

V23. Customs - Carriage of medicines and Tablets on Rest and Recuperative (R&R) Leave

1. Cases have occurred where United States Customs Military Police at Camp Alfa have confiscated medicines, tablets etc which have been issued to soldiers to allow them to continue treatment whilst on R & R leave. Any soldier who is required to take medicines etc on R & R leave is to be issued with a medical certificate to this effect by his Medical Officer. This does not apply to the carriage of Paludrine.

V24. Customs - Prevalent Offences

1. The frequency of the commission of offences involving the transmission of weapons, ammunition, explosives, narcotics and drugs, and other like prohibited items through the post to Australia is a cause for official concern.

2. Any such breach of Customs and Postal Regulations is declared a Prevalent Offence under the provisions of AMR 321.

V25. Medical - Prevention of Malaria

1. The procedures laid down in Military Board Instruction 142-10 for the prevention of malaria are to be implemented in all detail by all ranks of 2 RAR/NZ(ANZAC) Battalion. Aspects of the Military Board Instruction which require particular emphasis are reproduced as follows:-

a. Dress. Long trousers, suitable footwear, (either boots or shoes and socks), and long sleeved shirt with sleeves rolled down and buttoned at the wrist, and with buttons on the front of the shirt (with the exception of one button at the neck) fastened, are to be worn by all ranks between 1800 hrs and 0600 hrs daily, except when resting or sleeping under a properly erected mosquito net.

b. Mosquito nets. All ranks must be in possession of a mosquito net, inspect it daily for damage and be responsible for its good repair. Rest or sleep between 1800 hrs and 0600 hrs daily is to be under a properly erected mosquito net. On operations where a Company/Platoon or Patrol Commander considers it a tactical necessity not to erect mosquito nets, he is to record such decision in the Company/Platoon or Patrol Paludrine issue roll book.

c. Mosquito Repellant. Mosquito repellant is to be applied at three hourly intervals from dusk to dawn to all exposed areas of skin by personnel who because of an operational requirement are unable to sleep under a mosquito net. This also applies to personnel who are outside of their mosquito net for any length of time e.g., sentries, picquets etc.

2. Any members of 2 RAR/NZ(ANZAC) Battalion who fails to comply with the directions contained in Military Board Instruction 142-10, is guilty of an offence, and will be subject to disciplinary action.

V26. Medical - Prevention of Malaria - Administration of Paludrine

1. All ranks are to be given and are to consume two paludrine tablets daily whilst in South Vietnam and at such other times as listed in this Routine Order.

2. The Paludrine is to be issued and consumed under supervision of an Officer or Senior Non Commissioned Officer on a formal parade conducted twice daily whilst the member is in Nui Dat Base Area. The following procedure will be followed for the issue, consumption and recording of issue and consumption of paludrine:-

a. Roll Books. A special roll book is to be raised by each Platoon/Company Headquarters and equivalent sized group in 2 RAR/NZ(ANZAC) Battalion. The roll book is to show the full Regimental Particulars of each member in the group.

b. Paludrine Parades. Paludrine Parades will be conducted twice daily, as formal parades when in Nui Dat Base Area, at 0745hrs and 1615 hrs, and are to be attended by all ranks on the posted strength of, or attached to the sub unit except when absent on authorized leave or duty outside of the Base Area.

c. Issue and Consumption of Paludrine. Each member is to be given a paludrine which he is to consume orally under the supervision of an officer or Senior Non Commissioned Officer.

d. Recording. The issue and consumption of paludrine is to be recorded as follows:-

(1) First (Morning) Issue. The block on the appropriate line and the appropriate date is to be marked in ink or biro with a black (or blue) P.

(2) Second (Evening) Issue. The block on the appropriate line and the appropriate date is to be changed using the same colour code to make a B.

3. Whilst on operations the same procedure is to be followed except that formal parades are not required, and variations in timings may be necessary. Where possible on operations, paludrine is to be issued during the Administrative 'Stand To'.

4. Occasions will arise when members will be absent from the area on duty, rest or leave. On all such occasions, a member must continue to take two paludrine daily. Prior to departure, the officer or Senior Non Commissioned Officer in charge of the parade which the member attends normally, is to issue to him sufficient paludrine to cover the period of absence. The member is then responsible to consume one paludrine twice daily, at the times nominated in this order. The issue of paludrine to be consumed not under supervision is to be recorded in the roll book using the same symbol, but using red ink or biro instead of blue ink or biro.

