



VETERANS CLAIMS EDUCATION · FREE GUIDE

Sea Service Claim Kit

For Navy, Coast Guard and Marines afloat · Era chart · Prove where your ship was · Reading deck logs · Your job and exposures · How to say it so VA picks it up · Examples · Forms · 7 printable worksheets

Before you start: we are a free education resource. We are not VA, a VSO, an attorney or an accredited claims agent, and we don't assist with or file claims. Only VA decides. Examples are made up to show how the rules work. Describe your own experience truthfully; false statements to VA can have serious consequences.

The key idea: **your ship's location is your evidence**

For most sea service presumptions, VA asks where your ship was and when. Prove that, show a diagnosis on the list, and VA presumes the connection, with no medical opinion needed for the link. For everything else, specific details about your ship, dates, duties and diagnosis give VA something it can check.

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How sea service claims work

Presumptive

Your ship was in qualifying waters during the set dates, and your condition is on that exposure's list. VA presumes the exposure and the link. You prove: where your ship was, that you were aboard, and your diagnosis.

Direct

Your exposure or condition isn't on a list, like asbestos, noise, jet fuel, Red Hill or firefighting foam. You prove: the exposure, your diagnosis, and a doctor's opinion linking them.

1. You were aboard

DD-214, personnel record, orders, evaluations.

2. Where the ship was

Deck logs, ship histories, VA's ship list, cruise books.

3. Your diagnosis

From any provider, VA or private.

EXAMPLE

Two eras, two lists

Walt served on a cruiser off Vietnam in 1971 and on a frigate in the Persian Gulf in 1991. He has hypertension and chronic sinusitis.

Hypertension falls under the Agent Orange list (Blue Water) and sinusitis under the burn pit list (Persian Gulf). He claims both and proves each era separately.

Not presumptive (file directly)	What you'll need
Asbestos	Ships, job, where you slept and worked, diagnosis, doctor's opinion
Noise (hearing loss, tinnitus)	Job and work area, hearing tests, when ringing started
Jet fuel, solvents, firefighting foam (PFAS)	Job records, how often and how exposed, diagnosis, opinion
Red Hill fuel leak (Hawaii)	Proof you lived or worked on the affected water system, diagnosis, opinion
Nuclear subs and reactor duty	Dosimetry records; radiogenic diseases get a dose review (§ 3.311)

EXAMPLE

Two sailors, same ship

Dan and Joe served on the same destroyer off Vietnam in 1968. Dan has type 2 diabetes. Joe has hearing loss from the engine room.

Dan's claim is presumptive: the deck logs and his diagnosis are enough. Joe's is direct: he needs his job records, hearing tests and a doctor's opinion. Both can win.

The rules: [38 CFR § 3.303](#) · [§ 3.307](#) · [§ 3.309](#) · [§ 3.159](#)

Era quick-reference chart

Era	Where your ship (or you) had to be	Dates	What's presumed	Rule
WWII & early Cold War	Atmospheric nuclear tests, including Operation Crossroads at Bikini Atoll; occupation of Hiroshima or Nagasaki	1945–1962	Certain cancers	§ 3.309(d)
WWII	Full-body mustard gas or Lewisite tests	WWII	Certain lung, eye and skin conditions and cancers	§ 3.316
Vietnam: Blue Water	Ship within 12 nautical miles of VA's line off Vietnam	Jan. 9, 1962 – May 7, 1975	Agent Orange list	§ 3.307(a)(6) · § 1116A
Vietnam: Brown Water and ashore	Inland waterways, or any time on land, even hours	Jan. 9, 1962 – May 7, 1975	Agent Orange list	§ 3.307(a)(6)
Guam and American Samoa	On land or in their territorial waters	Jan. 9, 1962 – July 31, 1980	Agent Orange list	§ 1116
Johnston Atoll	On the atoll, or on a ship that called there	Jan. 1, 1972 – Sept. 30, 1977	Agent Orange list	§ 1116
Enewetak cleanup	Took part in the cleanup	1977–1980	Certain cancers	§ 3.309(d)
Project SHAD / 112	Ships and crews in chemical and biological tests	1962–1974	No list; claims for conditions linked to testing	VA: SHAD
Gulf War and post-9/11	Persian Gulf, Red Sea, Gulf of Oman, Gulf of Aden, Arabian Sea (and land locations)	Aug. 2, 1990 – today	Gulf War illness list and burn pit list	§ 3.317 · § 3.320
Camp Lejeune or MCAS New River	Stationed there 30+ days total	Aug. 1, 1953 – Dec. 31, 1987	8 conditions	§ 3.309(f)

