

CHAPTER IV  
MEDICAL CARE

The Medical Department of Headquarters Support Activity, Saigon, is located at 263 and 148 Tran Hung Dao, Saigon, and is designated as the Station Hospital. The Hospital's outpatient clinic occupies the first two floors of the Metropole Hotel at 148 Tran Hung Dao and the in-patient facility is located directly across the street at 263 Tran Hung Dao.

<u>Routine Sick Call</u>	<u>Telephone: 60042-60043</u>
Monday - Friday	Routine Sick Call.....0800-1130 1400-1530 Appointment & Special Examinations.....1530-1700 Immunizations.....0800-1100 1400-1700
Saturday	Routine Sick Call.....0800-1100
Sunday	<u>Emergencies Only</u>

Medical treatment and Medicare facilities in Vietnam are very limited. It is strongly recommended that all personnel coming to Vietnam who have any chronic or recurrent illnesses be re-evaluated by their local doctor since certain specialists are not available and hospital facilities are limited. It is urgently stressed that all routine matters such as refractions and extra pairs of eye glasses be obtained prior to departure for this country.

Sick Call Procedure: Each patient requiring medical treatment is requested to register at the reception desk when reporting to the Out-patient Clinic. All visits are on a first-come-first-served basis. House calls cannot be made.

Immunizations: Most immunizations are given in the Out-patient Clinic Monday through Friday from 0800-1100 and 1400-1700, and generally no appointment is necessary. Yellow Fever inoculations are given at a special clinic held on the first and third Tuesdays of each month at 1500 to 1600. This vaccine is expensive and is susceptible to spoilage in one hour after exposure to air.

Personnel should bring their immunization record (shot card) with them when reporting for inoculations; either Department of Defense Form 737 (Immunization Certificate) for military personnel or, U.S. Public Health Service Form 731 (International Certificate of Vaccination) for civilians. For information, these are the current requirements for Vietnam:

CHOLERA - Every 6 months  
TETANUS - Every 6 years  
TYPHUS - Once a year  
SMALL POX - Once a year  
YELLOW FEVER - Every 6 years  
TYPHOID - Once a year  
INFLUENZA - Once a year  
PLAGUE - Every 4 months  
HEPATITIS PROPHYLAXIS - Every 5 months

Eye Refractions and Glasses: Appointments are made in the Outpatient Clinic. If glasses are required as determined by the medical officer, they may be obtained from CONUS in 2 or 3 weeks. No appointments for eye refraction will be made without a U.S. military medical officer's recommendation. Only ordinary glasses are available. There is no cost for eye refraction or glasses for active duty military personnel. All other personnel must procure their glasses and refractions at their own expense or according to the regulations of the agency to which they are attached.

Physical Examinations: Physical examinations are conducted in two phases which are scheduled approximately one week apart. It is advisable to call the Station Hospital, 60042/3, 21859, 24946, Tiger 850, or Lion 298, Ext. 108 and determine the best time to come in for the preliminary examination, i.e., X-ray, laboratory, dental, and electrocardiograms. These are done Monday through Friday from 0800 to 1100 and 1400 to 1630. At the time of the first visit you will be given an appointment to see the Medical Officer for the completion of the examination. Military personnel in the I and II Corps areas should utilize the 8th Field Hospital in Nha Trang for their physical examinations. Personnel assigned to III and IV Corps can report at 1400 Tuesdays and Thursdays without appointments.

Laboratory Examinations: All special examinations done by the laboratory for outpatients are performed on a scheduled basis, from 0730 to 1030. All examinations beyond the capabilities of the Hospital laboratory will be accomplished by the 406th Medical Laboratory.

Pharmacy: The Pharmacy has the same hours of operation as the Outpatient Clinic. A prescription signed by a military medical officer is required for all drugs. No prescriptions can be refilled. Prescriptions written by civilian doctors must be either countersigned or re-written by a medical officer before being honored by the Pharmacy.

Electrocardiograms: When required as part of a physical examination, electrocardiograms are done daily as needed. Other electrocardiograms are done as ordered by the Medical Officer on a schedule basis.

X-Ray Examinations: Most X-ray examinations can be done at the hospital. The cost for special x-ray examinations performed outside the hospital must be borne by the individual except in the case of active duty military personnel.

X-rays will be done during regular working hours as ordered by the Medical Officer.

X-rays for local personnel for employment will be done Monday through Friday as needed.

Appointments for X-rays for local food service personnel can be accomplished by calling the Station Hospital, 60042/43 PTT 21859, extension 108, and asking for a time to bring the personnel in.

Health Benefits: With the exception of active duty military personnel, you are reminded that there are certain limitations with regard to health benefits. Civilian employees are charged \$42 a day for in-patient hospitalization in the U. S. Navy Station Hospital, Saigon, and \$1 for out-patient treatment in the Out-patient Clinic which is located across the street from the 50-bed U. S. Navy Station Hospital, Saigon.

