

This information guide is intended to help address redeployment issues and concerns that you or your family might have. The reuniting process involves 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 enjoyable and less stressful for everyone.

OVERVIEW

Redeployment involves reuniting with your loved ones and getting reacquainted as a family. It is also a time to take care of yourself, emotionally and spiritually. Basic information about these important topics is provided in this guide, including information about locating resources to assist you and your family.

REDEPLOYMENT MEDICAL REQUIREMENTS

Medical requirements for redeployment include:

- A post-deployment blood sample.
- Completion of a DD Form 2796 (Post-Deployment Health Assessment Form).
- Completion of a DD Form 2900 (Post-Deployment Health Reassessment Form) 3 to 6 months after return.
- A tuberculosis (TB) skin test at the time of redeployment and again in 3 months.
- Continuation of chloroquine, doxycycline, or mefloquine for 4 weeks after return if you were in an area with malaria and were started on anti-malarial drugs.
- A 14-day course of primaquine for some areas.
- Notification to your healthcare provider that you have traveled outside the United States if you need to seek medical care for illness in the next year.

POTENTIAL CHANGES IN YOUR HEALTH

Most Service members experience minor, temporary changes in their health after redeployment due to the stress of the mission, deployment travel, jet lag, and adapting to a different schedule and diet. You may feel tired, experience sore or achy muscles, or a change in appetite. These symptoms should go away. The first symptoms of some illnesses may not appear until days, weeks, or even months after deployment. If the symptoms persist, tell your physician and let your physician know when and where you were deployed.

WHAT WERE THE ENVIRONMENTAL CONDITIONS WHERE I WAS DEPLOYED?

The military has performed in-depth assessments at many of the base camps in countries throughout the world. The environmental conditions in some countries

can affect your health. The military documents information pertaining to the quality of the water, soil, and air and uses this information to employ preventive medicine procedures to keep you healthy while you are deployed and after you return home. The military continues to conduct research to minimize the effects of these conditions and prevent impairment of your health. Further information can be found at the Deployment Health Clinical Center Emerging Health Concerns Web page: http://www.pdhealth.mil/ehc/ehc_updated.asp.

COULD I HAVE BEEN EXPOSED TO ANY DISEASES THAT I MIGHT GIVE TO MY FAMILY?

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

REUNION WITH YOUR LOVED ONES

Returning home can be every bit as stressful and confusing as leaving. It is essential that you arrange to spend time with your family and loved ones soon after you return from deployment. You will find it helpful to resume family routines and personal spiritual routines that are effective, but proceed slowly in reestablishing your place in the family. Be prepared to make some adjustments. The following suggestions are intended to help you and your loved ones get reacquainted with as little stress as possible.

Service Members

- Take time to listen and talk. Slowly reestablish good two-way communications with each family member.
- Make time for each child and for your partner.
- Support the good things your family has done.
- Remember, romantic conversation can make sexual intimacy easier for both of you and your partner.
- Manage money carefully.
- Do not overdo the "reunion parties."

Partners

- Avoid a busy schedule.
- Go slowly in making adjustments.
- Remind your partner that he or she is still needed.
- Discuss division of the family chores.
- Stick to a budget until you have time to talk about money matters.
- Make time to be alone with your partner.
- Be patient in rebuilding your relationship.

Children

- Slowly resume the old rules and routines.
- Be available to your child, with time and emotions.
- Let the child be the first to renew the bond.
- Expect some changes in your child.
- Focus on successes; limit criticisms.
- Encourage your child to tell you everything that happened while you were away, and help your child to understand why you went away.

EXPECTATIONS FOR SERVICE MEMBERS

- Even though you may want to talk about your experiences, your family may not.
- Roles may have changed with regard to basic chores and household duties.
- Face-to-face communication may be difficult after a separation.
- Closeness may be awkward at first.
- Children grow up during separations; they may seem different.
- Partners become more independent, have assumed many different responsibilities in your absence, and may need more space.
- You may have to change your outlook on priorities in the household.

EXPECTATIONS FOR PARTNERS

- Service members may have changed.
- Service members may feel "closed-in" or claustrophobic and may need space to feel comfortable.
- Service members often feel overwhelmed by the everyday noise and confusion of home life.
- Service members may need time to resume sleeping patterns.
- Service members may feel left out and need time to adjust.
- Service members may feel hurt when small children are slow to hug them and show emotions.

WHAT CHILDREN MAY FEEL

- Babies less than 1 year old may cry when you hold them; toddlers may not know you at first.
- Preschoolers 3-5 years old may be afraid of you.
- School-aged children 6-12 years old may demand more of your time than other children.
- Teenagers may seem moody, and act as if they do not care.
- Some children may be anxious, fearing your expectations of them.

WHAT CHILDREN MAY FEEL (Continued)

- Children may respond with a display of symptoms of minor illnesses.
- Children may be torn by loyalties to the parent who remained at home.

WHO SHOULD I CONTACT IF I HAVE HEALTH CONCERNS?

Your chain of command, chaplain, and health care provider are all excellent sources of information for you and your family.

WHAT ABOUT MY HEALTH CONCERNS IF I AM IN THE GUARD OR RESERVE?

The post-deployment requirements apply to Active, Guard, and Reserve alike. Any health issues identified during or after redeployment should be referred to appropriate medical channels. Completion of a Line of Duty/Notice of Eligibility determination and coordination with your parent unit are essential parts of this process.

DIRECTIONS FOR HEALTH CONCERNS

- **Step 1.** Contact your local military treatment facility with questions, concerns, or symptoms noticed after deployment.
- **Step 2.** If you have symptoms, your primary health care provider can do an initial assessment and provide treatment. If symptoms persist or your health does not improve, ask for referral to a specialist.
- **Step 3.** If you require further assistance, contact:

DOD Deployment Health Clinical Center
Walter Reed Army Medical Center
6900 Georgia Avenue, NW
Building 2, Room 3G04
Washington, DC 20307-5001
Phone: Commercial (202) 782-6563
DSN: (312) 662-6563
Fax: (202) 782-3539
Toll-free Help Line: (866) 559-1627
<http://www.pdhealth.mil>

RESOURCES

- Centers for Disease Control and Prevention:
<http://www.cdc.gov/>
- Military One Source:
24/7 toll-free numbers to assist with your family-related issues. From the U.S., (800) 342-9647; outside the U.S., dial appropriate access code, then (800)3429-6477;
<http://www.militaryonesource.com>
- Hooah 4 Health:
<http://hooah4health.com>
- Tricare national and regional toll-free contact numbers:
<http://www.tricare.osd.mil>
- U.S. Army Public Health Command:
<http://phc.amedd.army.mil>

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Redeployment Health Guide: A Guide for Service Members and Their Families

For additional information, contact your health care provider or contact the DOD Deployment Health Clinical Center listed in this brochure.