Agent Orange list

AL amyloidosis, bladder cancer, chronic B-cell leukemias, chloracne*, diabetes type 2, Hodgkin's disease, hypertension, hypothyroidism, ischemic heart disease, MGUS, multiple myeloma, non-Hodgkin's lymphoma, Parkinson's and parkinsonism, early-onset peripheral neuropathy*, porphyria cutanea tarda*, prostate cancer, respiratory cancers, some soft tissue sarcomas. **Within 1 year of exposure.*

Burn pit list (Gulf waters count)

Illnesses: asthma diagnosed after service, chronic bronchitis, COPD, chronic rhinitis, chronic sinusitis, constrictive bronchiolitis, emphysema, granulomatous disease, interstitial lung disease, pleuritis, pulmonary fibrosis, sarcoidosis. Cancers: brain, glioblastoma, GI, head, neck, kidney and other urinary, lymphoma, blood cancers, melanoma, pancreatic, reproductive, respiratory.

Lists can change. Check the current lists at veteransclaimsedu.com/presumptive-conditions and [/the-pact-act](#).

SECTION 3

Prove where your ship was

1. Prove you were aboard. DD-214, personnel record, orders and evaluations show your ships and dates. Request your record with Standard Form 180 or online from the [National Archives](#).
2. Prove where the ship was. Deck logs record the ship's position, port calls and anyone sent ashore (Section 4).
3. Check VA's Vietnam ship list. If your ship is listed for your dates, that helps. If not, deck logs can still prove it.
4. Add ship histories. Command histories from the [Naval History and Heritage Command](#) describe where the ship operated.
5. Add personal proof. Cruise books, ship newsletters, letters home, photos, award citations and buddy statements.
6. Tell VA exactly where to look. Name the ship, hull number, dates and waters. Use Worksheet 1.
7. Ask VA to help. VA must help get government records. If you can't get the deck logs, ask VA or your VSO to request them.

The Vietnam Service Medal isn't enough by itself. It was awarded across a wide area, including far offshore. VA needs the ship's position.

Sample statement: *"I served aboard USS [ship name] ([hull number]) from [date] to [date]. During that time the ship operated within 12 nautical miles of the coast of Vietnam, including [dates or operations]. I request that VA review the ship's deck logs for [months and years] to confirm its position. I have been diagnosed with [condition], which is on VA's Agent Orange list."*

EXAMPLE

A ship not on VA's list

Sam's ammunition ship isn't on VA's list. He finds its deck logs online for 1969.

The logs show positions 9 nautical miles off Da Nang during resupply runs. He sends those pages with his claim and names the exact dates.

The rules: [38 CFR § 3.159 \(duty to assist\)](#) · [§ 3.307\(a\)\(6\)](#) · [VA ship list](#)

How to read a deck log

VA scanned the Navy's deck logs from 1956 to 1978, and the National Archives is posting them online.

1. Find the logs. Go to catalog.archives.gov. Search the ship name without "USS," plus "Deck Log" and the year. Example: "Ranger Deck Log 1968." Not online? Contact the National Archives or ask VA or your VSO.
2. Find the positions. Most logs record latitude and longitude several times a day, often around 0800, 1200 and 2000.
3. Look for key words: anchored, moored, entered harbor, small boat, liberty party, mail, gunfire support, and named bays or harbors.
4. Measure the distance. 12 nautical miles is about 13.8 regular miles, or 22.2 kilometers. Plot the coordinates on a map and measure to the coast.
5. Record what you find on Worksheet 2, with the page or image number, and list those dates in your claim.

