

Medical Requirements for USACE Civilians

Physical Examination (within 1 year):

- Physical examination
- Laboratory work-up:
 - Urinalysis (Routine) Includes testing for Color, Sp. Gravity, PH, Glucose, Protein, Ketones, Leucocytes, Blood, Nitrites, Urobiliogen
 - Chem 7 (include, as part of the Chem 7, a Hemoglobin A1c if you have diabetes, are glucose intolerant [high blood sugars], or are taking medicine to control blood sugar)
 - CBC
 - LIPID Profile (over 40 years of age)
 - G6PD
 - Blood Type/RH

Respiratory Medical Evaluation:

- Complete the OSHA Respirator Medical Evaluation Questionnaire prior to physical exam
- Audiogram
- Physician's Clearance for use of Respiratory Protection

Note: Personnel assigned to duties in devastated urban areas where debris from damaged buildings, blowing dust, and/or fuel vapors are present should be medically qualified to wear a half-mask air purifying respirator (Class 100, HEPA filters and organic vapor cartridges).

Cardiology (for personnel 40 years of age or older):

EKG (within 1 year and if abnormal, must have other studies and a release from a cardiologist).

Females (must have results in possession):

- * PAP smear (within 1 year) – Unless post hysterectomy – Every three years for complete hysterectomy
 - * Mammogram (within 2 years if over 40 and within 1 year if over 50)
- Pregnancy test or waiver required upon arrival at the Soldiers Redeployment Processing Site.
- * There could be certain circumstances, such as previous abnormal tests or family history issues where these time limits could vary. If you have any questions call the UDC in advance.

Dental:

A dental examination must be completed prior to your deployment. Have your dentist complete the DD Form 2813 (Department of Defense Active Duty/Reserve Forces Dental Examination). Although you may not be Active Duty or in the Reserves, the dental requirements for civilian and military members remain the same for deployment.

Vision:

If you wear prescription glasses, complete DD Form 771 for your protective mask inserts.

Other:

Bring all medical, dental and immunization records, regardless of age.

CENTCOM AOR REQUIRED
LABORATORY TESTING and IMMUNIZATIONS

Laboratory Testing:

HIV Must have HIV results within the past 3 months. HIV testing must be conducted no less than 30 days prior to receiving the smallpox vaccination. If the HIV test has been performed, the lab results must be included.

DNA Confirmed test on file with DNA repository. DNA samples can be obtained at the UDC.

Immunizations:

(NOTE: Females will receive a pregnancy test within 30 days of reporting to the UDC and must have negative results *before* vaccinations / immunizations will be given)

ANTHRAX: (mandatory for personnel deploying to the USCENTCOM AOR). For additional information on the anthrax vaccine, see <<http://www.anthrax.osd.mil/>>.

- Series of 6 injections
- 1st Day 0
- 2nd 0 + 2 weeks

- 3rd 0 + 4 weeks
- 4th 0 + 6 months
- 5th 0 + 12 months
- 6th 0 + 18 months
- Yearly booster after initial series completed.

HEPATITIS A:

- Series of 2 injections
- 1st Day 0
- 2nd 0 + 6-12 months
- One series in lifetime; no booster required unless recommended by health care provider.

HEPATITIS B: (Now required for all deploying personnel)

- Series of 3 injections
- 1st Day 0
- 2nd 0 + 30 days
- 3rd 0 + 6-12 months
- Booster or antibody titer test every 8 years, for medical and security personnel.

INFLUENZA:

- Yearly, between the months of September and May
- For months outside September - May, as recommended by health care provider

MMR (Measles, Mumps, Rubella):

- As an adult, once in a lifetime. **People born before 1957 do not require a MMR vaccine. MMR should be given either simultaneously or 30 days before receiving anticipated smallpox vaccination.**

POLIO (injectible):

- As an adult, once in a lifetime

SMALLPOX: (administration per the latest DoD guidance)

- Required every 10 years

- Must complete smallpox questionnaire and have reviewed by a health care provider at the SRP site prior to receiving immunizations
- **Proof of negative HIV status in order to receive smallpox vaccine**
- Individuals with a household member with contraindications for the smallpox vaccination may be allowed to deploy unvaccinated; vaccination will occur at the deployed location.

TETANUS / DIPHTHERIA:

- Once every 10 years

TUBERCULIN SKIN TEST (PPD):

- Annually; however, if there is a history of prior positive reactions, a doctor's evaluation of chest x-ray, not older than one year, must be submitted.

TYPHOID:

- Every 2 years

PNEUMOCOCCAL Vaccine: (all asplenic personnel, with no spleen)

- 0.5 ml IM or subcutaneous
- Every 5 or more years

**NB: Series are completed when possible. No series is restarted. If interruption in a series has occurred, the next in the series is given.

** All live virus vaccines (Yellow Fever, MMR, smallpox) must be given on the same day.

** PPD must be given prior to or concurrently with live viruses or must wait 6 weeks following live virus vaccine.

Malaria Prophylaxis: (if negative G6-PD test results)

Recommended. Malaria risk is variable/seasonal for Afghanistan only, at the current time. At the present time, Iraq deployees are not required to take anti-malaria medication.

All personnel will have a test for G6-PD deficiency, prior to receiving Mefloquine. Only one test is required to determine if a deficiency exists. If the G6-PD test has been completed, you must bring the lab results.

Medications: All personal, military and civilian, are required to take a 180-day supply of any medications for current medical conditions. Any employees with medical conditions requiring the refrigeration of medication are not deployable, since the availability of refrigeration is not guaranteed. The Home Station will provide a letter for the employee's insurance company to assist in obtaining a 180-day supply. If the insurance company will only allow a 90-day supply of medication, then the employee must arrange for a family member to obtain and send additional medication. The family member can usually get a 90-day supply halfway through the initial 90-day period.

* If you are being deployed to an area that will require you to take malaria medications, do not purchase them yourself; they will be issued at the UDC.

CENTCOM AOR:

Egypt, Iran, Iraq, Jordan, Yemen, Bahrain, Kuwait, Oman, Qatar, Saudi Arabia, the United Arab Emirates, Djibouti, Eritrea, Ethiopia, Kenya, Somalis, Sudan, Seychelles, Iran, Pakistan, Afghanistan, Kyrgyzstan, Kazakhstan, Turkmenistan and Uzbekistan.