



Unit V – Wellness, Fitness and First Aid

Chapter 7 - Taking Care of Yourself

Section 1 – Taking Care of Yourself



What You Will Learn to Do

Analyze the impact sanitation and hygiene have on health



Objectives

1. Recognize the benefits of maintaining good hygiene habits
2. Explain how to keep clean in field conditions
3. Explain the correlation between physical fitness and hygiene
4. Identify possible results of poor sanitation
5. Detail procedures of disinfecting water
6. Explain how to guard against food poisoning and the spread of germs through waste



Key Terms

- Hygiene -** Practices or conditions that aid in good health; the science that deals with maintenance of good health and the prevention of infection and disease
- Sanitation -** The promotion of hygiene and prevention of disease by working to keep a clean and healthy environment
- Personal Hygiene -** An individual's practice of taking care of himself or herself in order to maintain good health



Key Terms

- Dysentery** - Any of several intestinal disorders usually caused by infection and characterized by stomach pain and diarrhea with passage of mucous and blood
- Purified** - Free from undesirable elements or impurities; cleaned
- Disinfect** - To destroy harmful germs; to purify
- Iodine** - A nonmetallic element having important medical uses



Key Terms

- Ampule -** A small, sealed glass container that holds one dose of a solution, usually a medicine, to be administered by injection
- Chlorine -** A gaseous greenish-yellow element used as a bleach and disinfectant in water purification
- Galvanized -** Coated with zinc



Key Terms

Bivouac - A temporary camp or shelter

Lice - Small, wingless, parasitic insects that live on warm-blooded animals, especially in hair, and suck the animal's blood



Introduction

Exercise, rest, good **hygiene**, and nutrition can help you stay healthy by helping prevent disease and injury.

Good hygiene and **sanitation** are particularly important at summer camp or when camping.

You may not have clean running water or indoor plumbing, but you must know how to take care of yourself.



Personal Hygiene

You probably have routine habits that start your day without second thoughts...

- Wake up
- Shower
- Wash your face
- Comb your hair
- Eat breakfast
- Brush your teeth
- Leave for school

These activities involve:
Rest, Nutrition
And Cleanliness

....and these are the
elements important to
maintaining good health
and
personal hygiene.



Personal Hygiene

Personal hygiene at home is easy with clean water and facilities.



While you are camping, depending on camp conditions, personal hygiene and sanitation may take greater care, effort and hard work.



Personal Hygiene

It is even more important when staying in close quarters with several other people.

The poor habits of one person can lead to disease or illness affecting the entire group.





Personal Hygiene

Personal hygiene is important to maintain your personal health and establish your health image to other people.



A neat, clean, physically fit person illustrates a **healthy image** and a **positive leadership posture**.



Field Sanitation - Example

On Togatabu Island in 1942, the 14th Artillery and the 404th Engineer Battalions were part of a task force preparing to attack Guadalcanal.

55% of the engineers and 65% of the artillery-men contracted a disease called "Filariasis," transmitted by mosquitos. Both units had to be medically evacuated without seeing any enemy action because they were not combat-ready.

The use of **insect repellent** and **insecticides**, and the **elimination of standing water**, would have prevented the spread of this disease.



Field Sanitation - Example

Often in military history, the health of the troops influenced the course of battle more than strategy or tactics.

“Historically, in every conflict in which the United States has been involved, only 20% of all hospital admissions have been combat injuries. The other 80% have been from diseases and non-battle injuries.”

– *Field Hygiene and Sanitation, FM 21-10*



Principles of Hygiene

It is not always so simple to apply the basic principles of personal hygiene.



It takes a **conscious effort** to follow the principles and to stay healthy.



Hand Hygiene

Hand washing needs to be second nature.

Wash your hands...

- After:
 - Contact with an animal
 - Using the toilet
- Before:
 - Eating
 - Touching a person at risk for infection





Hand Hygiene

A good routine includes:

1. Removing jewelry
2. Wetting hands with warm water
3. Using soap(antibacterial best)
4. Washing vigorously for 30 seconds
5. Rinsing
6. Drying using a clean towel or drying machine



Hand hygiene is very important in the field!



Oral Hygiene

Eliminate food particles after each meal or twice a day.

- See a dentist twice a year
- Use fluoride toothpaste
- Using a light, circular motion, brush front, behind and on top of teeth
- Avoid putting objects in mouth
- Avoid sugars and sweets





Personal Hygiene

Dust, sweat, and other secretions encourage germs to multiply.

- Shower and change underwear daily
- Wear clean clothes



Suppose you didn't shower or bathe for a week...

- How would you feel?
- How would those around you feel?

Uncleanliness and odors affect morale, so take personal responsibility for hygiene.



Nasal Hygiene

Nasal secretions are highly **contagious**.

Runny noses and sneezing spread germs.



Frequent nose-blowing with a disposable tissue limits the spread of germs.