For State Department personnel, hospitalization should be cleared by the American Embassy before being effected. Those who are evacuated from Saigon to Clark Air Force Hospital, Philippines, need competent authorization for such travel before evacuation. The hospital will make the request for such orders when evacuation is necessary.

Federal Employee Health Benefits. The FEHBA High Option coverage is advisable.

Annual/sick/home leave. Annual leave may be accumulated to a maximum of 45 days. Home leave is accrued at the rate of 15 days a year. The provisions of sick leave, retirement, and insurance under Civil Service are the same as stateside.

Federal Employee's Compensation Act. This act provides compensation for disability and death and full medical care for civilian employees who suffer injuries in the performance of their duties. All personnel injuries at work and diseases proximately caused by the employment are covered, except that no benefits may be paid if the injury or death is caused by willful misconduct of the employee or intention to bring about the injury or death of himself or of another, or if intoxication of the injured employee is the proximate cause of the injury or death. If the injury was sustained at work, the employee is entitled to first-aid and full medical care for the effects of his injury, including hospitalizations, without cost to him.

## HEALTH HINTS

PREVENTION IS THE MOST IMPORTANT STEP YOU CAN TAKE. THE VIETNAMESE TRANSLATIONS ON THE LAST PAGES OF THIS BROCHURE ARE FOR USE IN INSTRUCTING SERVANTS. BEAR IN MIND, DISEASE IS SPREAD THROUGH FIVE FACTORS:

### FLUIDS, FINGERS, FOOD, FECES & FLIES

Climate. Vietnam has a typical tropical climate with its long wet and dry seasons, but chiefly characterized by constant heat. For most Americans this requires an acclimation, mentally and emotionally to the boredom of lack of change of seasons, and physically, to the heat.

The most important acclimating mechanism of the body is the development of increased capacity for sweating without undue loss of sodium chloride. This is usually accomplished within the first week or two. Heat cramps, exhaustion and stroke may be prevented by proper attention to increase fluid intake, avoidance of overexertion and wise selection of clothing. If performing heavy work and perspiring excessively, one or two salt tablets should be taken daily; but for the average American, extra salt is unnecessary. Climatic heat causes a corresponding decrease in the need for calories, part of which are used in sustaining body heat. Alcohol, in its various beverage forms, causes increased body heat and thus aggravates the climatic effect.

Recreation and Social Adjustment. Living abroad presents you with the problem of establishing new social relationships and learning new customs. In order to make a satisfactory adjustment to these new conditions, it is essential that you recognize that you will have to make an active effort to get along in the community. You will have to learn the new customs and ways of doing things, and you may have to change your recreational habits and interests. You must not allow yourself to be irritated by inconveniences and differences from your usual pattern of life.

It is particularly important that you find satisfactory recreational outlets. Without sufficient outside interest and recreational pursuits the monotony and psychological stresses will be accentuated. It is, therefore, a sound rule for mental health that you participate fully in the life of the community, and if facilities are not available for your old interests or hobbies, you should develop new ones.

### Health Hazards in Vietnam

Water. Tap water in Vietnam, including well or spring water, is considered non-potable. Only potable water should be used for drinking purposes, brushing teeth, making ice cubes, final rinse of vegetables, and for personal use. The iron chemicals in the water may be removed with a ceramic or cotton filter before using. Locally made ice is not potable. Only ice made by individuals using potable water, and ice procured for the military messes is considered safe; however, improper handling by servants and at the source of supply can cause contamination. Use sanitary precautions in handling. Drinking water in local hotels and restaurants is not potable.

Treatment of water to make it potable. Water is a carrier of organisms responsible for many of the enteric (intestinal) diseases, such as Typhoid and Paratyphoid fever, Cholera, Salmonellosis, Shigellosis, Amoebic and Bacillary Dysenteries. In addition, certain other diseases such as Infectious Hepatitis are believed by medical authorities to be disseminated by water. Unfortunately, these diseases remain a constant threat to good health when non-potable water is accidentally ingested. Therefore, the following water treatment procedures are recommended for use by all personnel residing in private residences:

a. Drinking water which is drawn from the tap must be boiled for thirty (30) minutes. This is necessary to inactivate the virus of Infectious Hepatitis.

b. After boiling and cooling, 3-5 drops of hypochlorite per gallon of water (Purex or Chlorox are commercial products containing 5% available chlorine) should be added with a medicine dropper. This residual is necessary to protect against recontamination. If chlorine substances are not available, iodine tablets or Lugol's solution (7%, 7-8 drops per quart) may be used. **HALAZONE TABLETS ARE NOT RECOMMENDED.** When water cannot be boiled or chlorinated, the use of **IODINE TABLETS** is recommended. The use of one iodine tablet for each quart of clear water will be sufficient to purify the water so that it is safe to drink. Allow 30 minutes of contact time for the iodine to work before drinking or using. Every precaution possible should be taken to prevent spread of disease through contaminated water ingestion.

c. All containers used for the storage of drinking water must be kept scrupulously clean. After each use in which there is a possibility of contamination, they must be thoroughly washed with soap and warm water, pre-rinsed in clear hot water and given a final rinse in boiling water for one minute.

d. Servants and employees must be properly instructed and supervised on water handling procedures. At no time should the hands of personnel come in contact with the drinking water, interior surfaces of containers, or other equipment which comes in contact with the water.

e. Health statistics in Vietnam over the past several years reveal **INCREASED INCIDENCE OF WATER-BORNE DISEASES DURING THE FIRST MONTHS OF THE RAINY SEASON.** This is attributed to the contamination of the water in the distribution system by surface contamination. Now is the time to re-evaluate your water treatment methods.

