

Personal Health -----

Every team member is responsible for his/her own general health. Individuals with chronic health concerns must seriously consider whether these conditions could possibly be adversely affected or triggered during stressful travel or adverse working and housing conditions. For team members with health issues, please understand that you are responsible for any routine (or emergency) food or medication you may need. What is considered standard available medical care here in the States is not usually available in the host country. If you have any concerns regarding your health, please contact your personal physician as well as the team leader.

Team nurse/Medic - The team will have a nurse/medic assigned. He/She will have a medical bag in his/her possession at all times. You will be notified of who this person is prior to departure. If you have any personal health concerns, you are encouraged to discuss them with the nurse/medic directly. While on the field, it is important that you keep the nurse/medic informed of your health issues EARLY!!!. Don't wait until you are sooo sick before you let someone know. All wounds, cuts, scrapes **MUST** be treated with antibiotic cream and bandaids, as these can become quickly infected in unsanitary conditions. Let the nurse/medic know right away if you are having diarrhea more than 4 times a day. Dehydration can occur very rapidly in tropical climates. Also inform the nurse/medic of bloody diarrhea, fever, chills, painful urination, vomiting, persistent headache; you get the picture. The earlier that symptoms are treated, the faster the recovery and the more pleasant and successful the mission. **DON'T** let embarrassment keep you from proper and early treatment.

Food - Eat only food you have brought or food that has been approved by the team leader. Do not consume anything from street vendors!

Wash Your Hands! - ALWAYS, ALWAYS, ALWAYS wash your hands before you eat ANYTHING, even if you use an antibacterial wipe or liquid. This means not only at meal times, but before snack. If soda pop is available, wipe off the top of bottles and use a straw if at all possible. Keep your water bottle top clean, making sure the cap is on, or clean the top with antibacterial wipes.

Drink only water you have been told by the team leader is safe or bottled water. Remember to brush your teeth with bottled water and NOT the water from the tap. Your team leader will give you specific instructions regarding this once you reach the field.

Shoes - Always wear shoes as a preventative against parasitic infection. Never go barefoot, even when walking indoors. Bring clogs or sandals for the shower or bathing.

Sun/Heat - Be very careful of the sun, especially in tropical countries. It will be very intense. Make sure you wear sunscreen at all times when you are outdoors. It is easy to become dehydrated in hot climates, so drink, drink, drink lots of water, even if you don't 'feel' thirsty.