5. Paludrine Roll Books are to be retained by sub units at all times and will be subject to internal audit at frequent intervals. Paludrine Roll Books may not be destroyed without the concurrence of the Second-in-Command of 2 RAR/NZ(ANZAC) Battalion.

6. It is an offence to:-

a. Being an Officer or Senior Non Commissioned Officer so nominated, failing to properly conduct a paludrine parade at the nominated time, failing to properly administer and supervise the consumption of paludrine, or failing to correctly record the consumption of paludrine.

b. Being a member of 2 RAR/NZ(ANZAC) Battalion failing to consume paludrine at the nominated time.

V27. Medical - Food Preparation Sterilization Fresh Fruit and Vegetables

1. The following locally produced fruits and vegetables, when served uncooked, must be disinfected by thorough washing in a solution of chlorine disinfectant followed by rinsing in potable water:

Cabbage

Celery

Chinese Cabbage

Lettuce

Onions (green, scallions and shallots)

Carrots

Cucumbers

Peppers

Tomatoes

Endive

Parsley

Lemons and Limes

Cauliflower

Apples

Plums

Radishes

Grapes.

2. All fruits and vegetables, that are either cooked or peeled prior to serving, do not require washing in the chlorine solution but must still be washed in potable water prior to use.

3. Disinfectant Powder, Chlorine, Food Service, (FSN:6840-27-8172) is to be used to prepare the chlorine disinfectant solution. One package of this powder is added to twenty (20) gallons of potable water, as directed on the package. This powder is stocked by RAASC Supply Platoons.

4. In the event of the abovementioned disinfectant powder being not available, common liquid bleach solutions, such as 'Clorox' or other chlorine compounds such as calcium hypochlorite may be used in the following proportions:

<u>POTABLE WATER</u>	<u>LIQUID BLEACH</u>	<u>CALCIUM HYPOCHLORITE</u>
5	2 TBLSFN	$\frac{1}{2}$ TSPN (LEVEL)
10	4 TBLSFN	1 PSPN (LEVEL)
25	10 TBLSFN	1 TBLSFN (LEVEL)
50	20 TBLSFN	2 TBLSFN (LEVEL)

V28. Medical - Preventable Diseases

1. Prevention of Scrub Typhus.

a. A clear fluid called D B P (Dibutyl phthalate) is used to prevent scrub typhus. Any of the mites carrying scrub typhus which come in contact with D B P are immobilised and killed. The fluid is applied to the clothing to make it 'mite proof'.

b. Personal Precautions Against Scrub Typhus.

(1) Use of Anti Mite Fluid. Fluid must be applied to clothing in the correct manner. It will remain effective for up to two weeks and will withstand two washings in cold water. Fluid must be applied more frequently when clothing is exposed to wetting by rain or river crossings.

(2) Bedding Down. Whenever the tactical situation permits, the surrounding undergrowth is to be removed and the top six inches of humus bearing soil scraped from the site before shelters are erected.

c. Method of Applying Anti-Mite Fluid to Clothing.

(1) The fluid is to be rubbed into both sides of the cloth by hand, paying particular attention to the cuffs, waist band seams, fly, crutch and armpits.

(2) Boots are to be treated only on the inside.

(3) Amount to be used. One fluid ounce ($\frac{1}{2}$ bottle) is to be used for one set of clothes, consisting of shirt, trousers and socks. Extra fluid is to be issued for boots and underclothes.

d. Supervision. Mite proofing is to be done on a parade which is to be properly supervised by an Officer/Non Commissioned Officer. A record of all ranks who have mite-proofed their clothing on each parade is to be entered in a suitable roll book. If a soldier is absent from a mite-proofing parade, the Supervising Officer is to make separate arrangements for the man to mite proof his clothing under supervision. To obtain maximum protection, mite-proofing parades are to be held not more than two days prior to moving out on operations and for the retreatment of clothing when necessary.

2. Leptospirosis - Prevention against Infection.

a. Source and Route of Infection. Leptospirosis is caused by an organism found in the urine of animals infected with disease. Main reservoirs of infection in South Vietnam are rats, cattle, buffaloes and pigs. The organism enters mans body through minor abrasions of the skin and through mucous membranes of the mouth and throat. The organisms thrive in a wet environment and are most numerous in streams carrying run-off water after rain.

b. Precautionary Measures Against Leptospirosis.

