

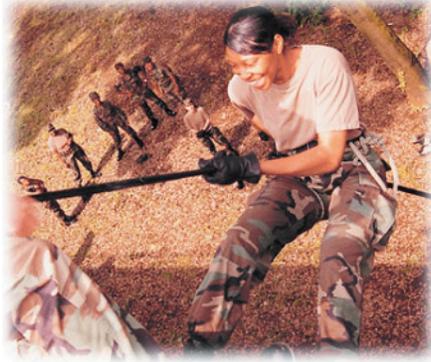
TOOLS FOR READINESS



You can take steps to ensure your readiness! The more educated about yourself you are, the more empowered you will be to ensure your own readiness!

- ✘ Use the FSRG to learn more about women's health.
- ✘ Find out about health education for women on your post.
- ✘ Be aware of the barracks environment! Know how to handle unwanted attention.
- ✘ There will be a POC for all non-Equal Opportunity (EO) female-specific issues at your command.

WEBSITES ON HEALTH TOPICS



www.hooah4health.com

<http://chppm-www.apgea.army.mil/dhpw/wellness.aspx>

<http://chppm-www.apgea.army.mil/dhpw/wellness/ppnc.aspx>

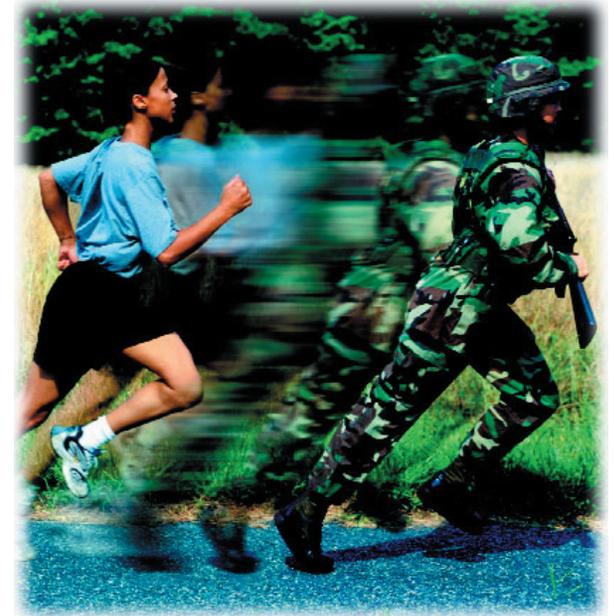
<http://chppm-www.apgea.army.mil/dhpw/Readiness/PPPT.aspx>

<ftp://ftp.cdcnpin.org/Updates/oralsex.pdf>

<http://www.niaid.nih.gov/factsheets/stdinfo.htm>



SOLDIER'S GUIDE TO FEMALE SOLDIER READINESS



Female soldiers encounter unique health care situations. The responsibility for female readiness is yours, as a female soldier, and the ***Soldier's Guide to Female Soldier Readiness*** (TG 281B) can help!

To download the full guide, go to:
<http://chppm-www.apgea.army.mil/documents/tg/techguid/tg281b.pdf>

The **Leader's Guide to Female Soldier Readiness** (TG281A) is also available at:
<http://chppm-www.apgea.army.mil/documents/tg/techguid/tg281a.pdf>

PREPARATION FOR THE FIELD



Pack enough of these items for 30 days:

- ☑ Panty liners
- ☑ Sanitary napkins or tampons
- ☑ Baby wipes
- ☑ Multivitamins
- ☑ Cotton underwear

ORAL HEALTH

Field rations and sugary foods increase your risk of tooth decay.

- ☞ Floss once a day.
- ☞ Brush at least twice daily with fluoridated toothpaste, even in the field.



NUTRITION



For top performance, eat all the food groups (whole grains, fruit, vegetables, meats, dairy).

- ☉ You need more folic acid, iron and calcium than men.
- ☉ You need more energy in the field because you are more active.
- ☉ Maintain your weight for optimal performance.
- ☉ Avoid dieting & weight loss during field operations.

Learn more about healthy eating at: <http://chppm-www.apgea.army.mil/dhpw/Wellness/5ADay.aspx>

UNINTENDED PREGNANCIES

Unintended pregnancy and paternity can impact unit readiness for a long time. Unintended pregnancies can



be prevented by education and access to contraceptive services.

Birth control methods are FREE and easily available to military men and women. The well-woman exam is a great time to request or renew birth control prescriptions. Take the responsibility to learn more about your options!

For further information about pregnancy: <http://chppm-www.pgea.army.mil/dhpw/wellness/asp>

SEXUALLY TRANSMITTED DISEASES

Unprotected sex can cause pregnancy and spread sexually transmitted diseases (STDs). Oral sex without the use of condoms can spread STDs! It is NOT “safe sex” without protection!! Sores or cuts in the mouth or on the genitals increase the risk of getting any STD, including HIV.



For further information about STDs: <ftp://ftp.cdcnpin.org/updates/oralsex.pdf>
<http://www.niaid.nih.gov/factsheets/stdinfo.htm>