

Lesson 3.8



Health

Lesson at a Glance

Aim

To inform UN peacekeeping personnel about health threats in the peacekeeping environment, and the precautions to take.

Relevance

As peacekeeping personnel, you have to **be healthy to work** for others.

The work carried out by UN peacekeeping personnel is often critical for the health and safety of people being served. However, you can ignore their own welfare because of misplaced feelings of duty, guilt or fear.

You must be aware of your own attitudes to health and work to make sure you do not ignore your own health, welfare and safety.

This lesson explains the **various health threats** you are exposed to in the peacekeeping environment. It is important to take precautions and be prepared.

Learning Outcomes

Learners will:

- List general health threats
- List key factors which determine the level of risk to health
- Describe precautions to take to protect health before travel to and in the mission
- Describe **environmental** health threats and precautions to protect your health

Lesson Map

Recommended Lesson Duration: 45 minutes total

1-2 minutes per slide

Use short option learning activity

The Lesson	Pages 3-19
Starting the Lesson	Intro Slides
Learning Activity 3.8.1: Determining Health Threats	
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The Lesson



Starting the Lesson

Introduce the following (using the Introductory Slides):

- Lesson Topic
- Relevance
- Learning Outcomes
- Lesson Overview

Remember the purpose of this module is to help individual peacekeeping personnel deploy well prepared and confident. Lesson 3.9 focuses on personal health and protection across the main health threats. Consider the learning audience after you read over the lesson. What is the best way to help this group of people absorb potentially life-saving information on health in peacekeeping?

- Try a combination of independent work, work in pairs, and work in task teams and small groups.
- Assign the different areas of health threats to different teams and task them to develop an entertaining presentation. The topic is a serious one but learning about it can be fun, as long as it is respectful.
- Engage people as much as possible. You want them actively learning, not listening passively to a presentation and listing some facts.
- Research the audio-visuals to use as part of the lesson. For example: are health or science audio-visuals available for learners to see real examples of the mosquito, the parasite that transmits malaria?
- Copy the lesson for participants for continuous learning on the tips and precautions covered.

Learning Activity**3.8.1****Values and Competencies****METHOD**

Individual exercise, discussion

PURPOSE

To consider health precautions to take in preparation for deployment

TIME

10 minutes

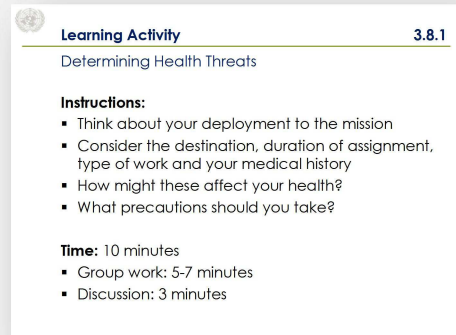
- Individual exercise: 5-7 minutes
- Discussion: 3 minutes

INSTRUCTIONS

- Think about your deployment to the mission
- Consider the destination, duration of assignment, type of work and your medical history
- How might these affect your health?
- What precautions should you take?

RESOURCES

- Learning Activity instructions
- Activity material



Learning Activity 3.8.1

Determining Health Threats

Instructions:


- Think about your deployment to the mission
- Consider the destination, duration of assignment, type of work and your medical history
- How might these affect your health?
- What precautions should you take?

Time: 10 minutes

- Group work: 5-7 minutes
- Discussion: 3 minutes


Health Threats

Slide 1



1. Health Threats

- Unfamiliar environments and conditions
- Exposure to insects, rodents, other animals
- Infectious agents
- Contaminated food and water
- Poor hygiene
- Emotionally charged, mentally intense, stressful situations
- Fatigue
- Communicable diseases



Key Message: The peacekeeping environment is unfamiliar, and may expose you to different health threats. Lack of medical facilities makes assignments in many remote regions more hazardous.



Brainstorm with participants. Ask: what can threaten one's health in the peacekeeping environment? Once responses have been captured, move on with the content below. Note that there is a separate lesson for Stress Management and HIV/AIDS.

In general, health threats include:

- Exposure to insects, rodents, other animals
- Infectious agents
- Contaminated food and water
- Poor hygiene
- Stress
- Fatigue
- Communicable diseases

Hygiene

Many locations lack even the most basic sanitary equipment. Water supply can be poor or non-existent. Hot water can be a luxury. This reduces the opportunity for normal washing. Poor hygiene can lead to infection.

Stress and Psychosocial Well Being

The UN works in high-risk areas in emergencies and crises. As peacekeeping personnel, you may find yourself involved in intense, emotionally charged situations. Living and working conditions may be difficult.

Peacekeeping personnel also need to:

- Make decisions with limited information and resources
- Remain effective for long hours in uncertain and often dangerous conditions
- Function as part of a multicultural, multidimensional mission

These demands can undermine health.

Fatigue

Fatigue is a serious concern. It must be addressed in a timely and effective way to avoid burnout.

Slide 2



Key Message: Be aware of those diseases which are transmitted.

Communicable diseases include those which are:

1. **Contact transmission diseases** – transmitted through:
 - Direct body contact with an infected person (for example, playing together)
 - Contact with objects contaminated by infected agents (for example, sharing towels, combs and cloths)
 - Can produce conjunctivitis, head lice, scabies
2. **Food-borne and water-borne diseases** – transmitted through:
 - Consumption of contaminated food and drink
 - Use of contaminated utensils
3. **Vector-borne diseases** – disease and serious infection transmitted through:
 - Insects
 - Other vectors
4. **Sexually transmitted diseases** – passed from person to person through unsafe sexual practices
5. **Blood-borne diseases** – transmitted by direct contact with:
 - Infected blood
 - Other body fluids
 - Other potentially infected material (for example, needles or bloody bandages)
6. **Air-borne diseases** – transmitted from person to person by aerosol and droplets from the nose and mouth by coughing, spitting or sneezing
7. **Diseases transmitted from soil** – these include diseases (such as tetanus) caused by spores, fungus or bacteria

Determining Risks

Slide 3



2. Determining Risks

- Destination
- Duration of assignment
- Purpose of assignment
- Standards of accommodation and food hygiene
- Your personal and professional behaviour
- Your past medical history



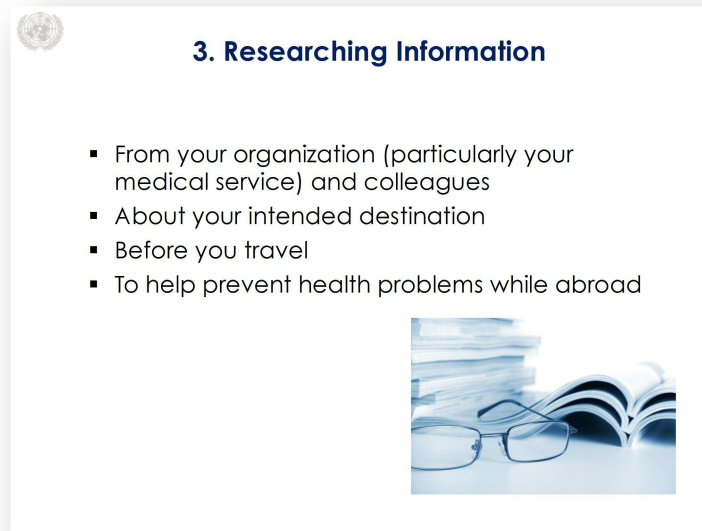
Key Message: Precautions can minimize most health risks. Plan to take precautions before, during and after travel.