Food. Raw vegetables may be eaten with relative safety if the following procedures are followed: (If local help is trusted with this work, they must be supervised very closely.)

- a. Discard all bruised portions, stems and pits.
- b. Wash thoroughly with detergent and cooled potable water.
- c. Rinse off detergent with cooled potable water.
- d. Soak for 30 minutes or more in a solution of two tablespoons of Chlorox for each gallon of water, or place in boiling water bath for 20 seconds.
- e. Rinse in cooled potable water.
- f. Peel all fruits and vegetables that will be eaten raw.

Because of the impracticability of thoroughly cleaning and disinfecting lettuce, celery, cabbage, grapes, strawberries, etc., these local foods should never be eaten raw in Vietnam. The only absolutely safe way is to boil such foods for ten minutes or more. The use of chemical treatment, such as potassium-permanganate or halazone tablets is not considered fully effective. Dishes and eating utensils should be thoroughly washed in warm, soapy water, scalded with boiling water, and let drain dry. Water bottles should be thoroughly cleaned and sterilized in boiling water once a week. Milk, ice cream, and other creams sold locally are very likely to be contaminated. Cold, cooked foods sold locally are also unsafe due to contamination by handling and improper refrigeration. Carbonated, bottled beverages are available locally and are considered safe to drink.

Restaurants. There are many restaurants in Saigon patronized by Americans. Eat only in the best. It is never wise to eat raw food even in the best; salads are very hazardous and ice is suspect. Order meat "well done". For personnel living on the economy, One-A-Day vitamins are recommended. These are obtainable at the Commissary or on the local economy.

Intestinal Disorders. Diarrhea and dysenteries are common in Vietnam and it is recommended that caution be exercised when eating away from home. Amoebic dysentery and bacillary dysentery are the most common conditions. Acute disorders caused by members of the Salmonella and Shigella group are also found in food that has not been properly stored or prepared. All of these and Infectious Hepatitis are acquired through fecal contaminated food, water or milk. It should be remembered that all local untreated water, uncooked fruits and vegetables, and local milk must be considered to be contaminated with these and other organisms. All locally grown produce should be cooked or peeled (after treating) prior to eating.

Acute Diarrhea. Diarrhea normally lasts 12 to 72 hours. If over 3 days, then a special stool analysis is necessary. If abdominal pain is severe, the patient should be seen by a physician to rule out the possibility of appendicitis. Increase fluid intake of water, Gingerale or tea is necessary. Persistent vomiting may cause severe dehydration and short hospitalization and fluids intravenously may be necessary. Because of the usual short duration, the nutritive value of your diet is not of particular concern. It is advisable to limit solids the first 12 to 48 hours. Broth, jello, custards, soft boiled eggs, crisp (oven) toast, boiled rice, scraped raw apple and lean meat are recommended. Avoid: alcohol, coffee, cereal, raw milk, vegetables, fruit and fruit juices and bread. This diet restriction should last for about 2 full days after the diarrhea subsides. Medications should be prescribed at the Station Hospital. Plain Kaopectate, available on the local market, may be taken.

Animal Bites. Because rabies is prevalent in this area you are requested to take special preventive measures. Have your pets immunized at more frequent intervals if locally produced vaccines are used. If bitten, then paint with an antiseptic such as tincture of Merthiolate or Iodine. If an open lesion is present from the bite, bring the patient immediately to the Station Hospital for treatment. Capture, but do not kill, the suspected animal. The animal should be kept under observation for 10-14 days. Veterinary service for pets is available at the 4th Medical Detachment Animal Clinic, 292 Hoang Dieu. The Station Hospital cannot provide any support for the medical treatment and attention of pets. Pet owners should make their own arrangements with the local veterinarians. (See Section on PETS). Immunizations are recommended.

Insect Bites. Insects, as a whole, do not necessarily constitute a problem in Vietnam. Screening gives protection from most, and periodic spraying of residences adds further protection.

Insect bites, however, should not be scratched, as there is always the danger of introducing bacteria into the tissue, causing infection and blood poisoning. Sand fleas are a problem at beach areas. If it is noted that scorpions are in your area, it is wise to always inspect your shoes in the morning before putting them on.

