

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.