Key factors determine the level of risk to health – whether high or low:

- **Destination** – including quality of hygiene, sanitation, host country medical services and environment
- **Duration of assignment** – affects likelihood of exposure
- **Purpose of assignment** – whether administrative, political, interactive with local people or security-related
- **Standards of accommodation and food hygiene** – substandard and limited in some locations
- **Your personal and professional behaviour** – cultural integration, personal resilience
- **Your medical health and history** – medical conditions, treatments


Researching Information

Slide 4



3. Researching Information

- From your organization (particularly your medical service) and colleagues
- About your intended destination
- Before you travel
- To help prevent health problems while abroad



Key Message: Prevent health problems abroad by getting as much information and advice as you can.

Information on local conditions is available from:

- The medical service
- The security office
- Colleagues
- National health providers




The UNDP booklet on “Living Conditions” is a good resource for participants to prepare with.

Do thorough research on:

- Threats in the area
- Accommodation
- Duration of stay
- Climate and weather
- Altitude
- Availability of medical care, facilities
- Ambulance services
- Health risks
- Culture and customs


Taking Precautions

Slide 5



4. Taking Precautions

- Seek health advice and request medical clearance 4-6 weeks before travel
- Comply with recommended vaccinations, prescribed medication and health measures
- Carry a medical kit and understand its use
- Be aware of modes of transmission for infectious disease
- Keep track of your psychosocial wellbeing and be in good physical shape



Key Message: You are responsible for your health during assignments and on your return.

Before you travel:

- **Seek health advice and get medical clearance, preferably 4-6 weeks before travel.**
- When you consult your medical service or designated UN medical doctor 4-6 weeks before your journey, they will decide on needed vaccinations and other health needs.
- Get a dental check-up before travel to remote areas.
- If you are a last-minute traveller, you can still benefit from a medical consultation, even as late as the day before travel.
- Your supervisor cannot force you to travel without medical clearance or necessary vaccinations. Neither can a supervisor force you to ignore other recommended health precautions.

During your assignment:

- **Comply with recommended vaccinations, prescribed medication and health measures.**
- Plan carefully before departure. Take enough:
 - Suitable clothing and footwear
 - Preventive treatments
 - Emergency reserves
 - Bed net - mosquito net impregnated with insect repellent
 - Insect repellent
- **Carry a medical kit and understand its use.**
- Take enough personal medications.
- **Be aware of how infectious and communicable diseases spread so you can reduce risk.**
- See your medical service for any physical or psychological issues during and after your assignment.
- **Keep track of your own well being, physical and psychosocial. Live in a healthy way. Stay fit.**

Vaccinations

For UN staff, vaccination offers the possibility of avoiding some dangerous infections. But no vaccines exist for several life-threatening ones, including malaria and HIV/AIDS.

Despite their success in preventing disease, vaccines do not fully protect 100% of the recipients. Even when vaccinated, **DO NOT ASSUME** there is no risk. You may still catch the disease against which you have been vaccinated. Follow all other precautions against infection.

Personal Hygiene

You must maintain good standards of personal hygiene to protect yourself from infection and to maintain your spirits.


- Clean the room or house where you live daily. Keep floors and surfaces clean by sweeping and washing.
- Protect food from flies and rodents – cover it well.
- Avoid leaving clothes on the floor where insects can infest them.
- Keep bathrooms, toilets and kitchens as crack-free as possible to prevent cockroaches and other insects.
- Place nets or screens on windows and doors to limit mosquitoes and flies.

Environmental Health Threats and Precautions

Slide 6

5. Environmental Health Threats & Precautions

- Hot and cold climates
- Food and drink
- Bites and stings
- Malaria



Food & Drink

Key message: Environmental health threats include:

- Hot and cold climates
- Food and drink
- Bites and stings
- Malaria

Hot Climate

During your assignment or mission, you may experience abrupt and dramatic changes in environmental conditions, which may affect your health.

Exposure to high temperatures results in loss of water and electrolytes (salts and other minerals). High temperature and physical activity may lead to heat exhaustion and heat stroke.

In hot, dry conditions, dehydration is likely to develop unless you maintain enough fluid intake and spend as little time as possible in direct sun. If you believe you may be dehydrated, take shelter quickly in well-ventilated and air-conditioned places and drink water.

For a healthy person, usually the darker the yellow of your urine, the more dehydrated you are. A properly hydrated person, depending on diet, will urinate clear or slightly yellow.

In case of heat exhaustion and after excessive sweating, eat normally and drink more water or juice. If you become tired, dizzy or have persistent headaches, measure your core temperature with a thermometer. Remember your body temperature should normally be around 37° Celsius.

Heat exhaustion and heat stroke appear when your core temperature increases. Actions to take:

- Undress
- Spray your body with water
- Get into a well-ventilated room with air conditioning
- Immediately consult your medical services

Avoid excessive movement and exercise in high temperatures. Wear clothing that covers arms and legs plus a wide brimmed hat. Wear sunscreen and sunglasses.

Be aware of body temperature above normal in a malaria zone. This should be considered a symptom of malaria until medical services determine otherwise. It needs immediate medical attention.

Cold Climate

In cold locations, layer clothing. Keep exposure to extreme temperatures short. Exposure to mild temperatures (10° to 20° Celsius) under windy and rainy conditions with inappropriate or wet clothing may lead to a decrease in your core temperature. The first sign of decreasing core temperature is uncontrollable shivering, which should warn you to take action.

If you are wet and cold and begin to shiver, most likely your core temperature will decrease. You should remove your wet clothes and take shelter in a warm location.

Remember to eat and drink regularly.

High altitudes have less pressure. Lower oxygen pressure can lead to hypoxia, reduced oxygen in tissues. Avoid direct travel to high altitudes. Break the journey for 2-3 nights at 2000 metres. Avoid overexertion, large meals and alcohol after arrival.

Symptoms of Altitude Mountain Sickness (AMS) include headache, nausea and insomnia. When symptoms of AMS appear, stop movement to a higher altitude and drink water. If possible, descend to a lower altitude. For any location over 3000 metres obtain medical advice prior to your journey.

Food and Drink

Contaminated food and water pass on many infectious diseases. The safety of food and drink depends mainly on hygiene standards applied locally during preparation and handling. The main health problem is "travellers' diarrhoea".