Use a soft tissue and blow softly to minimize irritation.



Food Hygiene

The food processing industry is linked to some of the increases in food poisoning.

However, 50% of domestic food poisoning is linked to **hygiene**.



Reduce your risk of food poisoning related to food storage by:

- Cleaning the refrigerator regularly
- Using recommended refrigerator settings
- Storing foods as indicated on package
- Following recommended dates



Food Hygiene

Cooking food at **high temperature** will eliminate many germs.

Other tips for safe cooking:

- Wash hands, cloths and towels often
- Avoid wooden blocks, bowls, utensils
- Clean worktops between preparations
- Notice country of origin of the food you eat
- Look for “best before” dates
- Use the most effective preparation practices





Pet Hygiene

Our pets carry a number of germs and affect allergy sufferers, but its easy to apply some simple rules.



- Clean pet regularly
- Disinfect pet scratches or bites
- Clean pet bedding and carpets
- Wash after touching pets



Stay Physically Fit

Physically fit people are less likely to get sick or injured. This is another great reason to **stay fit**.

Participate regularly in a physical fitness program.

Being physically fit will help you to adjust to field environments.

Use caution when exercising in extreme weather conditions.





Get Enough Sleep

The average person needs eight hours of sleep. If you have a harder time sleeping away from home, bunking with others, or camping:

- Sleep as much as you can before going
- Take catnaps
- Follow instructions, and share tasks
- Catch up on sleep as soon as possible
- Practice techniques to relax quickly



Get Enough Sleep

If you have been without sleep in the field and need to stay awake and alert:

- Play mental games, or talk other cadets
- Take short stretch or exercise breaks
- Write things down, and double check communications and calculations
- Watch out for your mind playing tricks; check strange observations





Learn to Reduce Stress

Stress begins in the mind but can cause physical reactions.



Small doses of stress can be beneficial.

Long periods of stress can lower your immune system and lead to illness.



Learn to Reduce Stress

Stress is a normal reaction, but keep yourself healthy and efficient. You can learn to relax and reduce stress with these strategies:

- Be positive
- Talk with friends and family
- Exercise regularly
- Take deep breaths
- Don't try to do more than possible
- Do something you enjoy every day
- Don't worry about things out of your control





Learn to Reduce Stress

To help reduce stress, give each other moral support during tough times. Welcome new replacements and establish friendships, working to:



- Build esprit de corps
- Care for other cadets

Work together to provide everyone with food, water, sleep, shelter, weather protection, and sanitation.

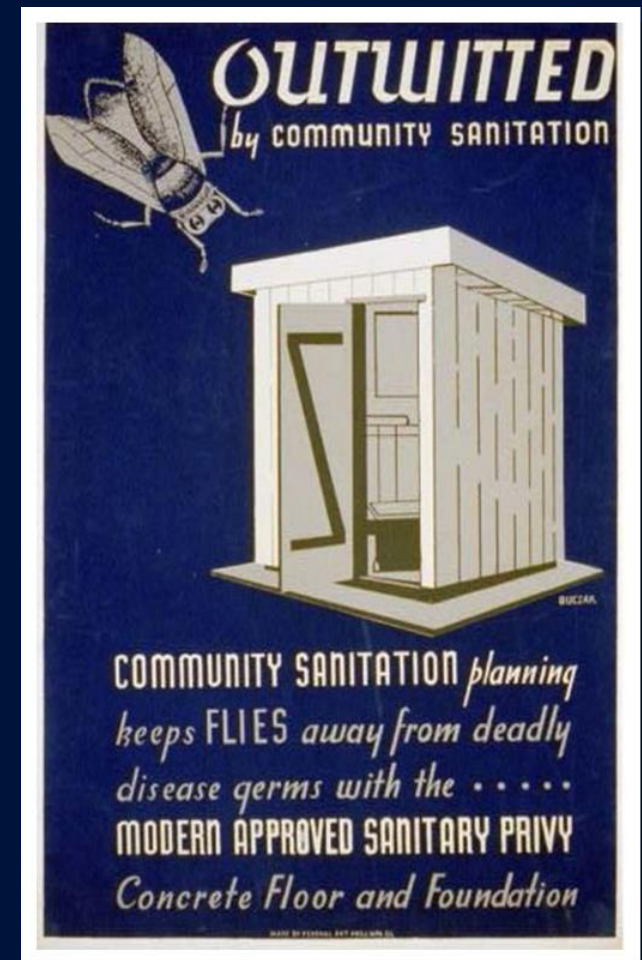


Basic Principles of Sanitation

Poor sanitation can contribute to conditions causing diarrhea and **dysentery**.

Intestinal diseases are usually spread through:

- Contact with bacteria and germs from human waste
- Flies and other insects
- Improperly prepared foods





Use Purified Water

When in the field or traveling through countries with questionable water supplies, use only purified water.

