

Are you  
**READY** for  
deployment?

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



Navy Medicine





# Do you feel **UNPREPARED FOR DEPLOYMENT?**

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

Preparing for Deployment

**Understanding Your Body**

Navigating the MHS

**Mental Health**

Sexual Health

**Contraception**

Abortion



**Physical Health**

Motherhood & Deployment

**Critical Health Screenings**

Pregnancy

**Health Privacy & Confidentiality**

Sexually Transmitted Infections (STIs)

## HOW TO DOWNLOAD

Follow this link:

[www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/DRES-Handbook-FNL.pdf](http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/DRES-Handbook-FNL.pdf)

OR

Scan this Quick Response Code

*Once you've downloaded the Handbook, you won't need WiFi to access the info. Search for the topic you're interested in or click on a topic in the table of contents to go directly to that section.*