Precautions for food:

- Wash your hands thoroughly with soap and water and dry them on something clean before food preparation and before eating.
- Avoid uncooked food and undercooked meat, including eggs. Only eat fruit and vegetables you can peel or shell.
- Clean vegetables in sterilising solution.
- If eating from a local food stall, generally only eat food cooked for you. Avoid precooked standing food.
- In countries where poisonous bio toxins may be present in fish and shellfish, get local advice.
- Store food in clean cupboards or refrigerators protected from insects and rodents. Ensure the electricity supply is constant. If a refrigerator is not working properly, do not store food in it.
- Do not leave half-empty cans or tins of food in the refrigerator. Take food out of cans and place in a plastic or ceramic container, preferably with a lid. Dented and damaged tins may hold contaminated food. Do not eat!

Precautions for drink:

- Boil drinking water if its safety is doubtful.
 - Boil water for a minimum of 10 minutes, longer at higher altitudes.
 - Let the water stand for a few hours before boiling. This allows any suspended particles to sink to the bottom. Then only pour the top 2/3 of the container.
 - Store the boiled water in closed bottles and keep them in a cool place.
- Ideally, use water filters as well as boiling water to sterilize it.
- If boiling water is not possible, use a certified filter and disinfectant agent and maintain the filter.
- Do not drink unpasteurised or raw milk.
- Avoid ice.
- Avoid brushing your teeth with unsafe water.
- Beware of locally produced alcoholic drinks.
- Sealed store-bought bottled or packaged cold drinks are usually safe. Avoid anything not well sealed. Hot drinks and soups are usually safe.

Animals

Be aware of threats and precautions when dealing with animals, insects, reptiles and parasites. Seek advice about their presence and habitats in your location.

Many animals have parasites. An example is Lyme disease, spread from deer by tiny ticks that can bite humans and spread the disease.

Be aware that when playing with animals, rabies can pass in saliva via broken skin, such as an ordinary cut.

Precautions:

- Avoid direct contact with domestic animals such as dogs in areas where rabies are known to occur, and with all wild and captive animals.
- Avoid behaviour that may startle, frighten or threaten an animal.
- Treat any animal bite immediately by washing with soap and clean water for 15 minutes and then rinse. Seek medical advice.
- Use soap and a closed bottle of store-bought water as your primary disinfectant.
- If a mammal bites you, make sure the bite is NOT surgically stitched.

Insects, Reptiles and Parasites

"Tomboo" or "Dossou" flies in West Africa lay eggs under your skin and develop nasty infections that can become toxic.

Insects may lay eggs on clothes dried in the open air after washing. Proper boots could have prevented some 60% of snake bites.

Precautions:

- Make good boots or closed shoes a priority. Footwear protects your feet from the elements, terrain, insects and small animals.
- Avoid walking barefoot or in open sandals. Wear long trousers with boots or closed shoes.
- Avoid placing hands or feet where snakes, spiders or scorpions may be hiding.
- Be careful outdoors at night, especially when using latrines. Always use a torch or flashlight.
- If possible, keep vegetation cleared around the house or office.
- Examine clothing and shoes before use.
- Iron your clothes to help prevent transmission of larvae to the skin.

Insects, Other Vectors and Protection


A **vector** is an organism that carries a disease from one source to another.

Vectors play an essential role in transmission of many infectious diseases. Many vectors are bloodsucking insects. Each time these insects bite you, you can become infected with a disease from another source. An example is a mosquito.

Protection:


- **Insect repellents:** Substances people put on exposed skin or clothing to prevent human and vector contact. When applied to your skin, the repellent effect may last from 15 minutes to 10 hours. Repeated application may be necessary. Use on clothes gives a longer repellent effect. Read the instructions of the repellent you are using. Some repellents may be inappropriate, for example for pregnant women.
- **Mosquito nets:** The best solution for most personnel. Use nets with or without insecticide. Impregnated nets are much more effective. Net mesh size and strength are crucial characteristics: the mesh size should be less than 1.5 millimeters. Use the mosquito net correctly. Tuck the net under the mattress. Make sure it has no holes and there are no mosquitoes inside.
- **Insecticide sprays:** Effective for an immediate knockdown and killing effect. Spray indoor sleeping areas at least 1-2 hours before bedtime, even if you use a mosquito net. Be careful with insecticide chemicals, especially in closed rooms.
- **Mosquito coil:** One mosquito coil serves a normal bedroom through the night.
- **Air-conditioning:** Where available, a means of keeping insects inactive because of the cold. However, air-conditioning does not prevent insects from entering rooms.
- **Long sleeve shirts:** Protective clothing can be effective outdoors when vectors are active. The thickness of the material is critical unless you have sprayed your clothes with a special treatment such as pyrethroid repellents.
- **Keep your skin covered:** Do not expose any skin without effective repellent. Use hats, long pants and long sleeve shirts and skirts.

Slide 7



Malaria

- A common and life-threatening disease in many tropical and subtropical areas
- **Symptoms:** Flu-like, including fever, chills, headache, muscular aching and weakness, vomiting, cough, diarrhoea and abdominal pain




Key Message: Malaria is a common and life-threatening disease in many tropical and subtropical areas.

- Malaria is currently endemic in over 100 countries. Endemic means found in a certain region or people, especially disease.
- Malaria is a severe blood disease in humans caused by a parasite, *Plasmodium*.
- Of four main types of malaria, the most dangerous is *Plasmodium falciparum* (*P. falciparum*). It can be fatal. Estimates are 1% of patients with *P. falciparum* infection die of it.
- The Anopheles mosquito transmits the malaria parasite, biting mainly between sunset and sunrise.
- Ideally, in malaria zones you should always protect yourself through prophylaxis, the “preventive treatment of disease”. Most malaria cases occur because of poor compliance with prophylactic drug regimens or lack of physical protection such as nets or repellants.
- Small children and pregnant women are particularly vulnerable.

Initial symptoms:


- **For any flu-like symptoms, think of malaria first.**
- **Symptoms include fever, chills, headache, muscular aching and weakness, vomiting, cough, diarrhoea and abdominal pain.**
- Normally, malaria has an incubation period of seven days or more.
- Initial symptoms may be mild. You may not recognize them as related to malaria. Inform your medical service or doctor.
- **Without immediate treatment, malaria can lead to organ failure, followed by coma and death.**

Slide 8



Malaria

- **Malaria Prophylaxis:** Take regularly for the duration of your stay in the malaria area
- Even if you are taking malaria prophylaxis, seek medical assistance immediately if you develop a fever
- Personal protection against mosquito bites is your first line of defence against malaria – no bite, no malaria
- **Physical protection:** Use such nets and repellents



Key Message: Follow the regimen of prophylaxis prescribed by your doctor to decrease the risk of malaria. Personal protection against mosquito bites is best for prevention.

Malaria prophylaxis – preventing the disease:

- **Even if you are taking malaria prophylaxis, seek medical assistance immediately when you develop a fever.**
- No one should take malaria prophylaxis indefinitely. Side effects can be bad. Consult your medical doctor on what is right for you.
- Take all prophylactic drugs before and regularly during your stay in any malaria area. Continue taking the drugs for the required period after your last exposure to infection.
- Do not take another person's anti-malarial drugs, either prophylaxis or treatment. Side effects and negative interaction with other drugs can be dangerous.