Ships that often worked close to shore

Destroyers and cruisers on gunfire support; amphibious and landing ships; minesweepers, patrol craft and river boats; supply and ammunition ships entering harbors; Coast Guard cutters on coastal patrol.

Ships that often worked farther out

Carriers at Yankee or Dixie Station; escorts and oilers serving carriers; submarines. Still check: they sometimes came in close or sent people ashore.

EXAMPLE

The mail boat

Bill's ship stayed about 15 miles out, but the deck log shows he was on a small boat that took mail to a pier at Da Nang in March 1969.

Setting foot ashore, even briefly, counts as service in Vietnam. The deck log entry and his statement prove it.

The rules: [National Archives: Digitized deck logs](#)

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SECTION 5

Your job and exposures

Your rating and where you worked and slept help VA understand your exposures. Use this to describe duties, not to guess a diagnosis.

Job or work area	Exposures to describe	Claims veterans often look at
Engine and boiler rooms (machinist's mate, boiler tech, engineman, fireman)	Constant noise, asbestos insulation, heat, fuel and lube oil, solvents	Hearing loss, tinnitus, asbestos-related disease, heat-related skin conditions
Hull, pipes and repair (hull tech, pipefitter, damage controlman)	Asbestos lagging and gaskets, welding fumes, paint, solvents, firefighting foam	Asbestos-related disease, lung conditions
Flight deck (aviation boatswain's mate, aviation machinist's mate, plane captain)	Jet exhaust and JP-5 fuel, catapult and engine noise, firefighting foam	Hearing loss, tinnitus, respiratory conditions
Weapons (gunner's mate, fire controlman, torpedoman)	Gunfire and blast noise, propellants, cleaning solvents	Hearing loss, tinnitus
Electrical (electrician's mate, interior communications)	Wiring and insulation in tight spaces, generator noise	Hearing loss, asbestos-related disease
Deck (boatswain's mate, seaman)	Small boat runs ashore, paint chipping, line handling, ladders in heavy seas	Time ashore for Vietnam; orthopedic injuries
Medical (hospital corpsman)	Duty with Marine units ashore or at Camp Lejeune	Camp Lejeune list; Vietnam ashore

Where you slept matters. Berthing spaces often had insulated pipes overhead. Say where you slept and worked, not just your job title.

EXAMPLE

A boiler technician

Ron was a boiler technician for 6 years. He has asbestosis and hearing loss.

He describes his daily boiler and pipe work, the noise, and that he slept under insulated pipes. With his diagnosis and a doctor's opinion, both can be connected directly.

The rules: [38 CFR § 3.303](#) · [VA: Asbestos](#) · [§ 3.385](#) · [VA: Specific environmental hazards](#)

SECTION 6

How to say it so VA picks it up

Vague statements give a rater nothing to check. Specific details can be matched to VA's rules and to your records. Replace the bracketed text with your own facts.

1 · PROVING WHERE YOU WERE

Instead of	Say something like	Why it works
"I was in Vietnam."	"I served aboard USS [name] ([hull]) from June to December 1968, operating within 12 nautical miles of the coast of Vietnam."	Gives VA the ship, dates and waters to check against deck logs.
"We were over there a lot."	"On [date] the ship anchored in [harbor], and on [date] I went ashore with the [mail boat / liberty party]."	Specific dates and places can be matched to log entries.

The rules: [38 CFR § 3.307\(a\)\(6\)](#) · [§ 3.159](#)

2 · AGENT ORANGE CONDITIONS

Instead of	Say something like	Why it works
"I have sugar problems."	"I was diagnosed with type 2 diabetes in [year] and take [medication]."	Uses the exact name on VA's list.
"My heart is bad."	"I have ischemic heart disease, diagnosed in [year] after [a heart attack / stents]."	Ischemic heart disease is on the list; "bad heart" isn't.

