



BASIC FIELD HYGIENE AND SANITATION

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

What are some Medical Threats and Principles of Preventive Medicine Measures (PMM)?

- Discuss possible medical threats:
 - Heat; Cold; Arthropods and other animals; Food- and Waterborne diseases; Toxic industrial chemicals/materials; Noise; Non-battle injury; and the unfit service member.
- Describe who can be responsible for Preventive Medicine Measures:
- Soldiers are required to implement individual techniques of PMM.
- Leaders plan for and enforce PMM.
- Field Sanitation teams train Soldiers and Leaders in PMM.
- Leaders implement unit-level PMM.

What are your individual Preventive Medicine Measures?

Prevent Skin Infections:

Bathe frequently, if showers or baths are not available, use washcloth or baby-wipes. Clean your genital area, armpits, feet and other areas that sweat.

Prevent Dental Disease:

Brush teeth and gums after meals or at least once a day. Rinse your mouth with potable water frequently. Consuming sugary food and drinks require more frequent teeth and gum cleaning.

Hygiene Kits: It should include soap, washcloths, toothbrush, toothpaste, and foot/body powder. DO NOT share personal hygiene items IOT prevent the spreading of infections. Males need shaving items, and females need their personal items as well.