

HYGIENE AND SANITATION

Personal hygiene is the individual concern of every soldier. It is your responsibility to always safeguard your health to remain a combat effective soldier. The rules of hygiene and sanitation are simple and easy to follow.

A. Individual Hygiene

The following rules of personal hygiene are basic health guidelines that everyone must observe in order to remain a combat effective soldier.

1. Always keep the body clean. Take a bath once everyday. As a minimum, bathe your feet, hands and private parts. If possible, change your underwear and socks after bathing. When water is scarce, you may bathe at least twice a week. If water availability is worse, at least scrub your body regularly with a clean wet cloth.
2. Change your underclothing daily if possible. If not, at least twice a week. Inspect them for lice, fleas or other bugs that may keep you itchy.
3. Change clothing, shoes or socks immediately after they get wet to avoid getting colds, athlete's foot or other illness.
4. Brush your teeth at least twice a day, preferably after waking up and before going to bed. Brush your teeth on the inside and outside, away from the gums and towards the cutting surfaces of the teeth.
5. Always wash your hands with soap and water before eating, after doing fatigue duty, after engaging in extraneous exercise and after coming out of the head (comfort room).
6. Use only your own eating and drinking utensils if possible. You may contract diseases from infected mess gear or personal article of others. For this same reason, avoid borrowing (and lending your own) towels, socks, shoes, items of uniform etc.
7. When mosquitoes and other flying insects are present in the area, be sure to use a mosquito net. Tuck it well around your bedding and ensure that there are no holes before sleeping. Take your anti-malaria tablets regularly from your medical corpsmen.
8. Never drink water from any untreated source until it has been declared safe for drinking by your medical officer. When purification tablets are available, use them to treat your drinking water. If there are none, you may consider boiling your water for at least ten to fifteen minutes to kill the harmful bacteria that may be present.
9. Relieve yourself on an area which is designated as the head area for your unit. Ensure that your head area is always secured against enemy harassment.
10. Exercise your muscles and joints regularly. Inactivity may do equal damage to your health as extreme exertion or fatigue.

11. Avoid venereal diseases. Do not associate with infected women who may be carriers of these diseases. When in doubt, take necessary precautions. If you think you have caught any of these sexually transmitted disease can be cured much easier and quickly on its early stage. Untreated venereal disease may result to death or permanent damage to your body.

B. Camp Sanitation

Camp Sanitation - refers to the rules of cleanliness that should be followed for the general upkeep and maintenance of military camps for healthful living. Here are some important rules of camp sanitation that you should follow:

1. When putting up camps and bivouacs, build them around a sanitary plan. Make provisions for the health and sanitation requirements of the occupying unit, such as the location of the galley (kitchen), the head (toilet) and the billeting areas of the men.

2. Avoid clustering troop living quarters in confined and limited areas in order to attain proper ventilation and to prevent spread of diseases. Properly plan out the efficient use of all available living spaces in your camp or bivouac area.

3. Control the camp's water supply. Purify drinking water in a manner approved by the Medical Officer. When your water source is a stream or a river, mark separate water points for washing, cooking and human consumption. Washing and bathing points must always be located further downstream from points designated for human consumption. In cases of camps established in the combat areas, always remember to get water only from sources that are positively secured from enemy harassment.

4. Locate and construct heads and urinals away from the galley, mess hall and potable water source, but not too far from the living areas. As much as possible heads and urinals should be situated downwind of above mentioned areas. When situation allows, a straddle type trench may be constructed easily. The trench should be dug one foot wide, two and a half feet deep and four feet long or longer depending on the number of men who will use it. The earth removed in digging may be piled at the end of the trench with a can or shovel so that each man can cover his waster with soil after using the trench. Before abandoning the camp, fill all straddle type trenches and when located within a training area, mark the site with the date when it was closed. A field urinal may also similarly be constructed.

5. Maintain the sanitary condition in the galley. Food must be stored in clean receptacles. Garbage, leftovers, and other food waste must be disposed of only at designated garbage dumping areas or pits, where they may be covered with soil or burned. Improperly disposed and uncovered garbage, become the breeding grounds of insects such as flies and cockroaches, which feed on them pick up the germs and later transfer them to your food.

6. Carry our a continuous extermination campaign against flies, mosquitoes, lice, ticks, cockroaches and rats. The simplest way to control the increase of these pests is to cut off their source of nourishment by screening heads, galleys, and mess halls and by disposing of your food wastes properly. You must also drain or put oil on stagnant pools of water in old tire exteriors and drainage canals to kill the larvae of insects. Bury empty rations cans, and turn split coconut husks upside down to prevent insects and rats to feed or breed in them.

