

HYGIENE



Hand Washing

According to the World Health Organization, not washing your hands long enough is a major cause of cross-contamination and cross-infection when it comes to spreading a lot of diseases that could otherwise be avoided.

To avoid catching a cold or spreading one to your buddies, do two things: (1) use tissues or shirt sleeves to prevent the spread of droplets released into the air by coughing and sneezing, and (2) wash your hands often and thoroughly.

At a minimum, personnel living in close quarters should wash their hands—including the backs—for at least 20 seconds with liquid soap and water before meals and after using the latrine.

Use alcohol-based hand wipes or gel sanitizers when soap and water are not available.

Double Dipping

Don't spread your germs to other people by drinking from the same bottle or eating from the same bowl.

Suppose your buddy sneezed into his hand, wiped his hand on his pants and then stuck that same hand deep into a bag of chips before offering it to you?

For the continued good health of you and your buddies, before you share food: (1) wash your hands, (2) don't double dip—once you've taken a bite, don't even think about re-dipping that chip in the communal bowl, and (3) avoid touching food or drinks that will be consumed by someone else.

If you see someone violate those rules just say "no thanks" when he offers you a portion.

DO YOU OR SOMEONE YOU KNOW...

...go to work ➡ come home ➡ go to work ➡ come home ➡ go to work?

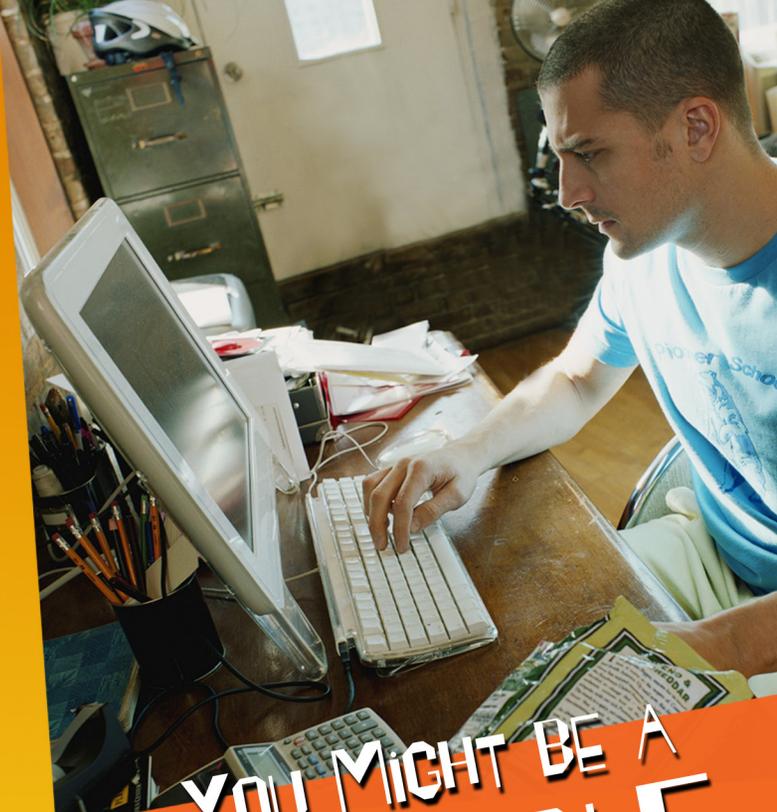
...bathe only when buddies threaten bodily harm?

...socialize over day-old pizza, popcorn and lots of soda and beer?

...play marathon sessions of WoW, Halo3 or other MMORPGs?



IT ONLY TAKES ONE SECOND TO BECOME A STATISTIC.



YOU MIGHT BE A LONE WOLF...



U.S. ARMY COMBAT READINESS/SAFETY CENTER



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VIDEO GAMING

Cybershakes? Do you:

- lose sleep due to late night logins?
- stay online longer than intended and try to hide it from Family and friends?
- choose to spend time online instead of going out with friends?
- skip meals and avoid personal hygiene to continue playing?

Symptoms:

Nintendo thumb, backaches, dry eyes, headaches, seizures

Remedies: Stretch break every 30-60 minutes, rest controller on pillow in lap, sit in chair with good back support, look away from screen every 15-20 minutes

Depressed/moody/irritable/nervous when not online? Preoccupied with gaming while working or doing other things? It's time to seek professional help.