Fill your canteen with treated water at every opportunity.

To treat or disinfect water, boil it for 5-10 minutes, or treat it with iodine or chlorine.





Preferred Purification Method: Iodine Tablets

1. Fill a one-quart canteen with the cleanest water available.
2. Put one **iodine** tablet in the water; or two in cold or cloudy water. Double the amount for a two-quart canteen.
3. Replace the cap, wait 15 minutes, then shake. Loosen cap; allow leakage around cap threads; tighten cap and wait 25 minutes more before drinking.



Alternate Purification Method: Treating with Chlorine

1. Fill a one-quart canteen with the cleanest water available.
2. Mix one **ampule** of **chlorine** with $\frac{1}{2}$ canteen cup of water. Stir the mixture with a clean device until the contents dissolve.
3. Pour one canteen capful of the chlorine solution into your quart of water.
4. Recap and shake; loosen cap to allow leakage around cap threads; tighten cap and wait 30 minutes more before drinking.





Alternate Purification Method: Tincture of Iodine

1. Fill a one-quart canteen with the cleanest water available.
2. Add five drops of 2% Tincture of Iodine. If cold or cloudy water, add 10 drops.
3. Mix thoroughly by shaking the canteen. Loosen cap; allow leakage around cap threads; tighten cap and wait 30 minutes more before drinking.
4. Very cloudy or cold water may require prolonged contact time. Let it stand for several hours or overnight.



Guard Against Food Poisoning

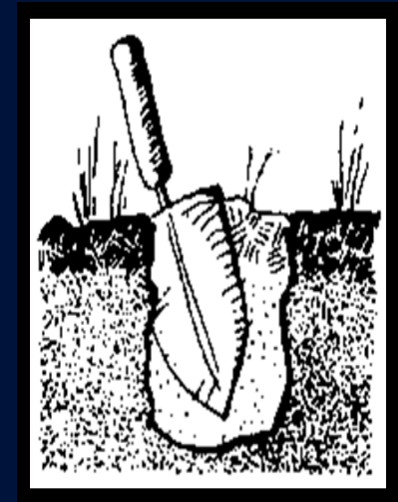
- Wash your hands for 30 seconds after using the bathroom and before handling food.
- Throw away any cans with leaks, bulges or holes.
- Do not eat or drink items prepared in **galvanized** containers.
- Wash your mess kit in a mess kit laundry or with treated water or disinfected solution.





Bury Your Waste

- On the march, use personal disposal bags or cat holes.
- Always dispose of waste immediately to prevent flies from spreading germs.
- Use chemical toilets and keep unwanted animals out of your **bivouac** area.





Keep your Body and Uniform Clean

Bathe every day if possible, or at least once a week.

In the field, shower **once a week** or at the earliest opportunity.

Use a washcloth daily to wash your

- Face
- Armpits
- Genital area
- Feet
- Other areas where you sweat or become wet



Keep your Body and Uniform Clean

Powders such as talcum help keep your skin dry. Apply to places where you sweat and in your socks. Change to clean clothing regularly.



Daily foot protection is extremely important.



Keep your Body and Uniform Clean

Good personal hygiene reduces infestations of insects like body lice.



In the field, wear loose, cotton clothing that does not restrict circulation, is absorbent, and allows the skin to dry.

Wash your uniform at least once a week.

Use laundry, stream, lake, or washbasin; air dry uniforms – especially underwear and socks.



Other Instructions for the Field

There are other precautions that you can take to ensure your health and well-being while in the field, as well as the health of those around you:

Follow medical advice. Take medications, such as antimalaria pills, that help prevent diseases. Use any medication that is prescribed by medical personnel.

Protect yourself at night. Use your bed net when sleeping and ensure that it is in good repair. Always follow label directions and precautions when using DoD-approved insect spray.



Other Instructions for the Field

Wash your mess kit/eating utensils. Protect yourself from diarrhea by washing your mess kit/eating utensils. Using a mess kit sanitation center or use treated water or disinfectant solution.

Domestic and wild animals or birds. Do not handle or approach animals in the field. Unless approved by veterinary personnel, do not collect or support with food and shelter any stray or domestic animal in the unit area.



Other Instructions for the Field

Poisonous plants: Avoid contact with poisonous plants by properly wearing the uniform and avoid areas where poisonous plants grow. Only eat plants that have been approved by medical personnel.



Conclusion

- Practicing **good personal hygiene and sanitation** are common sense actions that everyone should perform.



- They are especially important in the field where cadets have a **responsibility** to themselves and others.



Conclusion

- **Leaders** must plan and enforce preventive measures.
- Correct cleanliness habits, regular exercise, good nutrition, and adequate amounts of rest and relaxation can directly affect a person's **well-being**.
- By practicing these **preventive measures**, you can significantly reduce time lost to illness and injuries.



Questions?