C. **Field Duty**

Field duty is an unavoidable assignment in the military and what you make of your tour of duty in the operational area largely depends on you. Thus, an experienced soldier of positive mental attitude and creativity can make his stay in the field relatively comfortable and pleasant, which otherwise may seem miserable to others. Here are some practical tips on how to make your field assignment a welcomed experience and how you can maintain your physical and mental health during your field tour.

1. **KEEP CLEAN.** Whenever practical and when field schedules allow, wash, shave and have your haircut regularly. There is indeed truth to the saying "Look good and you will feel good." And certainly you will also "think good" and "do good" if your look and feel like a good and disciplined soldier. You can use empty containers to fetch and store water. If you do not have any water basin, you can construct a simple washstand with your helmet securely mounted on an ammo box. You may also keep a small mirror and a bottle of your favorite after-shave with your other toilet articles. Also keep a face towel which you can wet and rub your body clean and freshen you up.

2. **KEEP DRY.** Erect your tent or whatever shelters you has built for your self properly. Whenever possible, always dig a ditch around your tent to avoid being flooded out inside the shelter during heavy rain. A flooded shelter just like a leak, can kill anights sleep and make you feel very miserable. At every opportunity, find time to improve on your shelter and keep yourself dry and comfortable by making use of your imagination and available indigenous materials.

3. **KEEP WARM.** When the weather is cold and damp, you can keep yourself warm by putting on additional insulation materials between your sleeping mat and the ground. You can make use of dried grass or leaves, canvass, newspapers or cardboard, topped with your poncho before you lay down with your sleeping mat. You may even consider making a sleeping deck out of discarded boards of empty ammo boxes, which you may lay, side by side on the ground. You may then place a wooden plank at the foot of your makeshift bunk as a footing to keep your feet out of dirt.

4. **SLEEP SOFT AND COMFORTABLY.** Prepare your bed before dark. Select a level spot free from rocks and roots. You may consider hollowing out a hip-hole or make a body fitting depression about three inches deep. Where you expect your hips will be when you lie down. You may also make use of your pack or any bundled up clothing materials as a pillow.

5. **BEAT THE INSECTS.** Always use your mosquito net and take good care of it in order to prevent holes or rips. A mosquito net with holes is a mosquito trap with you as the live bait. When issued a mosquito hood, use it when you have to be out in the dark, as when you are posted as a sentinel. If none is available, rub all your exposed body parts with an effective insect repellent.

6. **TAKE CARE OF YOUR FEET.** Always wear only properly fitted socks and shoes. Also find time to regularly wash your feet and to trim your toe nails. Always keep them dry and change your socks regularly to avoid having athlete's foot and other diseases. Also keep a pair of comfortable beach sandals which you may use when wearing of combat boots is not required or when you go to the head or when taking a bath. Relieve your feet of unnecessary discomfort.

7. **KEEP YOURSELF SAFE AND COVERED.** When in a tactical camp which may be subjected to enemy attack or harassment anytime, dig a foxhole immediately as your opportunity permit. Improve your individual battle position as soon as possible, specially your cover. Do not forget to camouflage your position. During rainy season, or when practical, dig your foxhole inside your tent. Otherwise, you may construct an overhead cover above your battle position. Also do not forget to arrange your combat gears, to include your weapons and ammunition belt inside your foxhole, such that you can immediately reach for them when necessary even in total darkness, and to keep them from being directly in contact with the ground. Don't forget to always safeguard your weapon and equipment against dust, mud and rain.

8. **MAKE A LIGHT.** Always have a flashlight handy for emergency use. If light inside camp is allowed, you may improvise a simple lamp out of empty soft drink bottle filled with diesel fuel mooched from the motorpool or with contaminated helicopter fuel left inside fuel drums. Certain wax wrappings of 81 and 61 mm mortar rounds, cut into strips and twisted may also be burned slowly.

9. **ENTERTAIN YOURSELF.** Bring with you a small transistor radio, which you could keep in touch with the "outside world." When returning from R and R, bring with you some reading materials to keep yourself professionally updated in you military career. You may also adopt some other pass time to keep yourself busy. If unit policy allows, you may consider keeping a pet. Pet dogs may prove effective early warning devices to detect camp intruders especially at night. Pets may even do some good to your mental health.

10. **MAKE YOUR OWN GALLEY.** Although food may be prepared for your unit by the mess personnel, you may consider putting up a mini galley near your foxhole to heat some coffee or instant noodles during chilly nights or to improve flavor of C-rations, when they begin to taste unpalatable after prolonged consumption. The flavor of C-rations and food cooked in the field mess could easily improve by the addition of commercially available spices and other locally available condiments. When the galley is too far when you would like to do some cooking, you may build a simple stove for your use. Be sure however, that this is not in violation of camp regulations or the policy of your Commanding Officer. Neither should this cause any health or sanitation problem.