Personal protection:

- Be aware of the threat, incubation period and main symptoms
- Avoid mosquito bites, especially between dusk and dawn. **Personal protection against mosquito bites is your first line of defence against malaria. No bite, no malaria.**

Consult your medical services:

- Consult your medical service for more information on malaria in your area.
- Seek immediate medical help if a fever develops one week or more after entering an area where there is a malaria threat.

Summary

Unfamiliar peacekeeping environments and conditions expose you to health threats

- Exposure to insects, rodents, other animals
- Infectious agents
- Contaminated food and water
- Poor hygiene
- Stress
- Fatigue
- Communicable diseases

Determine the risk to your health

- **Destination** – including quality of hygiene, sanitation, host country medical services and environment
- **Duration of assignment** – affects likelihood of exposure
- **Purpose of assignment** – whether administrative, political, interactive with local people or security-related
- **Standards of accommodation and food hygiene** – substandard and limited in some locations
- **Your personal and professional behavior** – cultural integration, personal resilience
- **Your medical health and history** – medical conditions, treatments

Take precautions before travel to and whilst in the mission: seek medical advice, medical clearance, get your vaccinations

- Seek health advice and get medical clearance preferably 4-6 weeks before travel
- When you consult your medical service or designated UN medical doctor 4-6 weeks before your journey, they will decide on needed vaccinations and other health needs
- Get a dental check-up before you travel to remote areas
- If you are a last-minute traveller, you can still benefit from a medical consultation, even as late as the day before travel
- Your supervisor cannot force you to travel without medical clearance or necessary vaccinations. Neither can a supervisor force you to ignore recommended health precautions

(Cont.)

(Summary cont.)

Environmental health threats include: hot and cold climates, food and drink, bites and stings, and malaria

- Hot and cold climates – bring appropriate clothing
- Food and drink – maintain high standards in hygiene
- Bites and stings – be careful, protect yourself, and avoid contact with animals, insects and reptiles
- Malaria – **take malaria prophylaxis**, use physical protection such as nets and repellents

Evaluation

Notes on Use: An example of learning evaluation questions for this lesson may be found below.

There are different types of learning evaluation questions for the instructor to choose from (See Options). Types of learning evaluation questions are:

- 1) Narrative
- 2) Fill in the blank/sentence completion
- 3) True-False

Combine in different ways for pre-assessment and post-assessment. Each evaluation type covers different content. No sub-set covers all learning outcomes. Make sure you include learning evaluation questions for each learning outcome when you combine them.

Three main uses of evaluation questions are: a) informally ask the whole group, b) semi-formally assign to small groups or c) formally give to individuals for written responses.

Evaluation Questions for Lesson 3.8	
Questions	Answers
Narrative <i>Note: Frame narrative evaluations as questions, requests or directions</i>	
1. List 8 health threats for peacekeeping personnel?	<ol style="list-style-type: none"> 1. unfamiliar environment and conditions 2. exposure to insects, rodents, other animals 3. infectious agents 4. communicable diseases 5. contaminated food and water 6. poor hygiene 7. emotionally charged, mentally intense situations - stress 8. fatigue
2. What influences type and degree of health risks for peacekeepers? Name six influences.	<ul style="list-style-type: none"> ▪ Destination –quality of hygiene, sanitation, host country medical services and environment ▪ Duration of assignment – affects likelihood of exposure ▪ Purpose of assignment –administrative, political, with local people ▪ Standards of accommodation and food

	<p>hygiene – substandard and limited in some locations</p> <ul style="list-style-type: none"> ▪ Your personal and professional behaviour – cultural integration, personal resilience ▪ Your medical health and history – medical conditions, treatments
3. Before you travel, what do you need to do?	<ol style="list-style-type: none"> 1. Seek health advice. 2. Get medical clearance – 4 to 6 weeks ahead. 3. Medical advice includes vaccinations, other health needs. 4. Get a dental check-up. 5. Plan what you need to take: enough <ul style="list-style-type: none"> - suitable clothing, footwear - preventive treatment - emergency reserves - bed net - insect repellent - medical kit - personal medications
Fill in the Blanks	
4. Research before you travel, with advice and information from: _____, _____ and _____.	<ul style="list-style-type: none"> ▪ medical service in organization ▪ colleagues ▪ national health providers
5. Get health advice and medical clearance _____ before travel.	4-6 weeks, if possible
True – False	
6. Your supervisor cannot force you to travel without medical clearance or necessary vaccinations.	<p>True</p> <p>Neither can a supervisor force you to ignore other recommended health precautions. Know UN rules and regulations.</p>
7. Vaccines fully protect you, for the time the manufacturer promises.	<p>False</p> <p>No vaccinations fully protect 100% of recipients. Even if vaccinated, you have some risk.</p> <p>Follow all other precautions against infection: e.g.. for malaria, take prophylaxis, but also use insect repellent and bed nets</p>

Commonly Asked Questions and Key Words

Key Words or phrases for this lesson:

Key Word or Phrase	Definition
Health threats	<p>In general, health threats include:</p> <ul style="list-style-type: none"> • exposure to insects to insects, rodents, other animals • infectious agents • contaminated food and water • communicable diseases • poor hygiene • stress • fatigue
Communicable diseases	<p>Communicable diseases include those which are:</p> <ul style="list-style-type: none"> • Contact transmission diseases • Food-borne and water-borne diseases • Vector-borne diseases • Sexually transmitted diseases (STD) • Blood-borne diseases • Air-borne diseases • Diseases transmitted from soil
Malaria	<p>Malaria is a common and life-threatening disease in many tropical and subtropical areas. It is a severe blood disease in humans caused by a parasite, <i>Plasmodium</i>. The Anopheles mosquito transmits the malaria parasite, biting mainly between sunset and sunrise.</p> <p>Symptoms include fever, chills, headache, muscular aching and weakness, vomiting, cough, diarrhoea, and abdominal pain. Normally, malaria has an incubation period of seven days or more. Without immediate treatment, malaria can lead to organ failure, followed by coma and death.</p> <p>Ideally, in malaria zones you should always protect yourself through prophylaxis, the "preventive treatment of disease". Most malaria cases occur because of poor compliance with prophylactic drug regimens, or lack of physical protection such as nets, repellants.</p>

Commonly asked questions from participants:

Possible Questions	Possible Responses
Do all UN peacekeeping operations have medical facilities?	All UN peacekeeping operations will have some form of medical facility. The level of service that can be provided at the mission's medical facility will vary depending on the size of the mission, the medical facilities and health care that is available in the country and other factors. You will receive more information on the Medical Unit when you arrive in mission.
What if I arrive in mission and I do not have the right vaccinations or medication?	If you are concerned, go to the UN Medical Unit in the mission to check the required and recommended vaccinations and whether any prophylaxis is recommended or required. They can advise you whether you have the appropriate immunizations and medications, or they can tell you where to find out.

