



Staying Healthy During Your Service

Session Notes Companion Guide | Virtual Pre-Service Training

Fill in the boxes so you will have this information available when you are in-country.

My Personal Health Information	
Blood Type	
Allergies	
Eyeglass Prescription	
Contact Lens Prescription	
Other Prescriptions	

You are about to embark on an unforgettable journey. You will undoubtedly grow as a professional as you work in a cultural context that might be very different from the one(s) you know. Most of all, we hope that you develop meaningful connections with your fellow human beings around the world.

Through this training, you will learn:

- ☐ how to determine the most likely illness based on recognizable symptoms.
- ☐ risk mitigation strategies to minimize exposure to these health risks.
- ☐ protocols for responding to specific health conditions and medical crises.

Take notes, ask questions and be prepared so you can avoid illness during your service. This will set you up to have a truly enriching experience!

Common Health Risks

Diseases Vaccines Can Prevent



Required by Host Country

- Yellow Fever

Required by PSI

- Cholera, BCG, Influenza

Depends on Personal Situation

- Chickenpox, MMR, Tetanus, Polio
- Hep A & B, Typhoid, Meningococcal Disease, Rabies



Notes:

Malaria,
Dengue, Zika

SOURCE
Blood/
Mosquito

Schistosomiasis
(Bilharzia)

SOURCE
Freshwater

Giardia and
other parasites

SOURCE
Water/
Food

Diseases With No Vaccines



Notes:

Workshops on these topics will take place in-country.

- Environmental Hazards
- Mental Health Challenges
- Sexually Transmitted Diseases

Questions I have:

Prevention

Protection from Mosquitoes

- Anti-malarial prophylactic medications
- Mosquito nets
- Insect repellents: with DEET, picaridin, oil of lemon eucalyptus
- Long sleeves
- Avoid stagnant water



Notes:

Food Safety



- Street food: observe the operation first.
- Raw meats and uncooked produce bring higher risks.
- Eat only cooked vegetables.
- Eat fruit with thick skin.



Notes:

Clean Water

- Avoid ice.
- Brush your teeth with bottled/ purified water.

Purification:

- Boil for one minute.
- Add chlorine. (2 drops per liter)
- Use water Purification Tablets. (Wait 30 minutes)



Notes:

Treatment Protocols

Common Symptoms & Protocols

Symptom	Possible Cause	Protocol
Dehydration	Heat exposure, diarrhea	Drink oral rehydration salt solution.
Fever	Malaria or other disease	Monitor fever. Submit a malaria slide.
Vomiting or Diarrhea	Giardia or other parasite via contaminated food or drink	Follow the BRAT diet. Hydrate. Submit stool sample.



Notes:

Malaria Protocol



- Take a malaria slide to confirm diagnosis.
- Monitor and record your fever.
- Take aspirin.
- Remote areas only: Take Fansidar.
- Know when to self-treat versus seeking professional care.



Notes:

Traditional Treatments

- Practitioners often use unsterilized water and tools.
- PSI cannot vouch for their efficacy or their safety.



Notes:

How to make Oral Rehydration Salts

Mix together:

- 1 package (1.23 oz) regular Gatorade® (provide by PSI, and you can bring more)
- 1 liter bottled or purified water
- ½ teaspoon salt

Sip slowly over the course of 1-2 hours.

The BRAT Diet for Diarrhea

- ☐ Bananas
- ☐ Rice
- ☐ Applesauce
- ☐ Toast

Applesauce may be hard to obtain in-country, but you will be able to get the other items. As most of you will not have access to an oven, make “toast” by grilling your bread in a frying pan.

Scenario

“You’ve felt fatigued, nauseous, and feverish off and on for 4 days. What could this be? What steps do you take?”

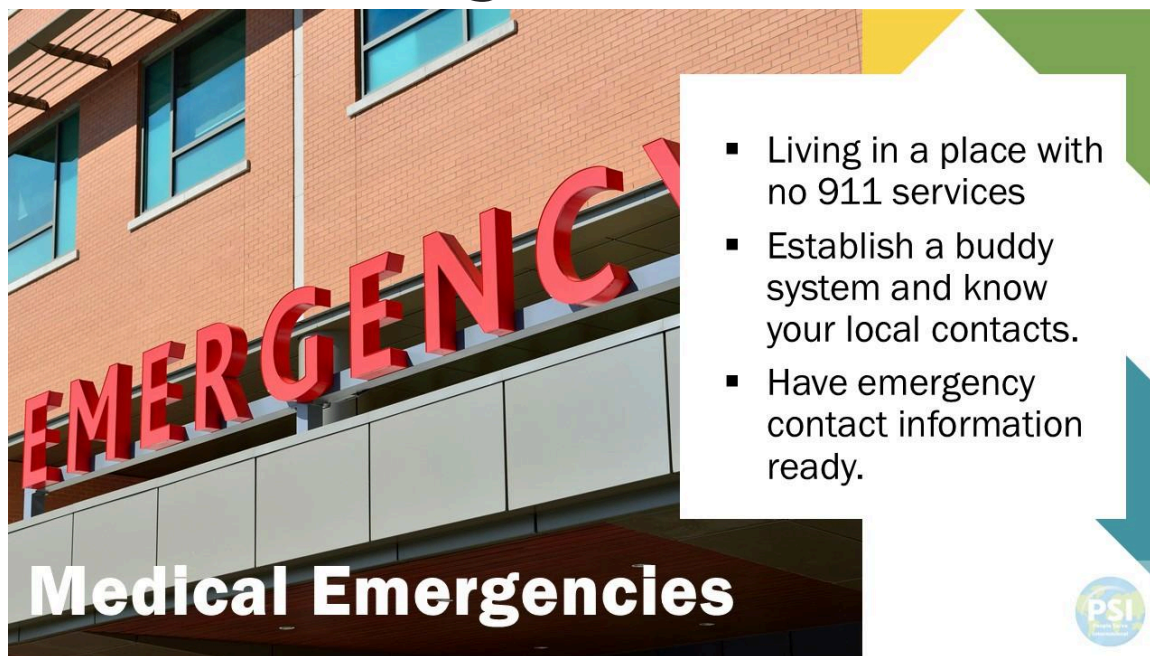
Medical Action Plan:

About Medical Facilities In-Country

Your host country has at least one very good medical center in the capital, but you may be posted as many as 3 hours from that city. For urgent care, you will have to rely on local clinics. PSI will provide a list of recommended clinics where you will find trained and qualified doctors and other staff.

There will, however, be some key differences. For instance, you may not be used to bringing your own linens when staying at a hospital. But if you end up in a local clinic, you will most likely have to do just that. It doesn't mean you won't get good care there; it actually means that you will be able to trust the cleanliness of the sheets because you brought them.

Medical Emergencies



- Keep your Volunteer Buddy informed.
- Call/Text your Sector Director immediately.

Fill in the boxes as you get this information over the next few days.

Important Contacts		
	Name	Phone Number
Volunteers near me		
Country Director		
Sector Director		

Medical Evacuation

- A joint decision: local medical provider and Country Director
- Local facilities understand our standards



Key Takeaway

Health risks are manageable with awareness, prevention and a plan.

Safe Travels!
**Wishing you a rewarding
journey!**

