

From: PTC ALARACT RELEASE
Sent: 09/26/2007 15:39:03
To: AL ALARACT(uc) @ Address Lists @ Organizations @ Army @ DoD @ U.S. Government;
ALARACT @ MFI
Cc:
Subject: ALARACT 213/2007

THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER
ON BEHALF OF DA WASHINGTON DC//DASG-PPM//DAMO-DASG//

THIS ALARACT MESSAGE IS BEING SENT OUT ON BEHALF OF THE ACTING SURGEON
GENERAL.

SUBJECT: PREVENTION AND CONTROL OF ILLNESSES DURING DEPLOYMENT

REF/THIRD US ARMY/USARCENT/CFLCC POLICY MEMORANDUM SUR-01, SUBJECT:
MALARIA CHEMOPROPHYLAXIS/18 FEB 06, EXPIRES 17 FEB 08//

1. (U) THIS ALARACT MESSAGE SUPERSEDES THE ALARACT MESSAGE -031347ZJUN04
SUBJECT: ALARACT PREVENTION AND CONTROL OF ILLNESSES DURING DEPLOYMENT.

2. (U) A FIT AND HEALTHY FORCE IS VITAL TO MILITARY OPERATIONS, AND THE MOST
EFFECTIVE METHOD OF MAINTAINING GOOD HEALTH WITHIN OUR FIGHTING FORCE IS
PREVENTION OF DISEASE AND NON-BATTLE INJURIES (DNBI). DNBI IS AS MUCH A
THREAT TO OUR SOLDIERS TODAY AS IT WAS IN PREVIOUS CONFLICTS.

3. (U) LEADERS MUST EMPHASIZE THE USE OF PERSONAL PROTECTIVE MEASURES
AND GOOD PERSONAL HYGIENE, WHICH WILL PREVENT THEIR SOLDIERS FROM
GETTING AND/OR SPREADING INFECTIOUS DISEASES.

4. (U) COMMANDERS MUST ENSURE THEIR SOLDIERS TAKE THE FOLLOWING
PRECAUTIONS:

4.A. (U) WASH HANDS OFTEN, ESPECIALLY AFTER SNEEZING OR BLOWING THE NOSE,
USING THE LATRINE, AND BEFORE TOUCHING FOOD. IF RUNNING WATER IS NOT
AVAILABLE, USE A LIQUID HAND SANITIZER OR "BABY WIPES".

4.B. (U) COVER THE MOUTH WITH THE SLEEVE WHEN SNEEZING OR COUGHING; KEEP
HANDS AWAY FROM EYES, NOSE, AND MOUTH.

4.C. (U) IN SLEEPING AREAS, SLEEP IN A "FOOT TO HEAD" PATTERN AND HAVE
MAXIMUM POSSIBLE DISTANCE BETWEEN COTS.

4.D. (U) ADDITIONAL INFORMATION ON RECOMMENDATIONS TO PREVENT
RESPIRATORY DISEASE CAN BE FOUND IN TECHNICAL GUIDE 314, NON-VACCINE
RECOMMENDATIONS TO PREVENT ACUTE INFECTIOUS RESPIRATORY DISEASE AMONG
US ARMY PERSONNEL LIVING IN CLOSE QUARTERS, AVAILABLE AT
[HTTP://USACHPPM.APGEA.ARMY.MIL/DOCUMENTS/TG/TG314.PDF](http://USACHPPM.APGEA.ARMY.MIL/DOCUMENTS/TG/TG314.PDF).

5. (U) COMMANDERS MUST ENSURE SOLDIERS EAT AND DRINK FROM APPROVED
SOURCES AND DO NOT USE LOCAL UNAPPROVED VENDORS DURING DEPLOYMENT
EVEN TO INCLUDE INGESTION OF ICE.

6. (U) BASED ON THE CURRENT DISEASE THREAT, US PERSONNEL TRAVELING TO IRAQ
DO NOT REQUIRE MALARIA PROPHYLAXIS. PERSONNEL TRAVELING TO
INTERNATIONAL SECURITY ASSISTANCE FORCE (ISAF) AREA OF OPERATIONS (AO)
INCLUDING AFGHANISTAN, UZBEKISTAN, AND PAKISTAN FOR EVEN ONE DAY AT A TIME
MUST RECEIVE BOTH PRIMARY AND TERMINAL MALARIA CHEMOPROPHYLAXIS. THE

COMBINED JOINT TASK FORCE-82 COMMAND SURGEON MALARIA POLICY CALLS FOR DOXYCYCLINE 100 MILLIGRAMS TAKEN ONCE DAILY BEGINNING TWO DAYS PRIOR TO DEPARTURE AND CONTINUING FOR 28 DAYS AFTER RETURN. SOLDIERS MISSING ONE DAY OF DOXYCYCLINE MEDICATION ARE AT RISK FOR ACQUIRING MALARIA.