Malaria. Although malaria is not yet prevalent in Saigon, the prevalence of the disease in other areas of Vietnam continues to be one of the most important actual and potential problems affecting the American population. In addition, the mosquito carrier of the disease is present in the continental United States, its territories and possessions. This poses a constant threat of the spread of malaria from infected individuals returning from South Vietnam. It is essential that not only suppression of clinical attacks but also elimination of the malaria parasite be accomplished by means of appropriate regimen of anti-malarial drugs. All personnel stationed outside Saigon, including Tan Son Nhut, and personnel who are stationed in Saigon but who travel outside Saigon will follow a prophylaxis program using Chloroquine-Primaquine tablets weekly while in South Vietnam. If you are using Chloroquine-Primaquine tablets, the departing prophylaxis is one tablet per week for six weeks.

Beach. Precautions should be observed by personnel at the local beaches concerning the following: severe sunburn; extreme glare (use sunglasses); sand fleas; jelly fish; undertow (at certain seasons of the year); and water snakes.

Servants. All servants should have a chest x-ray prior to employment and annually thereafter. The Station Hospital does not have facilities and staff available to render medical assistance to servants. A physical examination including serology, stool analysis, plus immunizations for cholera, smallpox, and Triple Typhoid is advised, and this usually is done by the staff of the Saigon 7th Day Adventist Hospital. YOU ARE URGED TO ACCOMPANY THE SERVANT FOR ALL TESTS.

X-rays. Annual x-rays are recommended for all American personnel. Tuberculin skin tests and x-rays are available at the Station Hospital. A written request for x-ray work, by a medical officer, is needed.

Special Drugs. If your doctor in the States placed you on a special medication prior to your departure, it is recommended that you make sure the drug is available in Saigon, either at the Station Hospital or locally before your supply is exhausted. Otherwise, these drugs must be obtained from stateside sources at your expense.



Self Medication. Many products are available on the local market with prescription; however, you are cautioned against taking medication without the advice and prescription of physicians, and without the benefit of laboratory examinations or accurate diagnosis. Self medication is an extremely dangerous practice and should not be attempted.

#### PHARMACIES

Pharmacie 1a Thanh	195-201 Tu Do	20577
Pharmacie Normale	119-123 Tu Do	20374
Pharmacie De France	111-113 Tu Do	20781
Pharmacie Nguyen Thi Hai	32 Le Loi	20714
Pharmacie De Saigon	120-124 Le Loi	22829
Pharmacie Phan-Nhan	232 Cong Quynh	SG 224

#### DOCTORS

Dr. Thoresen	124 Vo Tanh, Chi Lang	
Dr. Jones	Saigon Adventist Hospital	
Missionary Doctors		
Dr. Vinh Dan	21 Dinh Tien Hoang (Office) 24453 (Home) 24405	
Ophthalmologist	Hospital 36123, Hrs. 0800-0900 & 1600-1800	
Dr. Nguyen Van Tho	213 Tu Do	21483
Dentist	Hrs 0700-1200 & 1530-1830	
Dr. Vu Thien Thai	29 Phan Dinh Phung	
Veterinarian	Hrs 0700-1000, National Director of Animal Husbandry	

#### DENTAL DEPARTMENT

The Dental Department is located at 100 Pham Ngu Lao and may be reached by taking any HEDSUPACT bus marked "C".

Hours of operation of the Dental Department are 0730-1130 and 1330-1730 Monday through Friday; 0730-1200 on Saturdays.

Personnel desiring dental treatment may make appointments by visiting the Dental Department during the following hours for examinations:

Military Personnel - 0730-0900 Monday through Friday

Emergencies will be seen at any time.

The telephone number of the Dental Clinic is 60292.

The following treatments are available at the Dental Department:

Routing operative dentistry, minor oral surgery, prosthodontics and endodontics.

Personnel with orders to Vietnam should ensure that major dental treatment, particularly specialized dental care is accomplished prior to leaving the United States.

U.S. civilian employees should ensure that any required dental treatment or specialized work is accomplished prior to leaving the U.S. The Dental Department will provide emergency treatment only for civilian employees except that on-the-job dental injuries will be fully treated under the Federal Employees Compensation Act.

#### CHAPTER V

#### TRANSPORTATION

Local Transportation. Taxis are in short supply especially during rush hours and during rain storms. The Vietnamese drivers occasionally speak English, and many can speak some French. It is advisable to keep your map of Saigon with you at all times. The following Vietnamese phrases will help you to communicate with the taxi drivers:

<u>English</u>	<u>Vietnamese</u>	<u>Pronounced</u>
Go straight ahead	Di thang	Dee tahng
Turn left	Tay Trai	Tai-ee chah-ee
Turn right	Tay Mat	Tai-ee maht
Slow down	Cham Cham	Chum Chum
Stop	Thoi	Toe-ee
Thank you	Cam on	Gahm un

