



Are you **READY** for deployment?



Check out the Deployment Readiness Education for Service Women (DRES) Handbook!

Do you know **WHAT TO PACK?** Have you considered **MENSTRUAL SUPPRESSION OPTIONS** while you are **UNDERWAY?** What about your **FEMININE HYGIENE?**

Download the DRES Handbook to find out about common women's health **infections**, how to **pack for deployment**, access **motherhood and deployment** resources, learn how to manage **personal hygiene in close quarters**, effectively **prevent pregnancy**, and more...

HANDBOOK TOPICS

- Mental Health
- Sexual Health
- Contraception
- Abortion
- Physical Health
- Navigating the MHS
- Pregnancy
- Menstrual Suppression
- Packing for Deployment
- Health Privacy & Confidentiality
- Understanding your Body
- Motherhood & Deployment
- Critical Health Screenings
- Sexually Transmitted Infections (STIs)

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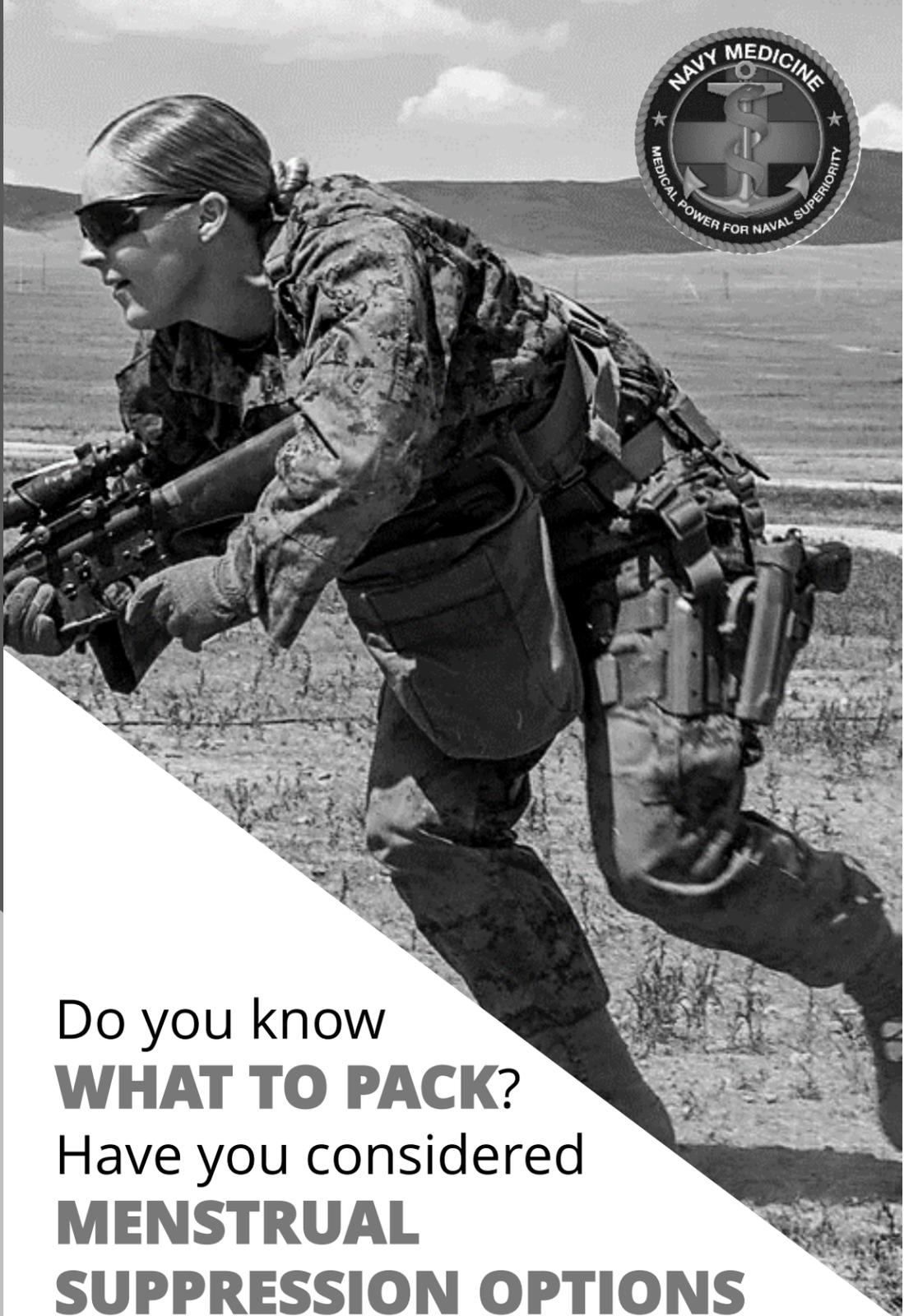
Follow this link: www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/DRES-Handbook-FNL.pdf

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