In insects

Initially, number of flying insects will be reduced by the storm. However, within 7 to 10 days after the storm, numbers of mosquitoes and flies can rebound to very high levels. To reduce exposure to harmful insects, use the DoD Insect Repellent System.

**DoD Insect Repellent System**

- Permethrin on Uniform
- DEET on Exposed Skin
- Properly Worn Uniform
- Permethrin Treated Bed Net
- Anti-Malarial Medication as Prescribed

**Displaced Animals**

Stress can change the temperament of normally friendly pets. Wild and domesticated animals will seek shelter in unusual places to avoid the rising waters. Do not handle displaced animals. Do not keep pets/mascots. Contact animal control specialists for help.

**Hazardous Plants**

Some plants can irritate the skin if touched. When burned they can irritate the skin and lungs. Avoid skin contact with plants when possible and wash contaminated skin and clothing after contact. Leaves of three – leave them be.

**Personal Protective Equipment (PPE)**

The level of personal protective equipment (PPE) required will depend upon your role in the effort. Anticipate and bring items such as a hard hat, goggles, heavy work gloves, steel-toed boots and hearing protection. Some PPE items may not be standard issue for most U.S. military personnel.

**Military Vaccine Requirements**

Refer to MILVAX at [http://www.vaccines.army.mil/](http://www.vaccines.army.mil/) for up-to-date vaccine requirements.

**Figure 1: Fluid Replacement and Work/Rest Guide**

<table>
<thead>
<tr>
<th>Heat Cat</th>
<th>WBGT Index, °F</th>
<th>Easy Work</th>
<th>Moderate Work</th>
<th>Hard Work</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>78° - 81.9°</td>
<td>NL 1%</td>
<td>NL 1%</td>
<td>40/20 1%</td>
</tr>
<tr>
<td>2</td>
<td>82° - 84.9°</td>
<td>NL 1%</td>
<td>50/10 1%</td>
<td>30/30 1%</td>
</tr>
<tr>
<td>3</td>
<td>85° - 87.9°</td>
<td>NL 1%</td>
<td>40/20 1%</td>
<td>30/30 1%</td>
</tr>
<tr>
<td>4</td>
<td>88° - 89.9°</td>
<td>NL 1%</td>
<td>30/30 1%</td>
<td>20/40 1%</td>
</tr>
<tr>
<td>5</td>
<td>&gt; 90°</td>
<td>50/10 min</td>
<td>20/40 1%</td>
<td>10/50 1%</td>
</tr>
</tbody>
</table>

**Easy Work** = Walking hard surface 2.5 mph <30# 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

This deployment health guide provides information that can help reduce your risk of injury and disease when deployed in response to a disaster. Army G-1 Personnel Policy Guidance (http://www.armyg1.army.mil/MilitaryPersonnel/ppg.asp) requires that you also receive a preventive medicine briefing prior to your deployment.

**Overview**

Hurricanes are severe tropical storms with winds of at least 74 miles per hour. The storm may spread outward 400 miles. Hurricanes can produce incredible waves, violent winds, torrential rains and floods.

The main hazards associated with hurricane response are exposure to flood water, electrical hazards, carbon monoxide, physical injury, heat and cold stress, unstable structures, hazardous materials, fire, and confined spaces.
gasoline-powered equipment indoors. Symptoms of low-level exposure include shortness of breath, mild nausea, and mild headaches. If you suspect carbon monoxide exposure, move to fresh air immediately and seek medical attention.

Physical Injury
Moving debris can cause cuts, scrapes, bruises, and sprains especially to the hands, back, knees, and shoulders. Wear leather gloves, safety goggles, and steel-toed shoes. Avoid lifting more than 50 pounds per person. Be sure you’ve had a tetanus vaccination within the past 10 years.

Heat and Cold Stress
Heat
- Full heat acclimatization takes 7-14 days of physical exertion in the heat. Physical exertion should start slowly but increase in intensity and duration.
- Drink enough water to replace sweat loss. If your urine becomes dark yellow and infrequent, drink more fluid.
- Use work-rest cycles and when possible, work during the cooler hours of the day. (See Figure 1)
- Get medical attention for heat cramps, exhaustion, or stroke.
- Use sunscreen.

Cold
- Remember C-O-L-D: keep clothing Clean, avoid Overheating, wear clothing Loose and in layers, and keep clothing Dry.
- Standing or working in water that is cooler than 75° F will remove body heat faster than it can be replaced and can result in hypothermia. Take frequent breaks out of the water.
- Change your socks frequently to keep your feet dry.
- Use the buddy system to check for signs of cold injury.
- Get medical help for loss of sensitivity in any body part, mental slowness, or uncontrollable shivering.

Unstable Structures
Flood waters can damage walkways, parking lots, roads, buildings, and open fields. Don’t work around any flood-damaged building until it has been certified safe by an engineer or architect. Assume all structures are unsafe until they are inspected. Leave at once if shifting or noise signals a possible collapse.

Hazardous Materials
Flood waters may dislodge tanks, drums and pipes containing hazardous materials. Contact the local fire department or hazardous materials team before moving unidentified containers. In contaminated areas, wear protective clothing and respirators. Wash exposed skin areas frequently.

Fire
Fire protection systems may be inoperable. Bring two or more fire extinguishers with a UL rating of at least 10A (suitable for putting out wood, paper and cloth fires) to each cleanup job.

Confined Spaces
Toxic gases, a lack of oxygen, or explosive conditions may exist in a confined area. Because many toxic gases and vapors cannot be seen or smelled, never enter a confined space unless you have been properly trained; even to rescue a fellow worker! Contact the fire department for help.

If you are certified to enter confined spaces:
- Molding or fermenting agricultural materials in confined spaces may generate large amounts of toxic gases which could cause lung damage or death if inhaled.
- Turn on fans or blowers in silos and other storage areas at least 30 minutes before entering and leave them on while working.

Bloodborne Pathogens
If you come in contact with blood or other body fluids, treat the blood and body fluids as infectious. Wear gloves and eye protection. If necessary, you can improvise with a towel or plastic bag to avoid contact.