(1) Swimming in fresh water streams prohibited.

(2) All water for ablutionary and drinking purposes is to originate from RAE operated water points in 1 ATF Base Area or RAE operational water points established in the field for a particular operation. If due to operational reasons it is not possible to resupply troops with water from a water point, troops are to sterilize their own water using the tablets from the Individual Sterilizing Kit.

c. On operations and patrols outside 1 ATF base areas, all minor cuts and abrasions are to be treated promptly and where possible, covered with waterproof adhesive bandage.

3. Prevention of Hepatitis

a. To aid in the prevention of hepatitis all personnel are instructed NOT to:

(1) Eat food from any source other than from a US or Aust facility e.g., R and C Centre, Beachcomber, Snack Bar the Airfield Vung Tau.

(2) Drink water or consume ice in any Vietnamese establishment.

b. As glass washing facilities are very primitive, it is preferable to drink straight from the bottle or can.

c. All abdominal complaints are to be reported immediately to the RMO.

4. Diseases - Encephalitis.

a. Encephalitis is a disease which can be transmitted by a certain type of mosquito, which causes inflammation of the brain and paralysis of the cranial nerve. The effects of this disease often render the sufferer mentally deficient (moronic) permanently.

b. Personnel are warned that Paludrine and Chloroquin have no effect and that the only precaution which can be taken is by strictly observing anti-mosquito measures.

5. Venerial Disease - Syphilis

a. Syphilis is a venerial disease of potentially serious effects. If it is undetected and untreated it may result in permanent and possibly fatal damage to the heart and brain, and may be passed on to an unborn child, resulting in still-birth, death in early life, or mental subnormality and crippling.

b. Syphilis is occurring in steadily increasing numbers in this country, and more and more cases are being contracted in Vung Tau.

c. Syphilis, like all other venereal diseases, may be avoided completely only by abstinence from sexual intercourse. Any other measures provide only partial protection, and are diminished by overindulgence in alcohol.

d. If there is a likelihood of any venereal disease having been contracted, medical attention should be sought without delay.

e. The following areas and establishments are known to have syphilis contacts:

(1) Back Beach Bars.

(2) Bars in the vicinity of Di Long Pier.

(3) Happy Bar, Ly Thuong - Kiet Street.

(4) Kim Long Barber Shop and Massage Parlour, 25 Trung Nhi Street,

6. The Routine Order concerning Preventable Diseases is to be read to all ranks once per week.

V29. Medical - Pets

1. Because of the risk of infection and for reasons of hygiene it is an offence for any member of 2 RAE/NZ(ANZAC) Battalion to have or keep a pet in the base area.
2. Any stray cat or dog seen within the 1 ATF Base Area should be caught and secured and Detachment AFV Provost Unit notified.

V30. Medical - Finger Injuries - Wearing of finger Rings

1. Cases of serious finger injury continue to occur as a result of soldiers wearing rings while on duty. In all cases the injury necessitates hospitalization for 2-3 weeks and in most cases results in amputation of all or part of the finger.
2. The injury is caused when the ring catches on a projection as the soldier jumps from a vehicle. This is a preventable injury, requires considerable medical care, results in manpower wastage and causes considerable pain to the soldier.
3. The hazard involved in soldiers wearing a ring is brought to the attention of all ranks.
4. There is no objection to rings being worn around the neck along with a member's discs identity.

V31. Medical - Non Disclosure of Disease

1. It is an offence for any member of the Permanent Military Forces suffering from a contagious or infectious disease, as soon as he becomes aware that he is suffering, not reporting the fact to his Regimental Medical Officer or other proper military authority.
2. Non disclosure of disease is an offence under Army Act 11.

V32. Notification of Casualty Procedure (NOTICAS) - Notification of Next-of-Kin

1. Where a casualty does not wish his next-of-kin to be notified by the Army a request to this effect is to be included in paragraph 5 of the NOTICAS signal. The request is to show why he does not wish his next-of-kin to be advised by the Army and is to show an additional next-of-kin who can advise the next-of-kin.

Example:

FIVE. Next-of-kin, Wife, Mrs R.P. Bloggs, 12 Flat Street, Hilltop, NT.
Member requests next-of-kin not be advised by Army as she is eight months pregnant and very highly strung. Request advise additional next-of-kin, Sister, Miss R. Bloggs, 17 Valley Rd, Hilltop, NT and request her advise next-of-kin.