LESSON 3 - PERSONAL HYGIENE AND PREVENTIVE MEDICINE MEASURES
Recognize proper personal hygiene practices associated with the care of the skin, hair, hands, mouth, and teeth.

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.
Skin Care

- 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.
Clean your mouth and teeth immediately after and just before retiring.
Care for prosthetic devices and fillings as you would your natural teeth.
Foot care is one of the most important aspects of personal cleanliness.
Wash feet with soap and water at least once a day.
Socks should be changed daily and washed.
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.
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.
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.
Combat worry and fear.
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.
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.
The medical and health concerns for female soldiers are different from male soldiers.
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.
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.
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