Reference Materials

Below are materials which are a) referenced in this lesson, and b) required reading for instructor preparations:

- [Charter of the United Nations, 1945](#)
- [United Nations Peacekeeping Operations Principles and Guidelines, also known as the Capstone Doctrine, 2008](#)
- [Manual on Policies and Procedures Concerning Reimbursement and Control of Contingent-Owned Equipment of Troop/Police Contributors Participating in Peacekeeping Missions, also known as the Capstone Doctrine \(A/C.5/69/18\)](#)
- [United Nations Field Security Handbook, January 2006](#)
- [United Nations Basic Security in the Field: Staff Safety, Health and Welfare \(ST/SGB/2003/19\), 9 December 2003](#)
- [DPKO-DFS Medical Support Manual for UN Field Missions, 2015](#)

Additional Resources

UN Information

The website for UN peacekeeping: <http://www.un.org/en/peacekeeping/>

UN Documents

UN documents can be found on: <http://www.un.org/en/documents/index.html> (Search by document symbol, e.g. A/63/100)

DPKO and DFS Guidance

The repository for all official DPKO and DFS guidance is the Policy and Practice Database: <http://ppdb.un.org> (only accessible from the UN network). Official peacekeeping guidance documents are also accessible through the Peacekeeping Resource Hub: <http://research.un.org/en/peacekeeping-community>

Instructors are encouraged to check for the latest guidance.

UN Films

UN films can be found on YouTube: <https://www.youtube.com/user/unitednations>

Additional Information

Trainers should let participants know that in addition to the Mission-specific information received during this training, participants should also familiarize themselves with the Pre-deployment Information Package (PIP). The PIP provides information on the mission and the local context.

Additional Training Resources

UN mandatory training includes Basic and Advanced Security in the Field (B/ASITF) online Course:

<https://dss.un.org>

The training can also be accessed on Inspira:

<http://inspira.un.org>

Where Peacekeeping Training Institutes do not have sufficient IT facilities, it is sufficient that eligible personnel are informed of their obligation to complete B/ASITF *upon arrival in the mission*.

Module 3: Individual Peacekeeping Personnel

Lesson 3.8



Health



Relevance

- To work effectively for others you need to be healthy
- You may be exposed to health threats



Learning Outcomes

Learners will:

- List general health threats
- List key factors determining level of risk to health
- Describe precautions before travel to and in mission
- Describe **environmental** health threats and precautions



Lesson Overview

1. Health Threats
2. Determining Risks
3. Researching Information
4. Taking Precautions
5. Environmental Health Threats & Precautions



Determining Health Threats

Instructions:

- Think about your deployment to the mission
- Consider the destination, duration of assignment, type of work and your medical history
- How might these affect your health?
- What precautions should you take?

Time: 10 minutes

- Group work: 5-7 minutes
- Discussion: 3 minutes



1. Health Threats

- Unfamiliar environments and conditions
- Exposure to insects, rodents, other animals
- Infectious agents
- Contaminated food and water
- Poor hygiene
- Emotionally charged, mentally intense, stressful situations
- Fatigue
- Communicable diseases





Communicable diseases

- Contact transmission diseases
- Food-borne and water-borne diseases
- Vector-borne diseases
- Sexually transmitted diseases
- Blood-borne diseases
- Air-borne diseases
- Diseases transmitted from soil



2. Determining Risks

- Destination
- Duration of assignment
- Purpose of assignment
- Standards of accommodation and food hygiene
- Your personal and professional behaviour
- Your past medical history





3. Researching Information

- From your organization (particularly your medical service) and colleagues
- About your intended destination
- Before you travel
- To help prevent health problems while abroad





4. Taking Precautions

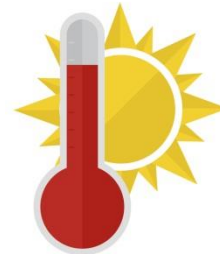
- Seek health advice and request medical clearance 4-6 weeks before travel
- Comply with recommended vaccinations, prescribed medication and health measures
- Carry a medical kit and understand its use
- Be aware of modes of transmission for infectious disease
- Keep track of your psychosocial wellbeing and be in good physical shape





5. Environmental Health Threats & Precautions

- Hot and cold climates
- Food and drink
- Bites and stings
- Malaria



Food & Drink





Malaria

- A common and life-threatening disease in many tropical and subtropical areas
- **Symptoms:** Flu-like, including fever, chills, headache, muscular aching and weakness, vomiting, cough, diarrhoea and abdominal pain





Malaria

- **Malaria Prophylaxis:** Take regularly for the duration of your stay in the malaria area
- Even if you are taking malaria prophylaxis, seek medical assistance immediately if you develop a fever
- Personal protection against mosquito bites is your first line of defence against malaria – no bite, no malaria
- **Physical protection:** Use such nets and repellents





Summary of Key Messages

- Unfamiliar peacekeeping environments and conditions expose you to health threats
- Determine the risk to your health
- Take precautions before travel to and whilst in mission – seek medical advice, medical clearance, vaccinations
- Environmental health threats – hot and cold climates, food and drink, bites and stings, malaria



Questions



Learning Activity

Learning Evaluation

Learning Activities

Detailed instructions for each learning activity may be found below. Here is an overview of learning activities for the instructor to choose from:

Number	Name	Methods	Time
3.8.1	Determining Health Threats	Individual exercise, discussion	10 minutes
3.8.2	Tips on Hygiene	Brainstorm	10 minutes

Learning Activity**3.8.1**

Values and Competencies**METHOD**

Individual exercise, discussion

PURPOSE

To consider health precautions to take in preparation for deployment

TIME

10 minutes

- Individual exercise: 5-7 minutes
- Discussion: 3 minutes

INSTRUCTIONS

- Think about your deployment to the mission
- Consider the destination, duration of assignment, type of work and your medical history
- How might these affect your health?
- What precautions should you take?

RESOURCES

- Learning Activity instructions
- Activity material

Preparation

- Prepare a flip chart sheet with the question: How might these affect your health? Add the following sub-headings to the sheet:
 - Destination
 - Duration of assignment
 - Type of work
 - Medical history
- Prepare another flip chart sheet with the question: What precautions should you take?
- Prepare key points using the content from Lesson 3.8.
- Prepare to deliver the correct responses to the discussion questions using the slides from Lesson 3.8.
- Prepare handouts for participants to provide details on the destination of their deployment, duration of assignment, type of work, and medical history.

Instructions

1. Introduce the activity and distribute the handouts. Participants will reflect on personal information and work on an individual exercise to determine potential threats to their health.
2. Ask participants to work individually and fill in the handout.
3. Invite participants to a group discussion. Participants must share how the destination of their deployment, duration of assignment, type of work, and medical history will affect their health. Transfer the responses to the 1st flip chart sheet. Begin the brainstorming yourself using your key points.
4. Ask participants to reflect on health threats in the mission environment. Ask participants the question: What precautions should you take? Invite participants to share responses with the whole group. Summarise the responses, and record using the 2nd flip chart sheet.
5. Use the results of the brainstorming to introduce the more detailed content from Lesson 3.8.

3.8.1 Learning Activity Material: Determining Health Threats

Fill in the sheet.

