

TIPS TO STAY HEALTHY

1. What is one of the top reasons basic trainees and AF members miss training time or work?

Answer: They get sick!

2. Are you more likely to get sick at basic training?

Answer: Yes, because of the crowded environment, stress, and bringing people together from many different geographic areas with lots of different bacteria and viruses. This is also true when you deploy.

3. What is the best thing for you to do to keep from getting sick, and to keep others from getting sick?

Answer: Wash your hands at least 5-6 times a day! Use soap and warm running water and rub hands together for at least 15- 20 seconds (sing the Air Force song once). Be sure and rub under fingernails and up to wrists.

4. When should you wash your hands?

Answers:

Always before you eat and after using the latrine

After handling garbage

If you are sick, wash hands as often as possible so you don't spread disease to other trainees

5. If you cannot wash hands what should you do?

Answer: Use antibacterial cleanser or hand wipes, but hand washing is better.

6. If you are coughing/sneezing what should you do in addition to washing your hands as often as possible?

Answers:

Use a tissue every time you cough or sneeze and throw it away after using it

If you cannot use a tissue, at least cover your mouth and nose with your sleeve, and then your wash hands ASAP!

Encourage flight members to cover their nose and mouth, even while in formation

7. What else can you do to stay healthy?

Answers:

Brush teeth and shower daily (accumulated bacteria/viruses in the mouth and on skin can cause sickness)

Never use water from the toilet to wash hands or brush teeth as this water contains billions of harmful bacteria. You may brush your teeth in the shower though

Wear clean underwear and socks every day, and never wear your uniform more than 2 days in a row (helps keep skin and feet healthy)

Do not eat or drink (including from canteens) after anyone

Eat healthy food, drink plenty of fluids and get enough sleep

8. If you get sick what should you do?

Answer: Tell your MTI you are ill and go to sick call

9. Is limiting use of sinks, latrines and showers going to help your flight?

Answer: No, it is not. It might save a little time, but more people in your flight will probably get sick because they do not have enough time to get cleaned up, and they are spreading their bacteria/viruses around a smaller area. Do not limit the use of these areas or the use of soap. Wet sinks are allowed during inspections, so use all the sinks to wash your hands!

10. Is practicing good hygiene important while deployed and during your entire Air Force career?

Answer: Absolutely! You will be fit to fight while deployed, stay healthier and have more success at your home base if you practice good hygiene.

Do

- Hydrate at meals as directed
- Drink at least ½ to ¾ quarts of water per hour when working in hot conditions, but never more than
- 1½ quarts per hour or 12 quarts per day. Each canteen is 1 quart
- Get as much rest as possible

- Avoid overexposure to the sun during hot summer months
- Keep your head covered when exposed to the sun
- Wear sunscreen
- Take medications as prescribed by a medical provider

Do Not

- Overexpose yourself to the sun
- Over-exercise in hot weather
- Drink iced beverages (including ice water) immediately following exercise

Take Extra Precautions If Y ou:

- Come from a colder climate
- Have an illness or have recently been ill
- Have recently had a fever
- Have ever had a heat illness
- Are out-of-shape
- Are taking any medications, prescription or non-prescription products

Warning Signs and Symptoms

Indications of possible heat illness or water intoxication

Early Signs/Symptoms

- Dizziness
- Headache
- Dry mouth
- Nausea
- Unsteady walk
- Weakness
- Muscle cramps

Later Signs/Symptoms

- Hot body, high temperature
- Confusion, unresponsiveness, coma
- Vomiting
- Involuntary bowel movement
- Convulsions
- Weak or rapid pulse

Note: If you have these signs/symptoms, especially if more than one of them is present, inform your MTI ASAP !