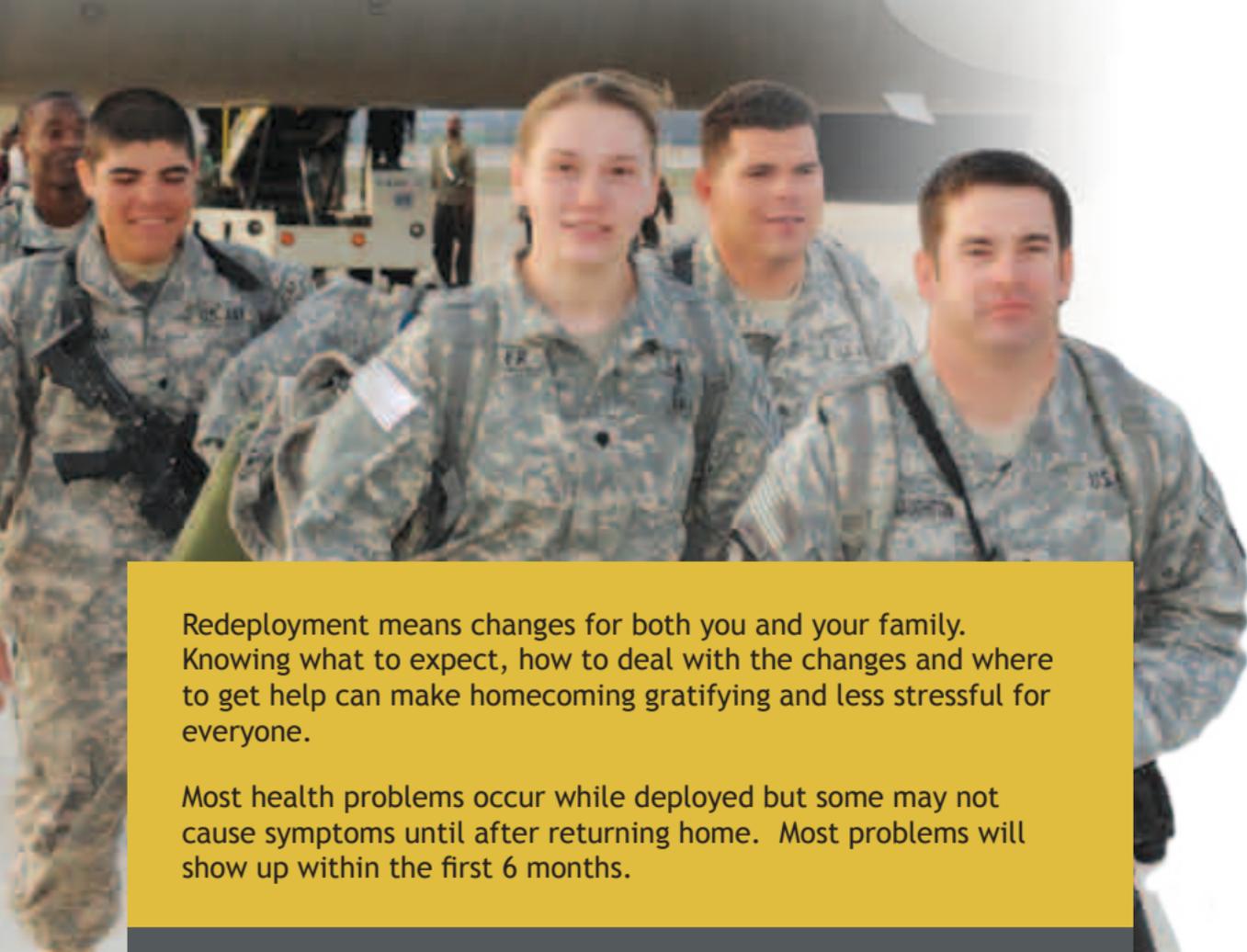


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# Redeployment Health Card

*Congratulations on a successful deployment  
and thanks for your service!*





Redeployment means changes for both you and your family. Knowing what to expect, how to deal with the changes and where to get help can make homecoming gratifying and less stressful for everyone.

Most health problems occur while deployed but some may not cause symptoms until after returning home. Most problems will show up within the first 6 months.

#### While still in theater, or within 30 days of returning home you'll need to:

- » Complete DD Form 2796 (Post-Deployment Health Assessment Form)
- » Have a face-to-face health assessment where you discuss:
  - Your responses on the DD Form 2796
  - Possible environmental or occupational exposures
  - Mental health issues common to deployments
  - Force health protection prescription products
- » Give a post-deployment blood sample
- » Know where to go for health problems or concerns after you return home

#### Once home you'll need to:

- » Continue taking anti-malarial drugs as directed
- » Give a blood sample
- » Get a hearing test within 6 months or prior to release from active duty
- » Get tested for tuberculosis if you were in a high-risk area
- » Complete DD Form 2900 (Post-Deployment Health Reassessment Form) 3 to 6 months after return

#### Do you think you may have health problems?

- » You may experience minor, temporary changes in health after redeployment such as fatigue, sore or achy muscles, or a change in appetite. Other conditions (such as malaria or TB) may not show symptoms for weeks or months after you return.
- » Seek medical care if you have these symptoms:
  - fever, muscle or joint pain, stomach or bowel problems, swollen glands, skin problems, excessive tiredness, emotional problems, sleep difficulties, shortness of breath, weight loss
- » Be sure to tell your healthcare provider where you were deployed.

#### Could I have been exposed to any diseases that I might give to my family?

Some conditions, such as TB and sexually transmitted infections, can be passed from one person to another. If you have been diagnosed with any of these conditions, be sure to use precautions to avoid transmission.

#### Rabies is fatal

If you were bitten by an animal or if an animal's saliva contacted your broken skin, mouth, or eyes, tell your healthcare provider right away. This includes any wild animal, stray, or local pet.

- » Treatment is best immediately after the contact but it is still effective before symptoms (weakness, discomfort, fever, headache, and irritability) appear.
- » Rabies symptoms may not appear for over a year after an incident but once symptoms appear, rabies usually cannot be successfully treated.