Destination of deployment:
Duration of assignment:
Type of work:
Medical history:

Learning Activity

3.8.2

Tips On Hygiene

METHOD

Brainstorm

PURPOSE

To prepare for personal and food hygiene in the peacekeeping environment

TIME

10 minutes

- Brainstorm: 5-7 minutes
- Discussion: 3 minutes

INSTRUCTIONS

- Think about your deployment to the mission
- Consider the destination, duration of assignment, type of work, and your medical history
- How might these affect your health?
- What precautions should you take?

RESOURCES

- Learning Activity instructions
- Activity material

Preparation

- Make enough copies of the handout to distribute to participants.
- Familiarise yourself on the handout.
- Research images to emphasise specific points.
- Write the following headings on top of flip-chart sheets or board:
 - Good personal hygiene is the best way to prevent disease!
 - Always make sure what you eat and drink is safe!
 - Maintaining Your “Personal Space” in a sanitary manner
 - Maintain a Hygienic Compound and Communal Areas

Instructions

1. Introduce the activity by reminding participants that personal and food hygiene can be critical to health.
2. Ask participants to brainstorm using the four headings. Cross-check with the provided handout.
3. Consider preparing copies of the handout for reference as participants continue to learn in their own time.

3.8.2 Learning Activity Material: Tips on Hygiene

Tips for Maintaining Personal and Food Hygiene in Peacekeeping Environments

Good personal hygiene is the best way to prevent disease!

- Maintain good personal hygiene and always wash regularly with clean water.
- Eat healthy, varied foods.
- Exercise regularly.
- Dress protectively.
- Inspect your skin for bite marks.
- Air and dry your boots regularly to prevent bacteria from breeding in them.
- Iron all clothes regularly, if possible, to kill bugs, insects and bacteria.
- Be prudent in using alcohol and refrain from using recreational drugs.
- Don't have sex without a condom.

Always make sure what you eat and drink is safe!

- Drink water only in bottles or from containers marked as drinking or "potable" water.
- If drinking water is not available, boil your water for at least 10 minutes, or use water purification tablets, allowing enough time for the tablets to work.
- Never keep opened bottles of drink more than 6 hours.
- Meat must be thoroughly cooked ("well done" and not medium or rare).
- Eggs must be fully coagulated before eating.
- If you store food, keep it in tightly closed containers.
- Eat only food produced in clean or approved facilities and use clean utensils.
- To control the rodent population, eat only at designated eating areas.

Maintaining Your “Personal Space”

- ☑ Use mesh screens or netting to cover doors and windows at all times.
- ☑ In areas with malaria, dengue or other mosquito-borne diseases, always sleep under a mosquito net.
- ☑ Keep all surfaces clean by washing them regularly.
- ☑ Do not eat or keep food on and around beds, so rodents and insects will not be attracted.
- ☑ Ventilate your bedding regularly in direct sunlight, to kill bugs and bacteria.
- ☑ Change and wash your bedding regularly.

Maintain a Hygienic Compound and Communal Areas

- ☑ Keep facilities and communal areas clean and tidy at all times.
- ☑ Ensure proper disposal of leftover food.
- ☑ Ensure sanitary disposal of liquid and solid wastes.
- ☑ Keep all rooms clean, ventilated and protected against rodents and insects.
- ☑ Eliminate breeding areas for disease-carrying animals or insects; for example, drain pools of stagnant water and puddles after rain.

Evaluation

Notes on Use: Types of learning evaluation questions are:

- 1) Narrative
- 2) Fill in the blank/sentence completion
- 3) True-False

Combine in different ways for pre-assessment and post-assessment. Each evaluation type covers different content. No sub-set covers all learning outcomes. Make sure you include learning evaluation questions for each learning outcome when you combine them.

Three main uses of evaluation questions are: a) informally ask the whole group, b) semi-formally assign to small groups or c) formally give to individuals for written responses.

Other suggestions for evaluating learning follow the table.

Evaluation Questions for Lesson 3.8	
Questions	Answers
Narrative <i>Note: Frame narrative evaluations as questions, requests or directions</i>	
1. List 8 health threats for peacekeeping personnel?	<ol style="list-style-type: none"> 1. unfamiliar environment and conditions 2. exposure to insects, rodents, other animals 3. infectious agents 4. communicable diseases 5. contaminated food and water 6. poor hygiene 7. emotionally charged, mentally intense situations - stress 8. fatigue
2. How are air-borne diseases passed from person to person?	Droplets from the nose and mouth – coughing, spitting, sneezing.
3. What is contact transmission?	Transfer of communicable disease through body contact with an infected person. For example, playing together, or contact with contaminated objects.
4. Blood-borne diseases are transmitted in what three ways?	<ul style="list-style-type: none"> ▪ infected blood ▪ other infected body fluids ▪ other potentially infected material, bloody bandages
5. Tetanus is a disease transmitted from _____.	Soil, or bacteria. Soil-borne diseases are caused by

	spores, fungus or bacteria, such as tetanus.
6. What can undermine peacekeeping personnel's good health?	<p>Peacekeeping personnel have to:</p> <ul style="list-style-type: none"> ▪ make decisions with limited information and resources ▪ remain effective for long hours in uncertain, often dangerous conditions ▪ function as part of a multilingual, multicultural team. <p>Peacekeeping personnel:</p> <ul style="list-style-type: none"> ▪ work in high-risk areas, emergencies and crises; ▪ may be involved in intense, emotionally charged situations ▪ live in difficult conditions ▪ come into contact with many different people whose way of working may be different, frustrating <p>These all contribute to cumulative stress and culture shock which undermine immune systems.</p>
7. What influences type and degree of health risks for peacekeepers? Name six influences.	<ul style="list-style-type: none"> ▪ Destination –quality of hygiene, sanitation, host country medical services and environment ▪ Duration of assignment – affects likelihood of exposure ▪ Purpose of assignment –administrative, political, with local people ▪ Standards of accommodation and food hygiene – substandard and limited in some locations ▪ Your personal and professional behaviour – cultural integration, personal resilience ▪ Your medical health and history – medical conditions, treatments
8. Before you deploy, what do you need to research that influences health and risks? Aim to name all nine topics from the lesson.	<ul style="list-style-type: none"> ▪ Threats in the area ▪ Accommodation ▪ Duration of stay ▪ Climate and weather ▪ Altitude ▪ Availability of medical care, facilities ▪ Ambulance services ▪ Health risks ▪ Culture and customs
9. Before you travel, what do you need to do?	<ol style="list-style-type: none"> 1. Seek health advice. 2. Get medical clearance – 4 to 6 weeks ahead. 3. Medical advice includes vaccinations, other health needs.