Although impolite, it helps to point in the direction you wish to turn while saying the Vietnamese directions aloud. When riding in taxis, pay the amount indicated on the meter if your trip is over 6.00 piastres (minimum fare) before 2200 hours. Before commencing your trip, make sure that the meter reads 2.50 piastres. After 2200 hours, fares are increased 50%; pay the amount shown on the meter plus one half. If the taxi meter reads 15.50 piastres, you pay the driver 16 piastres since there is no 1/2 piastre note in Vietnamese currency. Avoid arguments with drivers. Should any disagreement or confusion ensue, stop the driver and request assistance from an always available Vietnamese policeman. He will help you in every respect provided proper courtesies are maintained in your dealings with him. Pay

the required fare and, if you desire, a small tip. Traffic, you will notice, is very heavy and congested in Saigon/Cholon. As a pedestrian, exercise of super-caution is absolutely necessary. Fares outside of Saigon (normally considered civilian terminal at Tan Son Nhut, Golf Course, etc., but not the military entrance of Tan Son Nhut) are required to pay double the fare indicated on the meter.

Pedicabs may be hired by the hour. With these, as well as with motor cycles, it is well to agree in advance as to the fare. Local bus service is not recommended.

Private Vehicles. American personnel cannot bring private automobiles to Vietnam. Driving vehicles in this area of the world requires defensive action in the form of super-caution. The lack of traffic education renders the local population extremely vulnerable to fast moving traffic or reckless driving. The City of Saigon is becoming increasingly crowded and traffic is thick in all areas of the city throughout the day. All personnel operating vehicles in the area must have a Vietnamese operator's license, possess a valid registration certificate, and have civil liability insurance in the amount of 100,000 piastres. This applies to automobiles, motorcycles, motor scooters and certain types of motor bikes. Information regarding registration of privately-owned vehicles may be obtained at the Registration Division, HSAS Provost Marshal Department.

HEDSUPPACT Military Taxis. A military radio taxi service is available 24 hours a day, seven days a week, for authorized personnel of MACV and HEDSUPPACT on official business. Call telephone 60071 or 60072 for service.

Military Bus Service. The HEDSUPPACT Public Works Department operates daily bus service for authorized personnel between all BOQ/BEQ and the major work areas in Saigon, Cholon and Tan Son Nhut. The busses run from 0600 to 1930 on a 10-minute interval and from 2000 to 2230 on a 30-minute interval. Bus schedules are posted in all BOQ/BEQ and all bus stops have signs indicating the various stops.

## CHAPTER VI

### SAIGON TELEPHONE SYSTEM AND USEFUL NUMBERS

1. Telephone service in RVN is primarily provided by the ARVN Signal Command and Post Telegraph and Telephone (PTT). U.S. military installed and operated telephone services are limited to base or installation complexes with U.S. controlled radio communications providing interconnecting links between areas.

2. Restricted Numbers. The two systems are interconnected in Saigon/Cholon; however, it is not possible to call at PTT number from any of the following ARVN restricted numbers: 30,800-31,499; 40,300-40,599; 50,200-50,299; 50,500-50,599; 60,400-60,900.

### 3. Interconnections.

#### From ARVN To:

a. MACV I (Tiger), dial 40083, 40086, 40475, 40478, 40491, 40739, 40740 and 40741.

b. MACV II (Lion), dial 60409, 60877 and 60878.

c. Air Div (Tan Son Nhut Complex), dial 33, wait for new dial tone, then dial Air Div number desired.

d. Joint switchboard, dial 40972 thru 40976.

e. P. T. T. (Class A), dial 9 for PTT dial.

P. T. T. (Class C), dial Tiger or Lion Switchboard and ask operator for number desired.

#### f. EMBASSY:

Chancery - PTT 25251/2/3/4/5/6/7

ARVN 60544 or 60545

Annex - PTT 25251/2/3/4/5/6/7

ARVN 60546 or 60547

Administration - PTT 20156, 24607 or 25654

g. USOM, PTT 23234/5/6, 23612/3/4, 25492/3/4/5/6  
ARVN 60548 or 60549

h. JUSPAO, Dial Tiger or Lion switchboard and ask operator for 22026-22029.

i. CIVIL GUARD AND SELF DEFENSE CORPS, dial first two digits (63) of Civil Guard telephone numbers, wait for dial tone, then continue to dial the remaining digits.

#### FROM P. T. T. To:

j. ARVN, dial 20011 thru 20015, 25477 or 25478.

k. MACV, (Tiger) dial 21285, 21266, 21273 or 21288.

l. Air Div (Tan Son Nhut Complex), dial 20011 thru 20015, 25477 or 25478 and ask operator for 33 and number desired.

m. MACV, (Lion) dial 20296 and 20297.

FROM Air Div (Tan Son Nhut Complex) to:

n. ARVN, dial 9, wait for new dial tone, then dial desired number.

o. MACV (Tiger), dial 2831.

p. MACV (Lion), dial Ø, ask operator for Lion.

q. P. T. T., dial 9, wait for dial tone, then dial 9, then wait for dial tone, dial desired PTT number.

r. AMERICAN EMBASSY, dial Ø, ask operator for American Embassy.