The rules: [38 CFR § 3.309\(e\)](#)

3 · ASBESTOS

Instead of	Say something like	Why it works
"There was asbestos everywhere."	"As a [rating], I repaired insulated steam pipes and replaced gaskets in the [fire room], [daily] for [years], without a respirator."	Shows the task, frequency and lack of protection.
"I have lung problems."	"I was diagnosed with [asbestosis / mesothelioma] by [test] in [year]."	Names the diagnosis and how it was confirmed.

The rules: [38 CFR § 3.303](#) · [VA: Asbestos](#)

4 · HEARING LOSS AND TINNITUS

Instead of	Say something like	Why it works
"It was loud on the ship."	"I stood 12-hour watches next to running boilers in the main engine room from 1969 to 1972, often without hearing protection."	Names the noise source, duration and protection.
"My ears ring."	"The ringing started during my second deployment and has been constant since."	Ties onset to service and shows it continued.

The rules: [38 CFR § 3.385](#) · [§ 4.85](#) · [§ 4.87](#)

5 · SHIPBOARD INJURIES

Instead of	Say something like	Why it works
"I hurt my back on the ship."	"In [month, year] I fell down a ladder in heavy seas aboard USS [name], went to sick bay, and was on light duty for [time]."	Specific event, treatment and duty change.
"My knees are shot."	"For [years] I climbed ladders and worked on steel decks [daily], and my knees have hurt since [year]."	Shows repetitive strain over time.

The rules: [38 CFR § 3.303](#) · [§ 3.159](#)

6 · HEAT AND ENGINE ROOM CONDITIONS

Instead of	Say something like	Why it works
"It was hot down there."	"Engine room temperatures often reached [temperature]. I was treated in sick bay for heat exhaustion in [year], and my skin rash began then."	Connects conditions to documented treatment.

The rules: [38 CFR § 3.303](#)

7 · PTSD STRESSORS AT SEA

Instead of	Say something like	Why it works
"Bad things happened on the ship."	"On [date], a fire broke out in [space] aboard USS [name]. I fought it for [hours] and saw [what happened]."	Dated events can be confirmed in deck logs and command histories.
"We lost guys."	"In [month, year], a sailor went overboard during [operation]. I was on deck and saw it."	Gives VA something to verify.

The rules: [38 CFR § 3.304\(f\)](#)

8 · MILITARY SEXUAL TRAUMA

Instead of	Say something like	Why it works
"Something happened but I never reported it."	"After [event] in [year], I asked for a transfer, my evaluations dropped, and I started [drinking / avoiding people]."	VA can use changes in behavior as evidence. An official report isn't required.

The rules: [38 CFR § 3.304\(f\)\(5\)](#)

9 · RADIATION

Instead of	Say something like	Why it works
"We were near the tests."	"I served aboard USS [name] during Operation [name] at [location] in [year]."	Names the radiation-risk activity.
"I was on a sub."	"I served on USS [name] (SSN-[hull]) from [year] to [year]. I request my dosimetry records."	Dose records support a dose review.

The rules: [38 CFR § 3.309\(d\)](#) · [§ 3.311](#)

10 · PROJECT SHAD AND CHEMICAL TESTING

Instead of	Say something like	Why it works
"We were part of some test."	"I served aboard USS [name] during Project SHAD testing in [year]."	Lets VA check DoD's participant records.

The rules: [VA: Project 112/SHAD](#)

11 · JET FUEL AND FLIGHT DECK CHEMICALS

Instead of	Say something like	Why it works
"I was around fuel."	"As a [rating], I fueled aircraft with JP-5 [daily] for [years], with fuel on my skin and fumes in the air."	Names the chemical, frequency and how you were exposed.

The rules: [38 CFR § 3.303](#)

12 · SURVIVORS (DIC)

Instead of	Say something like	Why it works
"My husband was in the Navy."	"My husband served aboard USS [name] ([hull]) from [date] to [date] off Vietnam and died of [condition], which is on VA's Agent Orange list."	Gives the ship, dates and listed condition VA needs.