	<ol style="list-style-type: none"> 4. Get a dental check-up. 5. Plan what you need to take: enough <ul style="list-style-type: none"> - suitable clothing, footwear - preventive treatment - emergency reserves - bed net - insect repellent - medical kit - personal medications
<p>10. During your assignment, how can you best take care of your health?</p>	<ol style="list-style-type: none"> 1. Get all recommendation vaccinations. 2. Take all prescribed medical and health measures. 3. Carry a medical kit and be trained in its use. 4. Be aware of how infectious and communicable diseases spread so you can reduce risk. 5. See medical services for any physical or psycho-social issues during your assignment. 6. Keep track of your own well-being, all aspects. Live in a healthy way. Stay fit.
<p>11. Give some examples of good hygiene standards.</p>	<ul style="list-style-type: none"> ▪ clean your room or house daily ▪ keep floors and surfaces clear – sweep, wash ▪ protect food from flies and rodents – cover it ▪ don't leave clothes on the floor – insects can infest them ▪ keep bathrooms, toilets, kitchens crack-free so cockroaches and other insects don't move in ▪ put nets, screens on windows and doors – limit mosquitoes and flies
<p>12. What first aid items are in the medical the UN recommends all peacekeepers have?</p>	<p>First-Aid Items:</p> <ul style="list-style-type: none"> • Adhesive tape • Antiseptic wound cleaner • Bandages • Eye drops • Insect repellent • Insect bite treatment • Oral dehydration salts • Scissors and safety pins • Simple analgesic (e.g. paracetamol) • Sterile dressing • Clinical thermometer • Gloves • Thermal blanket <p>Other Items</p>

	<ul style="list-style-type: none"> • Anti-diarrhoeal medication and anti-fungal powder • Anti-malarial prophylactic medication • Medication for any pre-existing medical condition • Sterile syringes and needles • Water disinfectant and water filter • Other items according to a) destination and b) duration of assignment
13. Describe main health problems in hot climates and measures to take.	<p>Exposure to high temperatures can lead to loss of water and electrolytes – salts, other minerals.</p> <p>High temperatures and physical activity can lead to heat exhaustion, heat stroke.</p> <p>Hot, dry conditions can lead to dehydration unless people keep up fluid intake, and spend minimal time in direct sun.</p>
14. What actions do you need to take for heat exhaustion and heat stroke?	<ul style="list-style-type: none"> ▪ undress ▪ spray your body with water, or have a cold shower ▪ get into a well-ventilated room with air-conditioning ▪ immediately consult medical services
15. How should peacekeepers dress in hot places?	<ul style="list-style-type: none"> ▪ clothing that covers arms and legs ▪ closed shoes or boots ▪ wide-brimmed hat ▪ sunscreen on exposed skin ▪ sun-glasses
16. How should peacekeepers dress in cold places?	<ul style="list-style-type: none"> ▪ layer clothing ▪ wear wool, modern synthetics, not cotton ▪ wear clothing that increases core temperature
17. Why do high altitudes pose health threats? Explain threats and precautions.	<p>Threats</p> <ul style="list-style-type: none"> • high altitudes have less air pressure • less air pressure means less oxygen in the air • lower oxygen can lead to hypoxia, reduced oxygen in tissues when you breathe <p>Precautions</p> <ul style="list-style-type: none"> • avoid direct travel to high altitudes • break the journey for 2-3 nights at 2000 metres • avoid over-exertion, large meals, alcohol after arrival • stop movement upward and drink water when symptoms of Altitude Mountain Sickness appear – nausea, headache, insomnia • for any location over 3000 metres, get medical advice before you travel – follow it

<p>18. Describe standard precautions for food that protect health. (7)</p>	<ol style="list-style-type: none"> 1. Wash your hands thoroughly with soap and water and dry them on something clean before food preparation and before eating. 2. Avoid uncooked food and undercooked meat, including eggs. Only eat fruit and vegetables you can peel or shell. 3. Clean vegetables in sterilising solution. 4. If eating from a local food stall, generally only eat food cooked for you. Avoid precooked standing food. 5. In countries where poisonous bio toxins may be present in fish and shellfish, get local advice. 6. Store food in clean cupboards or refrigerators protected from insects and rodents. Ensure the electricity supply is constant. If a refrigerator is not working properly, don't store food in it. 7. Do not leave half-empty cans/tins of food in the refrigerator. Take food out of cans and place in plastic or ceramic container with a lid. Dented and damaged tins may hold contaminated food. Do not eat!
<p>19. Describe standard precautions for water and other drinks. (8)</p>	<ol style="list-style-type: none"> 1. Boil drinking water if safety is doubtful. <ul style="list-style-type: none"> - Boil water for a minimum of 10 minutes, longer at higher altitudes. - Let the water stand for a few hours before boiling: suspended particles sink to the bottom. Then only pour the top 2/3 of the container. - Store boiled water in closed bottles; keep in a cool place. 2. Ideally, use water filters as well as boiling water to sterilize. 3. If boiling water is not possible, use a certified filter and disinfectant agent: maintain the filter (change it!). 4. Do not drink unpasteurised or raw milk. 5. Avoid ice. 6. Avoid brushing your teeth with unsafe water. 7. Beware of locally produced alcoholic drinks. 8. Avoid anything not well sealed.
<p>20. Detail precautions to avoid health problems from contact with animals.</p>	<p>Precautions</p> <ul style="list-style-type: none"> ▪ Avoid direct contact with domestic animals such as dogs in areas where rabies are known to occur and with all wild and captive animals. ▪ Avoid behaviour that may startle, frighten or threaten an animal. ▪ Treat any animal bite immediately by washing with soap and clean water

	<p>for 15 minutes and then rinse. Seek medical advice</p> <ul style="list-style-type: none"> ▪ Use soap and a closed bottle of store-bought as your primary disinfectant. ▪ If a mammal bites you, make sure the bite is NOT surgically stitched.
<p>21. Detail precautions to avoid health problems from insects, reptiles and parasites.</p>	<p>Precautions</p> <ul style="list-style-type: none"> ▪ Make good boots or closed shoes priority, footwear - protect your feet from the elements, terrain, insect, small animals. ▪ Avoid walking barefoot or in open sandals. Wear long trousers with boots or closed shoes. ▪ Avoid placing hands or feet where snakes, spiders, or scorpions may be hiding. ▪ Be careful outdoors at night, especially when using latrines. Always use a torch or flashlight. ▪ If possible, keep vegetation cleared around the house or office. ▪ Examine clothing and shoes before use.
<p>22. Why should you iron clothes dried in the open after washing?</p>	<ul style="list-style-type: none"> ▪ Some insects lay eggs on laundry dried in the open. ▪ Ironing clothes prevents transmission of larvae to human skins.
<p>23. How can you protect yourself against insects that carry diseases?</p>	<ul style="list-style-type: none"> ▪ insect repellents ▪ mosquito nets ▪ insecticide sprays ▪ mosquito coil ▪ air-conditioning ▪ long-sleeve sheets, long pants, closed clothing ▪ keep your skin covered – with clothing, insect repellent or both
<p>24. Share everything you know about malaria.</p> <p>Comprehensive evaluation question: you may want to divide into sections:</p> <ul style="list-style-type: none"> • General information • Symptoms • Prophylaxis • Personal protection • Medical services support 	<p>General information</p> <ul style="list-style-type: none"> • currently endemic in over 100 countries • Anopheles mosquito transmits malaria parasite - bites mainly between sunset and sunrise. • Ideally, in malaria zones you should always protect yourself, through prophylaxis, the “preventive treatment of disease”. Most malaria cases occur because of poor compliance with prophylactic drug regimens, or lack of physical protection such as nets, repellants. • Small children and pregnant women are particularly vulnerable. • Malaria is a severe blood disease in human caused by a parasite,