MILITARY OVERSEAS TELEPHONE SERVICE

1. Official and Personal Telephone Service is available through the facilities of Post Telephone and Telegraph (PTT). Calls may be made to the following geographic areas: Japan, Korea, Okinawa, Philippines, Hawaii, San Francisco and New York.

2. Calls may be placed at Main PTT Building Saigon weekdays only from 0800-1200 hours and 1430-1730 hours.

3. Weekend calls may be placed at 5 Phan dinh Phung, Bldg. 2, 4th floor from 0930-1130 hours.

4. When placing an official call the originator will furnish his name, grade, organization, and telephone number, secondly, the name, grade, organization and telephone number (if known) of the party called.

5. Personnel having occasion to use this service are advised to book (schedule) their calls as far in advance as possible.

Official users are cautioned that these facilities are commercial and not secure; therefore, only unclassified matters may be discussed.

6. Booking by telephone will not be accepted. All calls will be booked in person at Main PTT Bldg. (weekdays) and PTT Annex (weekends).

A security deposit of 52 \$ VN must be made when booking is made.

7. If a telephone call is desired to be transferred to a telephone, (PTT only), an overseas deposit of 10\$ VN must be made.

EMERGENCY NUMBERS

1. FIRE

a. (PTT system) dial any of the following: 20011-20015; 25477, 25478 and ask for 60046 or 60444 and give details to Desk Sergeant, Provost Marshal.

b. (ARVN system) dial 60046 or 60444 (Desk Sergeant, Provost Marshal)

2. MILITARY POLICE

a. (PTT system) dial any of the following numbers: 20011, 20015, 25477, 25478, and ask for 60046 or 60444.

b. (ARVN system) dial 60046 or 60444 (Desk Sergeant, Provost Marshal)

3. CIVILIAN POLICE

a. (PTT system) dial 17.

b. (ARVN system) If class A, dial 9, wait for dial tone, then 17.

If class C, dial Tiger or Lion switchboard and ask for 17.

(NOTE: As an alternative, call Military Police and give them the information. The MPs have interpreters.)

4. Public Works Department Emergency Service Center 60675.

This center receives and processes all emergency calls for electrical, plumbing and elevator repairs. Minor building repairs, air-conditioning malfunctions (except BOQ/BEQ), potable water and gas delivery are likewise handled here.

5. STATION HOSPITAL (located at 263 Tran Hung Dao)

a. (PTT system) dial 21859 or 24946

b. (ARVN system) dial 60042, 60043

c. Tiger 850

d. Lion 298 or 299

DUTY OFFICERS

ACTIV.....40416, Tiger 533

AMERICAN EMBASSY.....Emb 210

2ND AIR DIVISION.....Air Div 2437

III Corps.....40083-40086 and ask for  
Lightning 35

HSAS..... 60448, 60852  
 SPECIAL FORCES..... 50319, Tiger 591  
 MACV..... 40662/40663 Tiger 509/510  
 USASCV..... Air Div 2176/2185  
 NAVAL ADVISORY GROUP..... 40878

USEFUL NUMBERS

APO (HSAS Compound)	60840, Lion 146
Navy Exchange Office	60794/5/6
Navy Exchange Main Store	60445
Commissary Store	60792/3
HEDSUPPACT Special Services	Tiger 488 - 40639
Special Services Bowling Center	60956
Swimming Pool	50271
Station Hospital	60042/60043; PTT 21859; PTT 24946; 60407; Tiger 850; Lion 298-299
Dental Clinic	60292
HEDSUPPACT Real Estate Office	60697
HEDSUPPACT Public Works Dept.	60687
Library	60481
Telephone Repairs	DIAL ARVN 40414 or 60691 for telephone repair information

WHEN SPEAKING TO A PTT OPERATOR, SPEAK SLOWLY AND CLEARLY TO INSURE THAT YOU ARE UNDERSTOOD.

NOTE: DO NOT DISCUSS CLASSIFIED INFORMATION OVER THE TELEPHONE.....

CHAPTER VII

EMERGENCY PLANNING

Certain precautions must be taken by the individual in the event of an emergency. In the event of local riots or other disorders, Americans should exercise common sense and discretion, and take such necessary passive precautions as are required for their safety. In this connection it will generally be safest to remain in your home or office, where you are at the beginning of the disorder, until you receive further instructions from competent authority. If the situation is such that you must leave your home for your personal safety, leave a note or chalked message on the door as to your whereabouts or destination.

In the current emergency planning, four (4) security conditions have been established. Normally Security Condition White is in effect.

