

WORK AND WITNESS HEALTH TIPS
Staying Healthy on a Short-Term Mission Trip
From Mary Hibbert, SNU nursing professor

- Determine what vaccines are needed well in advance from the local missionary, health department, and Nazarene Global Ministry Center headquarters.
 - Some vaccines require 2 shots several months apart.
 - Some combinations of vaccine shots can't be taken at the same time.
- If traveling to a malaria-infested area, take prophylactic malaria treatment 6 weeks before each trip.
- Budget high-cost vaccines into the trip. I.E. Hepatitis B is \$99 and recommended, especially when possibly working with medical teams. Yellow fever is \$75.
- Everybody should have had tetanus shots within last 7 years.
- For Eastern Europe, take precautions for Diphtheria.

TEAM LEADER:

- Get voluntary health info on each member if possible
- Get power of attorney for each member
- First-Aid kit: Bandages, Iodine, Tylenol, Imodium, Anti-nausea, Pepto
- Plan a variety of jobs for people to rotate between difficult and easy.

FINAL PLANS FOR THE TRIP

- Get plenty of rest before the trip so you can be well rested. Plan early so you have a few days before the trip to rest.
 - A different culture, climate, and language along with hard work will require you to be well rested.
- Start taking vitamins before the trip, including a multi-vitamin. Get the immune system pumped.

ON THE TRIP

- Don't drink the water, even in areas with good water. All water has bacteria in it, including ours, but we aren't used to the bacteria in foreign countries.
- Fruits, eat only the peel-able type. The health department will tell you to peel it, cook it, boil it or forget it.
- Diarrhea/constipation will occur if you make sudden changes to your eating/drinking habits. I.E. not drinking hardly any water on the trip for fear of sickness. Drink plenty of purified water.
- If you take routine medicine, take a little extra, and keep it with you. Don't check it with luggage.
- For asthma sufferers: Take extra inhalers because dust and air pollution may be worse.
- Keep medicines in the original prescription bottles.
- Plan to be adaptable; you are going to a foreign country to see things different.
- When you get back, eat yogurt to bring back the intestinal base and ease your system back to normal.