The rules: [38 U.S.C. § 1310](#) · [VA: DIC](#)



Real-life examples

BLUE WATER

A destroyer on the gun line

Jim served on a destroyer firing support missions off Vietnam in 1968. He never went ashore and now has prostate cancer.

Deck logs show positions about 6 nautical miles offshore. VA presumes exposure.

COAST GUARD

A cutter on patrol

Luis served on a Coast Guard cutter on coastal patrols in 1967 and now has type 2 diabetes.

The same Blue Water rules apply to Coast Guard ships.

MARINE AFLOAT

An amphibious ship

Carlos was a Marine aboard an amphibious ship off Vietnam in 1970 and now has ischemic heart disease.

Marines aboard ships fall under the same rule. Unit diaries and deck logs prove where he was.

CARRIER

Far offshore

Ed's carrier stayed about 80 miles out at Yankee Station.

No presumption from the ship alone. A mail or supply flight ashore would count, or he can file a direct claim.

PACIFIC

Guam in 1975

Ray's ship was homeported at Guam in 1975. He now has ischemic heart disease.

Guam and its territorial waters count through July 31, 1980.

GULF WATERS

Persian Gulf destroyer

Kim served in the Persian Gulf in 2004 and now has chronic sinusitis.

The Persian Gulf is a covered location for the burn pit list.

GULF WAR

Unexplained symptoms

Tony served in the Persian Gulf in 1991 and has had muscle pain, fatigue and stomach problems ever since.

Undiagnosed symptoms lasting 6 months or more can be presumed. There's no deadline.

DENIED BEFORE

A 2015 denial

VA denied Frank's diabetes in 2015 because he "never set foot in Vietnam." His ship was 7 miles offshore.

He files a Supplemental Claim citing the Blue Water Navy Act and the deck logs.

The rules: [38 CFR § 3.307\(a\)\(6\)](#) · [38 U.S.C. § 1116A](#) · [§ 1116](#) · [§ 3.320](#) · [§ 3.317](#) · [VA Form 20-0995](#)

Things you may **not** think of

- ☐ Blue Water Navy veterans denied before the law changed can file a Supplemental Claim (VA Form 20-0995). Some earlier denials were reviewed automatically.
- ☐ Cruise books, ship newsletters, command histories, evaluations and enlistment and discharge hearing tests can all support your claim.
- ☐ Asbestos diseases can appear decades later and still be service-connected.
- ☐ The Persian Gulf, Red Sea, Gulf of Oman, Gulf of Aden and Arabian Sea count for both Gulf War illness and the burn pit list.
- ☐ Coast Guard cutters and crews follow the same location rules as Navy ships.
- ☐ Marines aboard ships are covered by the same location rules as the crew.
- ☐ Navy corpsmen and sailors stationed at Camp Lejeune can qualify under the Camp Lejeune rules.
- ☐ Survivors can request the veteran's records and file for DIC even if the veteran never filed.
- ☐ If you had a toxic exposure and your condition isn't on a list, VA generally must give you an exam and opinion that considers all your exposures (38 U.S.C. § 1168).
- ☐ Secondary conditions count too: neuropathy from diabetes, or ED after prostate cancer treatment.
- ☐ Some losses qualify for Special Monthly Compensation (SMC), extra pay on top of your rating.
- ☐ Registry exams are free and separate from claims.
- ☐ Use the hull number as well as the ship name. Many ships share names.
- ☐ WWII merchant mariners in oceangoing service from Dec. 7, 1941, to Aug. 15, 1945, can have veteran status; later civilian mariners generally don't.
- ☐ File an Intent to File (VA Form 21-0966) early to protect your effective date. There is no deadline for PACT Act claims.