Specific actions to be taken by the individual under each condition are listed hereunder:

A. Security Condition WHITE:

- (1) Avoid crowds
- (2) Park automobiles off streets at night
- (3) Avoid disturbed areas
- (4) Exercise care in the selection and use of taxis, cyclos, etc., particularly at night. Do not permit drivers to deviate from your desired route.
- (5) Advise servants of their responsibilities for residential security. Instruct them not to admit unknown persons to the premises without your authority, and not to accept unsolicited packages delivered by persons unknown to them.
- (6) Employ alternate routes to and from work if possible.
- (7) Curtail late night movements on streets.
- (8) Exercise the fullest degree of good personal conduct in public places.
- (9) Refrain from gathering in groups when outside your residence or place of duty.
- (10) Leave word when you will return home, either with servants or by note on the door.
- (11) Immediately report any unusual or suspicious acts or occurrences to the Provost Marshal or the Duty Officer.

B. Security Condition GREY:

In addition to those passive security measures specified for Security Condition WHITE:

- (1) Refrain from entering public restaurants, bars, theaters, or other public establishments.
- (2) Do not attend social functions, unnecessary to the conduct of business.
- (3) Do not go out after dark except in the line of duty.
- (4) Remain in billets or duty location.
- (5) Employ the "Buddy" system when traveling outside of billets or duty locations.
- (6) Deviate from normal pattern as much as possible.
- (7) Perform periodic checks on vehicles for explosive devices, etc.



### C. Security Condition YELLOW:

- (1) Minimize use of vehicles.
- (2) Cancel all commitments to attend or hold social functions.
- (3) Remain in billets unless required to be at duty station.
- (4) Be prepared to move to a predesignated billeting area on order of competent authority.
- (5) Take all steps to protect life and limb. Fire arms should be used only as a last resort, and when such action is clearly the only action which can protect your life.
- (6) Monitor your radio for any announcements and for news concerning the disturbance.
- (7) Have available:
  - (a) Immunization certificate.
  - (b) One copy of an inventory of personal property.
- (8) Limit telephone calls to absolutely essential calls.

### D. Security Condition RED:

In addition to security measures specified for Security Condition YELLOW:

- (1) Remain calm - Do not panic.
- (2) Prepare for immediate evacuation.
- (3) Remain at your home or office until instructions are received. If you must leave due to an obvious threat of peril, leave a note.
- (4) Secure personal property to the limit of your ability.
- (5) Obey instructions of competent authority explicitly.

## CHAPTER VIII

### VIETNAM

Vietnam, shaped like a huge "S", forms the east coast of the Indo-Chinese Peninsula. It is bounded in the North by China; in the East by the Pacific Ocean; in the South by the Gulf of Siân.; and in the West by Cambodia and Laos. Northern Vietnam is a mountainous high region. Its peaks, however, do not reach a great height. The best known are Fan Si Pan (3,412 meters), Tam Dao (1,492 meters), and Pa Vi (1,281 meters). Central Vietnam, a sort of long, irregular corridor joining the North to the South, is made up of a series of small hill plains drained by relatively short streams rising in the "Cordillera of Vietnam" called Trong Son. The indented coast of headlands and bays sketches a great convex across the island scattered sea. South Vietnam is a flat country. It results from the emersion of a shallow sea bed,

silted up with the deposits of the Mekong which finished its course here in a vast delta. It can be said that South Vietnam is the magnificent gift of the Mekong. This delta constitutes very nearly the entire land surface of the country with its rice fields as far as the eye can see, surveyed by a few peaks of very little elevation.

In the North the climate is substantially similar to that of Southern China. It is characterized by a wide difference between summer and winter temperatures and by many sudden changes. The central region is the transition zone which progresses to the southern climate of a simple monsoon type. The southern area is characterized by the consistency of temperatures, the distinctly alternating monsoons and the regularity of the rainy season. The summer monsoon ranges from May to October. The winter monsoon from November to February followed by a period of cool evenings and dry skies from February to April.

In South Vietnam, the Mekong and its wide flung arms drain all the country. The principal branches are the Tien Giang (upper river), Hau Giang (lower river) and Tonlesap. The entire delta of South Vietnam is furrowed by many little streams, by tributaries of the bigger rivers, and by a multitude of canals which form an excellent network for navigation and irrigation.

Vietnam is inhabited by 25 million people, of whom the Vietnamese constitute the predominant racial element (about 22 million). Although of small stature and frail appearance, the Vietnamese is robust and resilient. Over long centuries he has been subjected to the Chinese influence, which has permeated his character and manifests itself in many spheres. He is a man of the plains, rejecting the highlands and preferring to leave the mountains and forests to the racial minorities. These minorities are: Thai (350,000) living in the high region of North Vietnam; the Man (100,000) prefers to live at an altitude of 300 to 900 meters; the Meo (80,000) live only at altitudes over 1,000 meters above sea level. Unlisted are many scattered tribes of Chinese descent.

