

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

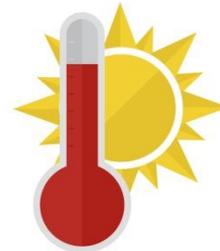
- Seek health advice and request medical clearance 4-6 weeks before travel
- Comply with recommended vaccinations, prescribed medication and health measures
- Carry a medical kit and understand its use
- Be aware of modes of transmission for infectious disease
- Keep track of your psychosocial wellbeing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