**TOXIC EXPOSURE PROOF**

**Attention Veterans**

**Did your military service expose you to harmful substances? If you haven't considered it, you should, as you might be eligible for benefits under the PACT Act. To find out more, visit this link:** [**https://www.publichealth.va.gov/index.asp**](https://www.publichealth.va.gov/index.asp)

**Under the PACT Act, all Veterans who were exposed to toxins or other hazardous materials during their service may be eligible for benefits. To determine your eligibility, consider if you were exposed to toxins or hazards such as burn pits, sand and dust, chemicals, radiation, and other occupational hazards. Learn more about military exposure categories at this link:**

[**https://www.publichealth.va.gov/exposures/health-concerns.asp**](https://www.publichealth.va.gov/exposures/health-concerns.asp)

**To prove your exposure to toxins during service, follow these steps:**

* **Research the duties of your MOS to identify any involvement with toxins.**
* **Consider the equipment you used and any exposure to cleaning solvents, fuels, fumes, etc.**
* **Determine any toxic exposures during your job duties or in your surroundings.**
* **Research the health and physical risks associated with your MOS/branch.**
* **Summarize your findings and submit them to ALPOST284VSO@outlook.com before your appointment for evaluation. Any related documents to validate your findings would be helpful.**