SUICIDE

The third leading cause of death in Americans age 15-24. Though females are more likely to attempt suicide, males are four times more likely to die. Most people who once thought of killing themselves are now glad to be alive, because they figured out that **suicide is a permanent solution to a temporary problem.**

The Signs

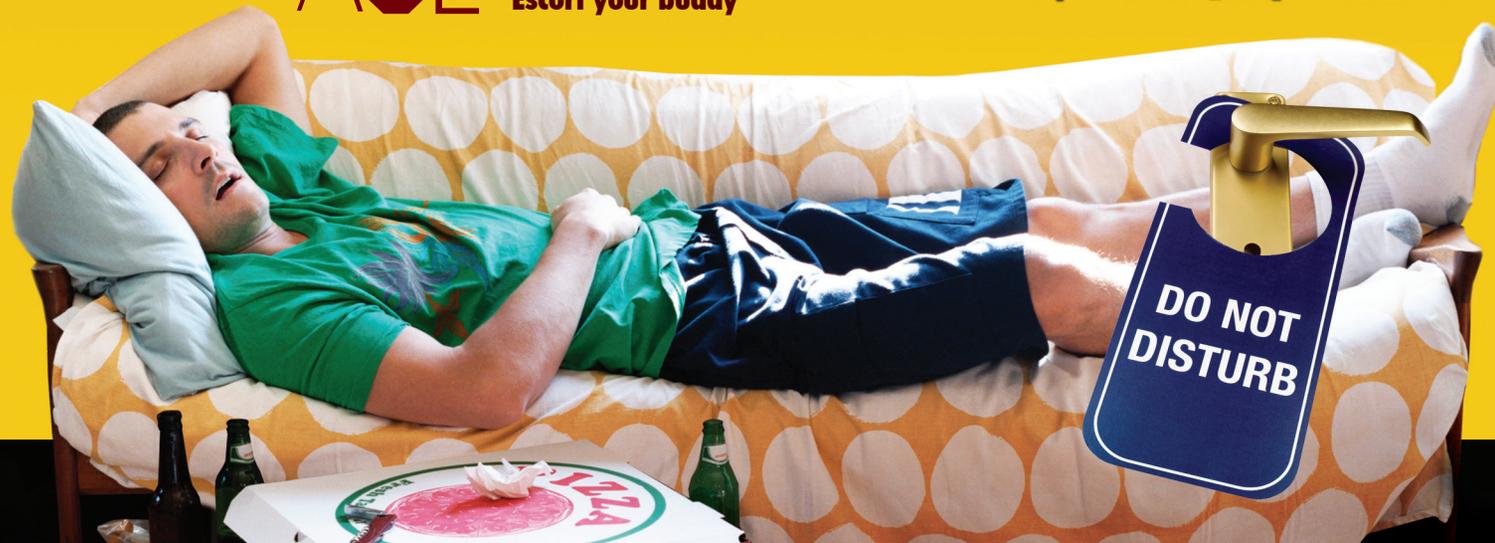
You can't concentrate. You're agitated, restless and irritable. You feel hopeless and helpless, even worthless. You're tired and lack energy. You don't feel like eating—or you eat too much of the wrong stuff. You drink heavily... and then drink some more. You'd prefer to sleep all day rather than go out with friends. You start thinking about killing yourself.

The Army has lots of programs for Soldiers in need. Help is available. Get it.

Tips for Handling a Suicidal Buddy

- Stay with him.
 - Listen to him — don't lecture.
 - Don't interrogate or criticize.
 - Don't interrupt or tell your own story.
 - Until you can find a way to get some help...
- Just listen.**

ACE Ask your buddy
Care for your buddy
Escort your buddy



NUTRITION

To remain in peak physical condition— Army condition—you need quality fresh foods and a balanced diet.

BALANCED DIET

(daily servings)

Grains	6 - 11
Fruits	2 - 4
Vegetables	3 - 5
Dairy	2 - 3
Meat	2 - 3
Oils	Use sparingly



**What's worse for you than junk food?
Answer: Old junk food**

...PIZZA LEFT ON YOUR DESK ALL WEEKEND IS NOT A HEALTHY SNACK...

IT'S BACTERIA IN A BOX.