Historically Vietnam's first records show the early domination of the Chinese from 111 BC to 938 AD. The Great National Dynasties run from 939 to 1945 and may be divided into ten separate periods. French influence is first noted in Vietnam in 1858 when Tourane was captured by Franco Spanish troops. In 1954 after many years of bitter fighting, Vietnam was divided approximately in half. The Communists (Viet Cong) control the area north of the 17th parallel while the area south is known as The Republic of Vietnam. The Republic of Vietnam was established on 5 July 1954.

In 1950 an agreement was made between the governments of the United States, France, Laos, Cambodia, and Vietnam, which provided military assistance to Indo-China. This initiated the first Mutual Defense Assistance Program support in Indo-China. The U.S. MAAG, at that time, was actually a small logistical group which provided equipment to the French. When the French withdrew after the Geneva Accords in 1954, MAAG began assisting the Vietnamese who had taken command of their own forces. Military Assistance was increased early in 1962, and detachments can now be found in most of the major cities in the country.

The social system of Vietnam is founded on the "clan" which is made up of a varying number of families. The clan is composed of all families having at root a common ancestor. In principle the lineage is reckoned as far as the ninth generation. Since time immemorial absolute paternal authority has been exercised over women and children, their persons and property. These days, under the influence of western ideas, and since the promulgation of new Civil Codes, the Vietnam family has lost much of its cohesion and rigidity. The individual has more and more often asserted his own rights to the detriment of the family formerly considered an impregnable fortress.

In Vietnam the most sacred and solemn events are marriage and death. The first is looked on as an entirely family affair, a matter of interest to the whole family community and not as the personal concern of the future bride and bridegroom. The worship accorded to ancestors commences from the time of death.

Through China, Vietnam has received three religious systems, Taoism, Buddhism, and Confucianism. The first Christian missionaries arrived in Vietnam at the beginning of the 14th Century. Permanent missions were not established in the country, however, until the 17th Century. From the time of the arrival of the missionaries until the present there has existed in Vietnam a community of about 2 million Catholics. A new religion sprang up in South Vietnam at the beginning of this Century. It is known as Caodaiism, and it combines qualities of Buddhism, Taoism, Christianity and Confucianism.

The Vietnamese, with their deep-rooted sense of harmony and beauty, are naturally artistic people. Across the long years of their history, few traces remain of their artistic skill because their materials (wood, bamboo, and baked clay) have no durability in a tropical climate and little resistance to destruction by termites. It is, as ethnologists have called it, "A civilization of the plant world". Nothing now is left of the famous palaces of the Co Loa, Hoa Lu, Thang Long and numerous others. What has

remained standing, in spite of the work of the climate and the termites, man has taken upon himself to destroy by the unending wars which have been waged over the centuries. Only articles of iron, gold and silver have managed to survive all of these calamities.

Modern-day Vietnam presents a virtual kaleidoscope of faces to the newcomer to her shores. A vast opportunity presents itself in Vietnam to know and understand the people of a valiant country, who are today, with the aid of many countries, interested in the preservation of freedom. Anything less than a maximum effort to take advantage of this opportunity will result only in a deep sense of loss and forfeiture as your visit here is completed.

### SAIGON

Saigon, the capital and largest city in the Republic of Vietnam, is located on the West bank of the Saigon River, approximately 50 miles inland from the South China Sea and is an important commercial port. The population which was approximately 400,000 before the last war, has now increased to an estimated 2,000,000 (including the twin city of Cholon). This over-crowding of the city has resulted in traffic-swollen streets, an atmosphere of constant activity, and an extreme housing shortage. Despite the great increase in population and business activity, Saigon still retains much of its pre-war beauty. Public gardens, and the many streets bordered with large shade trees, appeal to the visitor. Because of French architectural and cultural influence here, Saigon has been referred to as the "Paris of the Orient."



The coat of arms of the Republic of Vietnam has, as its central scheme, the flexible bamboo, symbolizing consistency, faithfulness, and vitality. The bamboo is flanked by a writing brush, symbol of culture, and a sword, representing strength and determination.

Bamboo is typical of the Vietnamese country-side. Thick hedges of the woody grass, growing profusely, form a protective wall around almost every village in the northern delta and central coastal plains. Thus, for many Vietnamese, bamboo is associated closely with their rural life, a happy image of home and traditions rooted in a time-honored past.

The inner strength of the bamboo, coupled with its flexibility and modest appearance, are considered as representing the virtues of a gentleman. An ancient proverb says, "the taller the bamboo grows the lower it bends", meaning that a great man is humble, modest, and tolerant. A fierce storm may uproot proud, stately and seemingly indestructible trees, but after the storm subsides, the flexible bamboo emerges as straight and as verdant as before. This may reflect an approach to life.

## CHAPTER IX

### TRAVEL OUTSIDE SAIGON/CHOLON

Travel outside the Saigon/Cholon outer boundary is not authorized unless specifically approved by proper authority and only when required for official or authorized purposes. Travel will be conducted in accordance with security procedures prescribed by the proper authority. For the purpose of this brochure, proper authority refers to commanding officers or their designated representatives.