	<p>Plasmodium.</p> <ul style="list-style-type: none"> • Of four main types of malaria, the most dangerous is <i>Plasmodium falciparum</i>. <i>P. falciparum</i> can be fatal. Estimates are 1% of patients with <i>P. falciparum</i> infection die of it. <p>Initial symptoms</p> <ul style="list-style-type: none"> • For any flu-like symptoms, think malaria first. • Watch for symptoms: fever, chills, headache, muscular aching and weakness, vomiting, cough, diarrhoea, and abdominal pain. • Normal incubation period: seven days or more • Initial symptoms may be mild, not immediately recognized as malaria. • Must inform medical service or doctor about any recent travel to a malaria endemic zone. • Without immediate treatment, malaria can lead to organ failure, followed by coma and death. <p>Malaria prophylaxis – preventing the disease</p> <ul style="list-style-type: none"> • Even taking malaria prophylaxis, seek medical assistance immediately when fever develops. • No-one should take malaria prophylaxis indefinitely <ul style="list-style-type: none"> - Bad side effects; - Consult doctor. • Take all prophylactic drugs before and regularly during stay in any malaria area. • Continue taking drugs for required period after last exposure to infection. • Do not take another person's anti-malarial drugs, prophylaxis or treatment. Danger: side effects and negative interaction with other drugs. <p>Personal protection</p> <ul style="list-style-type: none"> • All need to know threat, incubation period and main symptoms • Avoid mosquito bites, especially between dusk and dawn. • Personal protection against mosquito bites is first line of defence against malaria. No bite, no malaria. • Follow regimen of prophylaxis prescribed by doctor to decrease risk of malaria. <p>Consult medical services</p> <ul style="list-style-type: none"> • Seek immediate medical help if a fever
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	<p>develops one week or more after entering an area with malaria threat.</p> <ul style="list-style-type: none"> Always consult medical service for more information on malaria in area.
Fill in the Blanks	
1. _____ make assignments in many remote regions more hazardous for peacekeepers.	Lack of medical facilities, trained medical personnel
2. Communicable diseases transfer in _____ main ways. Name them.	<p>Seven</p> <ul style="list-style-type: none"> contact transmission food-borne, water-borne diseases vector-borne diseases sexually transmitted diseases blood-borne diseases air-borne diseases diseases transmitted from soil.
3. Sharing _____, _____ or _____ can produce conjunctivitis (pink eye), head lice, scabies.	Towels, combs, brushes, cloths, clothing
4. _____ are passed from person to person through unsafe sex.	Sexually transmitted diseases (STDs) or sexually transmitted infections (STIs)
5. Diseases transferred by insects are _____ - borne diseases.	<p>Vector-borne diseases</p> <ul style="list-style-type: none"> the insect is the vector – e.g. mosquito, for malaria
6. Poor hygiene can lead to _____.	<p>Infection.</p> <ul style="list-style-type: none"> an issue when many locations in peacekeeping <ul style="list-style-type: none"> a) lack basic sanitation b) water supply can be poor or non-existent c) hot water may be a luxury
7. Information on local conditions and health provisions is in _____, _____ or _____.	<ul style="list-style-type: none"> security, medical and staff welfare offices regional desk UNDP booklet "Living Conditions"
8. Research before you travel, with advice and information from: _____, _____ and _____.	<ul style="list-style-type: none"> medical service in organization colleagues national health providers
9. Get health advice and medical clearance _____ before travel.	4-6 weeks, if possible
10. No vaccines exist for some life-threatening infections, including _____ and _____.	<ul style="list-style-type: none"> malaria HIV/AIDS
11. Body temperature is normally around _____.	<p>37 Celsius</p> <p>Have a thermometer in your medical kit.</p>
12. You are wet and cold, begin to shiver – your _____ will likely decrease.	<p>Core temperature</p> <ul style="list-style-type: none"> take action <ul style="list-style-type: none"> shelter in a warm location remove wet clothes

	- get dry and warm
13. Treat any animal bite immediately by _____, _____, _____.	<ol style="list-style-type: none"> 1. washing with soap and clean water for 15 minutes (15 minutes – do it!) 2. rinsing the wound and soap out of it 3. seeking medical advice
14. Prophylaxis is _____.	<p>Prevention of harm to health:</p> <ul style="list-style-type: none"> ▪ taking medicine to prevent disease ▪ condoms, protecting from pregnancy
15. Without immediate treatment, malaria can lead to ____, ____, ____.	<ul style="list-style-type: none"> ▪ organ failure ▪ coma ▪ death
True – False	
1. The risk associated with international assignments depends on age, sex, health and characteristics of the destination.	True – among other things
2. Your supervisor cannot force you to travel without medical clearance or necessary vaccinations.	True Neither can a supervisor force you to ignore other recommended health precautions. Know UN rules and regulations.
3. Vaccines fully protect you, for the time the manufacturer promises.	False No vaccinations fully protect 100% of recipients. Even if vaccinated, you have some risk. Follow all other precautions against infection: e.g.. for malaria, take prophylaxis, but also use insect repellent and bed nets
4. If you believe you may be dehydrated, eat some cooked food.	False If you believe you may be dehydrated, you need water and cool temperatures. <ul style="list-style-type: none"> ▪ drink water –don't eat ▪ take shelter quickly, in well-ventilated and air-conditioned place ▪ drink more water ▪ watch the colour of your urine – should be clear or slightly yellow, not dark yellow
5. In cases of heat exhaustion and after excessive sweating, eat normally and drink more water or juice.	True If you get dizzy or have headaches, measure your core temperature with a thermometer – 37 Celsius is normal body temperature.
6. Only take moderate exercise in high temperatures.	False <ul style="list-style-type: none"> ▪ Avoid movement and exercise in high temperatures. ▪ Risks are dehydration and heat exhaustion.

<p>7. Above-normal body temperature in a malaria zone should be considered malaria until medical services determines otherwise.</p>	<p>True</p> <ul style="list-style-type: none"> ▪ Malaria needs immediate medical attention. ▪ Use the thermometer in your medical kit to keep track of your temperature.
<p>8. If a mammal bites you, make sure the bite is NOT surgically stitched.</p>	<p>True</p>
<p>9. Use soap and a closed bottle of store-bought water as your primary disinfectant for any animal bite.</p>	<p>True</p> <ul style="list-style-type: none"> ▪ keep disinfectant soap and bottled water on hand
<p>10. Rabies can pass in saliva from broken skin, an ordinary cut.</p>	<p>True</p> <ul style="list-style-type: none"> ▪ keep disinfectant soap and bottled water on hand

More ways to evaluate learning

- **General Evaluation – use Learning Outcomes.**
 - List general health threats
 - Explain ways you can be exposed to health risks
 - Describe precautions to take to protect health before travel to and in the mission
 - Describe environmental health threats and precautions to protect your health