

# **FIELD SANITATION TEAM CERTIFICATION COURSE**



## **LESSON 3 - PERSONAL HYGIENE AND PREVENTIVE MEDICINE MEASURES**

**FSTCC0003-1**

## **Lesson Objectives**

- ***Recognize proper personal hygiene practices associated with the care of the skin, hair, hands mouth & teeth and clothing.***
- ***Recognize proper personal hygiene practices associated with the care of the feet.***
- ***Identify nutritional elements associated with maintaining good health.***

## ***Lesson Objectives, continued***

- ***Identify physical fitness factors associated with the maintenance of good health.***
- ***Recognize personal hygiene practices used to avoid diseases and injuries associated with the environment.***
- ***Identify mental fitness concepts associated with the maintenance of good health.***
- ***Identify personal hygiene concerns for female soldiers.***

# Personal Cleanliness



- *Keeping the body and clothing clean is an effective means of reducing disease agents on the body.*



- ***Wash with soap and water as often as possible.***

# ***Hair Care***



- ***Hair should be kept trimmed.***
- ***Wash your hair as often as the mission allows.***
- ***Shave daily.***

# Hands



- *Keep fingernails trimmed and clean.*
- *DO NOT bite your nails.*



➤ ***Dirty clothing harbors disease and germs that may cause disease.***

## Care of the Mouth/Teeth



- ***Clean your mouth and teeth immediately after and just before retiring.***

# ***Prosthetic Devices and Fillings***



- ***Care for prosthetic devices and fillings as you would your natural teeth.***

## Care of the Feet



- ***Foot care is one of the most important aspects of personal cleanliness.***

# Foot Hygiene



- ***Wash feet with soap and water at least once a day.***

# Foot Hygiene



- ***Socks should be changed daily and washed.***

# Common Foot Problems



- *Blisters, ingrown toenails, and athlete's foot.*

# Road Marches



- *The road march is the most severe test of fitness of the feet.*

## ***Preparing for the March***



- ***Inspect soldiers prior to the march for proper fitting foot gear and socks.***

# ***While Marching***



- ***Keep your feet as dry as possible.***

## ***Care During and After the March***



- ***Inspect feet during rest breaks for potential trouble spots and elevate to prevent swelling.***



- ***Army rations provide a balanced amount of essential nutrients.***

# Physical Fitness



- *Get some form of exercise daily to maintain stamina and good health.*

# ***Rest and Relaxation***



- ***Rest is important to restore your body's vigor.***
- ***7 - 8 hours of undisturbed sleep is optimal.***

## ***Rest and Relaxation***



- ***Take advantage of spare time to relax, if necessary.***

# Protection from the Environment



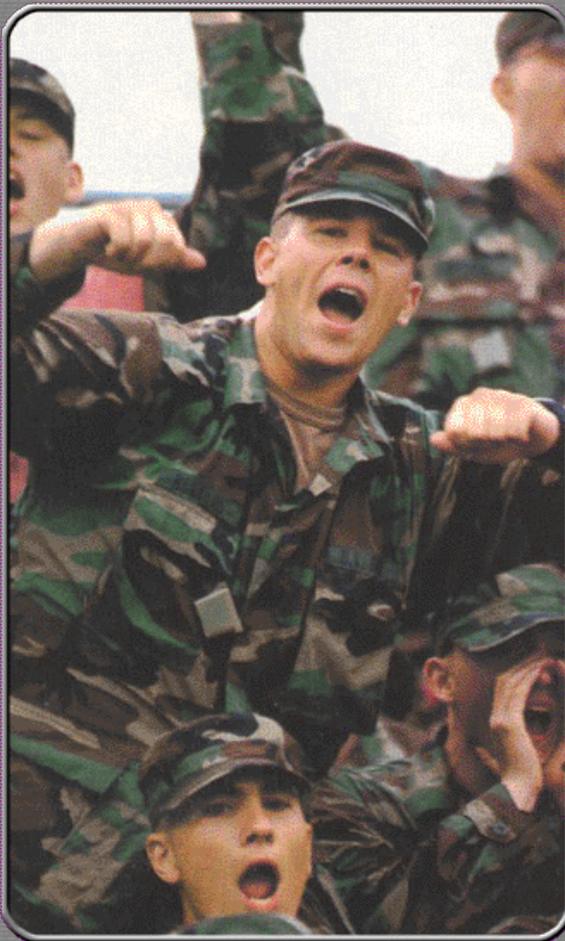
- *The BDU is designed to protect you from the environment and from disease-bearing insects.*

## ***Avoid Disease Sources***



- ***Soldiers must avoid food and water that may be contaminated.***

# ***Cultivating Overall Well-Being***



- ***Friendliness- No man is an island.***
- ***Tolerance- Apply the golden rule.***

## ***Cultivating Overall Well-Being (2)***



➤ ***Combat worry and fear.***

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# ***Rules for Avoiding Illness in the Field***

- ***Don't consume foods or beverages from unauthorized, unapproved sources.***
- ***Use some form of purification if using unapproved water.***
- ***Don't contaminate the ground with urine or feces.***
- ***Keep your fingers and other contaminated objects out of your mouth.***

## ***Rules for Avoiding Illness in the Field (2)***

- ***Avoid unnecessary exposure to wet and cold.***
- ***Avoid insect bites by keeping your body clean, wearing your uniform in the proper manner, using repellents, and using bed nets as instructed.***
- ***Don't share personal items with anyone (i.e., comb, razor, toothbrush, towels, etc.).***

## ***Rules for Avoiding Illness in the Field (3)***

- ***Don't take a laxative for pain in the stomach. See a doctor instead.***
- ***Don't throw food scraps, cans, and refuse about the camp area.***
- ***Avoid contact with sources of disease, especially in areas where native sanitation is poor.***
- ***Whenever possible, get seven to eight hours of undisturbed sleep each night.***

# ***Personal Hygiene and the Female Soldier***



➤ ***The medical and health concerns for female soldiers are different from male soldiers.***

# Supplies



- ***Females have different cleanliness requirements than males.***

# **Supplies**

- ***Baby wipes***
- ***Panty liner and sanitary pads***
- ***Cotton undergarments***
- ***Non-deodorant tampons***
- ***Contraceptives supplies***
- ***Yeast infection medication***



- ***Female soldiers should have access to a bathing facilities daily during their menstrual cycle, if available.***

## **Care of Female Reproductive Tract**

- ***Increased incidences of urinary tract infections may occur during field exercises or deployments.***
- ***Medical care is necessary for vaginal discomfort, sores, swelling or lymph nodes in groin, unusual vaginal discharge, painful or burning urination, or abdominal pain.***

## ***Water Consumption and Field Mobility***



- ***Female soldiers may be at greater risk of dehydration in the field because of their reluctance to use the latrine due to privacy or time constraints.***

# ***SUMMARY***