General Questions

Would it be ok if I talked with you about your military experience?
When and where do you/did you serve?
What do you/did you do while in the service?
How has military service affected you?

If your patient answers "Yes" to any of the following questions, ask:
"Can you tell me more about that?"

- Did you see combat, enemy fire, or casualties?
- Were you or a buddy wounded, injured, or hospitalized?
- Did you have a head injury with loss of consciousness, loss of memory, “seeing stars” or being temporarily disoriented?
- Did you ever become ill while you were in the service?
- Were you a prisoner of war?

Compensation & Benefits

Do you have a service-connected condition?
Would you like assistance in filing for compensation for injuries/illnesses related to your service?

Call VBA at 1-800-827-1000

Sexual Harassment, Assault, and Trauma

Would it be ok to talk about sexual harassment or trauma that you might have experienced while serving in the military?
Have you ever experienced physical, emotional, or sexual harassment or trauma?
Is this past experience causing you problems now?
Would you like a referral for some help with that?
Many people find it helpful to get some support.

Living Situation

Would it be ok to talk about your living situation?
Where do you live? Is your housing safe?
Are you in any danger of losing your housing?
Do you need assistance in caring for dependents?
Ask all military service members and all Veterans

Exposure Concerns

Would it be ok if I asked about some things you may have been exposed to during your service?

What... were you exposed to?
- Chemical (pollution, solvents, etc.)
- Biological (infectious diseases)
- Physical
  - Blast or explosion
  - Noise
  - Vehicular crash
  - Bullet wound
  - Radiation
  - Vibration
  - Heat
  - Shell fragment
  - Other injury

What... precautions were taken? (Avoidance, PPE, Treatment)

How... long was the exposure?

How... concerned are you about the exposure?

Where... were you exposed?

When... were you exposed?

Who... else may have been affected? Unit name, etc.

Blood Borne Viruses (Hepatitis & HIV)

- Were you born between 1945-1965?
- Have you ever injected or snorted drugs, such as heroin, cocaine, or methamphetamine?
- Have you ever been tested for Hepatitis C or HIV?
  How would you like a test?

Stress Reactions/Adjustment Problems

Would it be ok to talk about stress?

In your life, have you ever had an experience so horrible, frightening, or upsetting that, in the past month you...

- Have had nightmares about it or thought about it when you did not want to?
- Tried hard not to think about it or went out of your way to avoid situations that reminded you of it?
- Were constantly on guard, watchful, or easily startled?
- Felt numb or detached from others, activities, or your surroundings?

Veterans Crisis Line 1-800-273-8255 (Press 1)

Tell your patient about VA’s
www.myhealth.va.gov
Gateway to Veteran Health Benefits and Services
### Military Environmental Exposures (Any Era)

<table>
<thead>
<tr>
<th>Exposure</th>
<th>Hazard</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burn Pit Smoke</td>
<td>Hexavalent Chromium</td>
</tr>
<tr>
<td>Cold Injuries</td>
<td>Mustard Gas</td>
</tr>
<tr>
<td>Contaminated Water</td>
<td>Nerve Agents</td>
</tr>
<tr>
<td>(benzene, trichloroethylene, vinyl chloride)</td>
<td>Pesticides</td>
</tr>
<tr>
<td>Endemic Diseases</td>
<td>Radiation (Ionizing &amp; Non-Ionizing)</td>
</tr>
<tr>
<td>Heat Stroke/Exhaustion</td>
<td>Sand, Dust, Smoke, and Particulates</td>
</tr>
<tr>
<td></td>
<td>TCDD &amp; other dioxins</td>
</tr>
</tbody>
</table>

### Occupational Hazards:
- Asbestos, Industrial Solvents, Lead, Radiation, Fuels, PCBs, Noise/Vibration, Chemical Agent Resistant Coating (CARC)

### Gulf War, Operation Enduring Freedom (OEF), Operation Iraqi Freedom (OIF) & Operation New Dawn (OND)

<table>
<thead>
<tr>
<th>Exposure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Animal Bites/Rabies</td>
<td>Malaria Prevention: Mefloquine – Lariam</td>
</tr>
<tr>
<td>Blunt Trauma</td>
<td>Mental Health Issues</td>
</tr>
<tr>
<td>Burn Injuries (Blast Injuries)</td>
<td>Multi-Drug Resistant Acinetobacter</td>
</tr>
<tr>
<td>Chemical or Biological Agents</td>
<td>Oil Well Fires</td>
</tr>
<tr>
<td>Chemical Munitions Demolition</td>
<td>Reproductive Health Issues</td>
</tr>
<tr>
<td>Combined Penetrating Injuries</td>
<td>Spinal Cord Injury</td>
</tr>
<tr>
<td>Depleted Uranium (DU)</td>
<td>Traumatic Amputation</td>
</tr>
<tr>
<td>Dermatologic Issues</td>
<td>Traumatic Brain Injury</td>
</tr>
<tr>
<td>Embedded Fragments (shrapnel)</td>
<td>Vision Loss</td>
</tr>
</tbody>
</table>

### Immunizations:
- Anthrax, Botulinum Toxoid, Smallpox, Yellow Fever, Typhoid, Cholera, Hepatitis B, Meningitis, Whooping Cough, Polio, Tetanus

### Infectious Diseases:
- Malaria, Brucellosis, Campylobacter jejuni, Coxiella burnetii, Mycobacterium tuberculosis, nontyphoid Salmonella, Shigella, visceral Leishmaniasis, West Nile Virus

### Vietnam, Korean DMZ & Thailand

<table>
<thead>
<tr>
<th>Exposure</th>
<th>Common Diseases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agent Orange Exposure</td>
<td>Cold Injuries, Hepatitis C</td>
</tr>
</tbody>
</table>

### Cold War

- Chemical Warfare Agent Experiments: Nuclear Weapons Testing or Cleanup

### WW II & Korean War

- Chemical Warfare Agent Experiments: Nuclear Weapons Testing or Cleanup
- Cold Injuries: Nuclear Weapons Testing or Cleanup

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Find out more about military exposures [www.publichealth.va.gov/exposures/](http://www.publichealth.va.gov/exposures/)
“Help me understand my medical condition.”

“I had some unique experiences while serving our country, many that civilians would never have. Some of those experiences may be affecting my health, and that is why I am here at VA.”

“Help me understand my medical condition, and please be patient with me. Some of my memories may be painful or difficult to discuss.”

Asking the questions on this card will be helpful in understanding my medical problems and concerns.

**Office of Academic Affiliations**
[www.va.gov/oaa/pocketcard/](http://www.va.gov/oaa/pocketcard/)

**Office of Public Health**
[www.publichealth.va.gov/exposures](http://www.publichealth.va.gov/exposures)

**Veterans Health Initiative**
**Independent Study Courses**
[www.publichealth.va.gov/vethealthinitiative/](http://www.publichealth.va.gov/vethealthinitiative/)

**War-Related Illness and Injury Study Center**
[www.warrelatedillness.va.gov](http://www.warrelatedillness.va.gov)

**Information for Veterans: Compensation & Pension Benefits**