

## Diseases from Animal Contact

### Risk:

- » Rabies: Any animal bite/scratch should be evaluated by medical personnel for risk of rabies.
- » Q fever: fever, severe headache, malaise, sore throat, chills, sweats, nausea and vomiting, diarrhea, non-productive cough, and chest pain.

### 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.

## Hazardous Animals

### Risk:

Many hazardous animals including snakes, scorpions, spiders, centipedes, millipedes and solifugids (camel spiders) are found in Afghanistan.

- » Seek medical attention if bitten/stung
- » Shake or brush insects off clothing/skin.

### Prevention:

- » Never walk barefoot.
- » Do not handle snakes, lizards, insects, or spiders.
- » Shake out boots, bedding and clothing prior to use.
- » Use caution when entering abandoned buildings or bunkers.

## Hazardous Plants

### Risk:

Numerous toxic plants can cause skin and lung irritation if touched or burned; poisoning can occur if plants are chewed or eaten.

### Prevention:

- » Avoid touching, chewing, or burning unfamiliar plants; wash contaminated skin and clothing after contact.
- » Use clothing as a protective barrier.
- » Eat only U.S. military-approved food.

## 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.

## Airborne Sand & Dust

### Risk:

Sand, wind, and dust cause health problems, particularly to skin, eyes, throat and lungs. High winds create flying object hazards which may not be visible in blowing sand or dust.

## Prevention:

- » Shield your face with cloth materials to protect from blowing dust and sand.
- » Wear proper eye protection.
- » Wash daily, especially body areas that collect dust and sand.
- » Protect lips with lip balm and use moisturizing skin lotion on your hands to prevent cracked, chapped fingers.

## Sexually Transmitted Diseases (STDs)

### Risk:

Unprotected sexual contact may result in sexually transmitted diseases (STDs) including gonorrhea, chlamydia, HIV/AIDS, and/or hepatitis B.

### Prevention:

- » Abstinence; latex condoms; hepatitis B vaccine.

## Deployment Health Card

# Afghanistan

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



<http://chppm.amedd.army.mil>

1-800-222-9698



### 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
- » Typhoid/Paratyphoid fever: fever, constipation, and headache.

#### Prevention:

- » Consume food, water, and ice approved by the U.S. military.
- » Get prescribed vaccines for hepatitis A and typhoid.

### Diseases from Water Contact

#### Risk:

Wading, swimming, and other contact with water contaminated with animal urine.

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

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

#### Prevention:

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

### Diseases from Insects

#### Risk:

Afghanistan is home to many insects such as mosquitoes, ticks, and sand flies that can cause disease. Malaria, caused by night-biting mosquitoes, is the most common and can cause significant illness or death.

#### 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 Uniforms (FRACUs). If unsure of uniform type, check the use and care label inside the garment.
- » Take prescribed malaria pills.

- » Keep living areas free of trash and food as flies can also transmit disease.

### Respiratory Disease

#### Risk:

- » Acute Respiratory Disease: coughing, sneezing, sore throat, fever, and wheezing.
- » Tuberculosis: coughing, chest pain, breathlessness, night sweats, weight loss, fatigue.

#### Prevention:

- » Sneeze and cough into your sleeve.
- » Clean your hands often, before eating and after using the latrine.
- » Sleep head to toe in staggered bunks.
- » Avoid close indoor contact with local population.

### Heat Stress

#### Risk:

Heat 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:

- » Replace fluids and follow the Work/Rest Guide. (See Figure 1)

### Cold Injury

#### Risk:

Injuries such as frostbite, hypothermia, dehydration, snow blindness, trench foot and carbon monoxide poisoning can occur in cold weather. (See Figure 2)

#### Prevention:

- » Cover exposed skin; wear protective glasses or goggles with side-shields.
- » Avoid wet skin; change into dry clothing at least daily and whenever clothing becomes wet.
- » Wash and dry feet and put on dry socks at least twice daily.
- » Maintain adequate hydration (3 to 6 L of liquid/day/soldier) and nutrition (4500 calories/day/soldier).

Figure 1: Fluid Replacement and Work/Rest Guide

Heat Cat	WBGT Index, °F	Easy Work		Moderate Work		Hard Work	
		Work/Rest (min)	Water Intake (Qu/H)	Work/Rest (min)	Water Intake (Qu/H)	Work/Rest (min)	Water Intake (Qu/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

- » 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

Figure 2: Wind Chill Chart

Wind (mph)	Temperature (°F)																			
	Calm	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	
5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63		
10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72		
15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77		
20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81		
25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84		
30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87		
35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89		
40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91		
45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93		
50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95		
55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97		
60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98		

» Frostbite Times

- » 30 minutes
- » 10 minutes
- » 5 minutes