Medical Problem Prevention

General sickness or physical problem:

- Get a good 8 hours of sleep each night.
- Exercise for 30 minutes each day except Sunday. (refer to Missionary Health Guide)
- Eat 3 balanced meals every day (it is not that hard to cook up a can or package of vegetables and fruit is easy to obtain)
- Follow all food preparation guidelines outlined in the Missionary Health Guide.
- Do not over-eat. Small meals with healthy snacks between is much better for you.
- Call Sister Robison or the couple sister missionary in your area when you are sick, have medical concerns or feel that you should stay home (Sister Robison home – 868-663-9538, cell – 868-708-8374). Staying home must be approved!!
- Be obedient to the orders given you by your health coordinator or doctor.
- Keep your living quarters clean & orderly.

Dehydration & kidney stones:

- You must drink 4 to 6 liters of clean, safe water every day.
- When you leave the house in the morning pack a bottle of water (you could put a partially filled*bottle in the freezer the night before).**
- At lunchtime refill your bottle of water.
- Wash your bottle with soapy water and sterilize it with bleach or boiling water at least every other day.
- If you find yourself without water buy a coconut to drink instead of a sugary soda.
- Watch out for "kool-aid" or other drinks (maybe even soda) that might be prepared with "pipe water".

*remember that water expands when it freezes so never freeze a full bottle of water.
**drinking warm water is better than not drinking any water.

Ingrown toenails, foot infections & fungus:

- Be sure your shoes are at least ½ size larger than your feet. (feet swell in heat)
- Do not wear heavy shoes. (those with thick soles and heels) The weight will cause blisters, rubbing, and pressure on toenails which will eventually cause infections.
- Buy light-weight, inexpensive shoes that will wear out in 6 to 8 months, discard them & buy new ones.
- Have at least 2 pair of shoes so that you can alternate them from day to day. This allows the shoes to dry out and also disperses the rubbing and pressure to different areas of your toes and feet.
- Take shoes and socks off and put on flip-flops whenever you enter your home. (allows your feet to dry)
- Do not put on wet, sweaty socks. (even if you have only worn them ½ of the day.)
- Wear your flip-flops in the shower and around your apartment. (athletes foot is very contagious.)
- Bleach your shower and the bathroom floor every week to kill the fungus which causes athletes foot.

Rashes & other skin problems:

- <u>Wash hands often</u> using soap and water making sure soap is in contact with skin for 20-30 seconds.
- (especially before preparing food, eating, flossing teeth & after using toilet)
- Bathe or shower daily (twice in this hot climate).
- Dry yourself thoroughly – <u>all</u> <u>over</u> (take the fan in the bathroom with you or get a hair drier with a
- "Cool" button).
- If you have any open sores or scrapes use clean (bottled) water to rinse that area. (hydrogen peroxide can be too strong)
- Use insect repellant and mosquito nets daily.
- Use permethrin (as directed) on your mattress, clothing, curtains, upholstery and carpets.

- Wash and clean your bedding every week.
- Wear only clean clothing and underwear.
- Wear sunscreen, a hat (no baseball caps), and sunglasses (remove when talking with someone).
- Don't share personal toiletries such as razors, toothbrushes, deodorant, etc.

Back pains & poor posture:

- Do Abs exercises after proper stretching to strengthen the back.
- Do not carry more than is necessary in your backpack.
- Do not wildly sling your backpack on your back as it can wrench and pull a muscle in your back or chest.
- Discard shoes with badly worn down heels which gradually makes changes to your hip alignment.