7. (U) COMMANDERS MUST EMPHASIZE USE OF PERSONAL AND UNIT PROTECTIVE MEASURES TO REDUCE THE RISK OF DISEASES TRANSMITTED BY BITING INSECTS. TROOPS MUST USE INSECT REPELLENT LOTION CONTAINING DEET ON ALL EXPOSED SKIN, SLEEP IN SCREENED BILLETING AREAS OR USE BED NETS TREATED WITH PERMETHRIN, AND WEAR PERMETHRIN-TREATED UNIFORMS, IF AVAILABLE. SPECIFIC GUIDANCE ON THE USE OF PERSONAL PROTECTIVE MEASURES AGAINST BITING ARTHROPODS IS FOUND AT [HTTP://WWW.AFPMB.ORG/COWEB/GUIDANCE_TARGETS/PPMS/TG36/TG36.HTM](http://www.afpmb.org/coweb/guidance_targets/ppms/tg36/tg36.htm). A NEW BED NET WITH ULTRA FINE MESH SCREENS IS AVAILABLE THROUGH LOGISTICS SUPPLY USING NSN: 7210-01-520-7136. ADDITIONAL INFORMATION CAN BE FOUND ON THE URL: [HTTP://CHPPM-WWW.APGEA.ARMY.MIL/NEWS/LEISHMANIASIS.ASP](http://chppm-www.apgea.army.mil/news/leishmaniasis.asp).

8. (U) COMMANDERS MUST ENSURE THAT SOLDIERS AVOID CONTACT WITH SHEEP, GOATS, AND THEIR ANIMAL PRODUCTS (UNPASTEURIZED MILK AND CHEESES) TO PREVENT EXPOSURE TO BRUCELLOSIS AND Q FEVER, INFECTIOUS DISEASES COMMON IN MANY COUNTRIES WHERE ANIMAL DISEASE PROGRAMS HAVE NOT BEEN EFFECTIVE. HIGH RISK AREAS INCLUDE SOUTHEAST ASIA AND THE MIDDLE EAST.

9. (U) CIGARETTE SMOKING KILLS IN A VARIETY OF WAYS INCLUDING LUNG CANCER, EMPHYSEMA, AND CHRONIC OBSTRUCTIVE PULMONARY DISEASE. SMOKING IS ADDICTIVE; IT IS BETTER NEVER TO START SMOKING FOR MANY REASONS. REMIND SOLDIERS THAT IF THEY DO NOT SMOKE NOW, THEN THEY SHOULD NOT START. FOR YOUR SOLDIERS WHO SMOKE, ENCOURAGE THEM TO LIMIT THEIR SMOKING, AND NOT TO SMOKE LOCALLY PROCURED BRANDS OF CIGARETTES. LEAD BY EXAMPLE; IF YOU, AS A COMMANDER, SMOKE, SHOW YOUR SOLDIERS YOU CAN QUIT. ADDITIONAL INFORMATION ON TOBACCO CESSATION CAN BE FOUND AT THE FOLLOWING CHPPM WEBLINK: [HTTP://CHPPM-WWW.APGEA.ARMY.MIL/DHPW/POPULATION/TOBACCOCESSATION.ASPX](http://chppm-www.apgea.army.mil/dhpw/population/tobaccocessation.aspx) AND AN ONLINE GUIDE TO QUITTING AT [WWW.SMOKEFREE.GOV](http://www.smokefree.gov).

10. (U) HQDA POCS: COL SCOTT STANEK, COM: 703-681-3160, DSN: 761-3160, EMAIL: SCOTT.STANEK@AMEDD.ARMY.MIL; OR MR. PAUL REPACI, COM: 703-681-2949, DSN: 761-2949, OR EMAIL: PAUL.REPACI@AMEDD.ARMY.MIL.

11. (U) EXPIRATION DATE CANNOT BE DETERMINED.