

Congratulations on a successful deployment, and welcome home. To ensure the transition to your home station is healthy and stress-free, it is important that you complete medical processing and stay alert to your body's signals over the next several months.

Redeployment Medical Requirements

Medical requirements for redeployment include—

- A post-deployment blood sample.
- Completion of a [DD Form 2796](#) (Post-Deployment Health Assessment).
- Completion of [DD Form 2900](#) (Post-Deployment Health Reassessment (PDHRA)) 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.

Deployment-Related Diseases

Often, the illnesses Soldiers are exposed to during or after a deployment will be the same as the illnesses they are exposed to while in the United States. However, deployment may expose service members to diseases that are rare in the United States. Following are some of the diseases you may have been exposed to while deployed:

[Malaria](#) is a parasite spread by mosquitoes. People who are infected may become sick within days, or the onset of symptoms may be delayed for months. Malaria can cause severe illness or even death if it is not treated.

- Symptoms of malaria include fever (often the fever comes and goes every few days), chills, headache, muscle aches, fatigue, and sometimes gastrointestinal problems.
- Finishing all anti-malarial medication exactly as prescribed is CRITICAL.

Deployment-Related Diseases (Continued)

- If you need to see a healthcare provider for illness in the next year, tell the provider that you have traveled outside the United States.

[Leishmaniasis](#) is a disease spread by sand flies.

- In most cases, people infected will only develop skin sores.
- Often, skin sores will not develop until months after a bite.
- In rare cases, the disease can affect the liver and spleen and cause weight loss and fever.
- See a healthcare provider if you develop skin sores that do not heal during the next year.

[Tuberculosis](#) is caused by bacteria transmitted by an infected person's cough, sneeze, or sometimes even speaking.

- Symptoms of TB are a cough that lasts for several weeks (possibly with blood), chest pain, sweating at night that drenches your sheets, unexplained fevers, weight loss and weakness. TB can be fatal if left untreated.
- The TB skin test tells if you have been infected while deployed. You should have a test now and another test in 3 months. (There can be a delay in the skin test turning positive after infection.)
- The majority of people who breathe the contaminated air will not become infected.
- Only people who are sick from TB are capable of infecting other people.
- If someone in your unit is taking a single antibiotic for TB, he or she does not pose a risk to you.
- People who are sick are isolated from others (usually at home) and treated with multiple antibiotics until they are no longer infectious.

There are other infectious diseases that occur outside the United States that are rare within the United States. If you see a healthcare provider within the next year, it is important that you let the provider know you have traveled outside the United States.

Environmental Exposures

During deployment you may have experienced intense or prolonged exposure to contaminants in the air and water such as smoke, dust, pollens, and pollution; increased noise levels; heat and cold; and other environmental stressors. Some of these exposures may cause worsening of problems you already have (like asthma), or may cause new problems (hearing loss). Many of these problems resolve within a few days, and no long-term health effects are expected. A few (such as hearing loss) may persist. If you continue to have symptoms even though you are no longer in the irritating environment, you should seek medical care. Medical teams sample and analyze soil, water, and air throughout the area of operations to determine if any environmental hazards are present. If any sampling results indicate a potential for any type of environmental exposure risk, a team of experts will be sent to assess the situation, and all service members who may have been exposed will be contacted and evaluated.

Deployment-Related Stress

While you were deployed, you may well have seen difficult or troubling scenes, been exposed to dangerous situations, and experienced events that most people never will. Many Soldiers returning from deployment may feel anxious or even depressed. Many more are likely to feel uncomfortable in a garrison or home environment. Usually, these feelings do not last for a long time, and, although they are unpleasant, in most cases they are not signs of a mental illness. Instead, they are the normal by-products of readjusting from intensely stressful situations to a more "routine" way of life. If (either during your deployment or after) you experienced sleep problems, anxiety, depression, memory problems, loss of appetite, troubling dreams, loss of energy or any other psychological difficulties, make sure that you annotate these issues on DD Form 2796 or DD Form 2900 and/or mention them to your healthcare provider. In some cases, the psychological symptoms mentioned above can be warning signs of a more serious mental health issue like [Posttraumatic Stress Disorder \(PTSD\)](#), [Acute Stress Disorder \(ASD\)](#) or [Adjustment disorders](#).

Deployment-Related Stress (Continued)

Although these disorders are serious, your healthcare provider can address mental health problems. The key is early detection and early treatment. Keep an eye on yourself and on your buddies. If your behavior or theirs is "abnormal," talk to a healthcare provider or let someone in your chain of command know about your concerns.

Health Concerns

Most illnesses and other health problems related to a deployment occur while troops are still in the theater of operations. In some cases, however, symptoms may not appear until after troops return home. You should seek medical care as soon as possible if you experience the following in the coming weeks or months: unexplained fevers, chills, muscle or joint pain, stomach or bowel problems, swollen glands, skin problems, fatigue, depression, anxiety, irritability, difficulty reconnecting with family and friends, difficulty having fun, frequent nightmares, sleep difficulties, jumpiness, shortness of breath or weight loss. Remind your provider where and when you were deployed.

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 healthcare provider can do an initial assessment and provide any necessary treatment. If symptoms persist or your health does not improve, ask for a 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: DSN (312) 662-6563; Commercial (202) 782-6563 (07:45 to 16:30 EST; after hours leave a message for a return call)
Fax: (202) 782-3539
Web site: <http://www.pdhealth.mil>

Resources

- Military deployment health information: <http://www.pdhealth.mil>
- Centers for Disease Control and Prevention: <http://www.cdc.gov>
- Tricare national and regional toll-free contact numbers: <http://www.tricare.osd.mil>
- U.S. Army Center for Health Promotion and Preventive Medicine: <http://chppm-www.apgea.army.mil>
- Hooah 4 Health: <http://Hooah4Health.com>
- Military One Source: 24/7 toll-free numbers to assist with counseling, family-related issues, and other concerns. From the U.S., (800) 342-9647; outside the U.S., dial appropriate access code, then (800) 3429-6477; <http://www.militaryonesource.com>

DISTRIBUTION UNLIMITED

Prepared by:



U.S. Army Center for Health Promotion &
Preventive Medicine

<http://chppm-www.apgea.army.mil>
SIPRNet: <http://usachppm1.army.smil.mil>
(800) 222-9698/ DSN 584-4375/ (410) 436-4375
SHG 048-0406

Redeployment Health Guide: Operation Iraqi Freedom and Operation Enduring Freedom (Afghanistan)

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