The rules: [38 U.S.C. § 1168](#) · [38 CFR § 3.310](#) · [§ 3.350](#) · [§ 3.7](#)

9 · TOXIC EXPOSURE SCREENING

What it is

A short, free screening for every veteran enrolled in VA health care, at least once every 5 years. It records your exposures in your VA medical file and connects you to registry exams and environmental health staff.

What it isn't

It isn't a C&P exam and doesn't file a claim. You still need VA Form 21-526EZ with proof of your sea service.

EXAMPLE

Screening first, claim second

At her first VA appointment, Maria asks for the toxic exposure screening and lists her Persian Gulf deployment.

It puts the exposure in her medical record. She still files VA Form 21-526EZ for her chronic rhinitis.

How to get it: ask at your next VA appointment or call your VA facility. Not enrolled? Apply at [VA.gov](https://va.gov). [VA: The PACT Act and your VA benefits](#)

Forms you may need

Form	What it's for
VA Form 21-526EZ	Apply for disability compensation
VA Form 21-0966	Intent to File: protects your effective date
VA Form 21-4138	Your own statement in support of your claim
VA Form 21-10210	Lay/witness (buddy or shipmate) statement
VA Form 21-0781	Statement for PTSD or MST
VA Form 21-4142	Lets VA get your private medical records
VA Form 20-0995	Supplemental Claim, including claims denied before the law changed
VA Form 21P-534EZ	DIC and survivors pension
Standard Form 180	Request military service records from the National Archives

11 · YOUR CHECKLIST

- ☐ Found my era and checked every list that fits
- ☐ Have my DD-214 and personnel record with ships and dates (Worksheet 1)
- ☐ Checked VA's ship list and pulled deck logs for my dates (Worksheet 2)
- ☐ Wrote down my job, work areas, berthing and exposures (Worksheet 3)
- ☐ Listed every condition and whether it's presumptive, direct or secondary (Worksheet 4)
- ☐ Have a current diagnosis for each condition
- ☐ Not presumptive? Got a doctor's opinion linking it to my exposure
- ☐ Wrote my statement with specific dates, places and details (Worksheet 5)
- ☐ Got shipmate statements on VA Form 21-10210 (Worksheet 6)
- ☐ Filed an Intent to File
- ☐ Named the ship, hull number, dates and waters in my claim
- ☐ Denied before? Filed a Supplemental Claim
- ☐ Got my toxic exposure screening at VA

WORKSHEET 1

Ships and service

List every ship and station. Use your DD-214, personnel record and evaluations.

Ship and hull number	Dates aboard	Division / job	Homeport	Deployments or waters	Proof I have
USS Example (DD-000)	6/1967 – 12/1968	B Div. / MM3	San Diego	Off Vietnam; Da Nang Harbor	DD-214, evals, cruise book



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Deck log tracker

Record each entry that shows your ship close to shore, in a harbor, or sending people ashore.

Date	Time	Latitude / longitude	What the log says	Distance from shore (nm)	Page / image #
3/12/1969	1200	16°05'N 108°15'E	Anchored, Da Nang Harbor; mail boat to pier	2	Image 214



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12 nautical miles $\approx$ 13.8 regular miles $\approx$ 22.2 kilometers.

Job and exposures

Describe what you did, where, how often, and what protection you had.

Ship / dates	Where I worked	Where I slept	Duties	Exposures and how often	Protection?
<i>USS Example 1967–68</i>	<i>Main engine room</i>	<i>Aft berthing, under pipes</i>	<i>Boiler watches, gasket repair</i>	<i>Noise daily; asbestos weekly</i>	<i>None</i>



Other exposures (fuel, foam, solvents, radiation, tests, Red Hill):

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My conditions

List every condition, including ones caused by other conditions or their treatment.

Condition	Diagnosed (when, by whom)	Path	Which list or what it's linked to	Evidence / opinion?
<i>Type 2 diabetes</i>	<i>2015, Dr. Lee</i>	<i>Presumptive</i>	<i>Agent Orange (Blue Water)</i>	<i>Deck logs, labs</i>
<i>Peripheral neuropathy, feet</i>	<i>2021, VA</i>	<i>Secondary</i>	<i>Diabetes</i>	<i>Doctor's letter requested</i>



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Path: presumptive · direct · secondary · aggravation

My statement

Fill in your own facts. Copy it onto VA Form 21-4138 or attach it to your claim.

I, _____, served in the _____ from _____ to _____.

I served aboard USS _____ (hull number _____) from _____ to _____.

My rating/job was _____, and I worked in _____ and slept in _____.

During that time the ship operated in/near _____ (dates: _____).

I was exposed to _____, about _____ (how often), with _____ (protection or none).

Specific events I remember: _____

My symptoms started _____. Today I have _____, diagnosed in _____ by _____.

It affects my daily life and work by _____

I request that VA review the ship's deck logs for _____ to confirm its location.

I certify that these statements are true and correct to the best of my knowledge.

Signature _____ Date _____

Be specific and truthful. Dates, places and names give VA something it can check.

Shipmate statement

Give this to a shipmate, family member or friend who saw what happened. They copy it onto VA Form 21-10210.

My name is _____. My phone or email is _____.

I know _____ because _____.

I served with them aboard USS _____ from _____ to _____ in the _____ division.

What I saw (dates and places): _____

What I know about their symptoms then and now: _____

I certify that these statements are true and correct to the best of my knowledge.

Signature _____ Date _____

Example: "I served with [veteran] aboard USS [name] from 1968 to 1969 in B Division. I saw him go ashore with the mail boat at Da Nang in early 1969. We stood watches next to running boilers without hearing protection."

Records request tracker

Track every record you ask for, so nothing gets lost.

Record	Requested from	Date requested	How (online, mail, VSO)	Response / date received	Follow-up
Personnel record	National Archives	—	SF-180 online	Received	—
Deck logs, 1968–69	National Archives Catalog	—	Downloaded	Pages saved	Send to VA



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Official sources

The rules in this guide come from these official sources. Click or type any link.

- VA pages: [Agent Orange](#) · [Burn pits and other hazards](#) · [Gulf War illness](#) · [Radiation](#) · [Project 112/SHAD](#) · [Camp Lejeune](#) · [Asbestos](#) · [PACT Act](#) · [DIC](#)
- Regulations: [38 CFR § 3.303](#) · [§ 3.304](#) · [§ 3.307](#) · [§ 3.309](#) · [§ 3.310](#) · [§ 3.311](#) · [§ 3.316](#) · [§ 3.317](#) · [§ 3.320](#) · [§ 3.159](#) · [§ 3.350](#) · [§ 3.385](#) · [§ 3.7](#)
- Laws: [Blue Water Navy Vietnam Veterans Act](#) · [38 U.S.C. § 1116](#) · [§ 1116A](#) · [§ 1117](#) · [§ 1119](#) · [§ 1120](#) · [§ 1168](#) · [§ 1310](#)
- Records: [National Archives: Deck logs](#) · [National Archives Catalog](#) · [Military service records](#) · [Naval History and Heritage Command](#) · [VA ship list](#)
- Free help: [VA: Find an accredited representative](#)
- More free guides: [Sea Service by Era](#) · [The PACT Act](#) · [Presumptive Conditions](#) · [Navy Asbestos Claims](#) · [Evidence & Records](#)

Stressed or struggling? You don't have to wait for a crisis. Dial 988, then press 1 · Text 838255 · Free, confidential, 24/7.

Disclaimer: This guide provides general educational information about VA claims based on sea service. It is not legal or medical advice, does not guarantee any outcome, and is not affiliated with or endorsed by the U.S. Department of Veterans Affairs. Veterans Claims Education is a free education resource; we don't assist with, prepare or file claims and never charge fees. Free help is available from accredited VSOs. Example statements are samples; describe your own experience truthfully. False statements to VA can have serious consequences. VA decides each claim on its evidence. AI-assisted. © Veterans Claims Education. All rights reserved.

