

Keep Your Unit Healthy

If a trainee feels sick, send him/her to the doctor IMMEDIATELY. Separating a sick trainee from the rest of the unit will help prevent the spread of germs.

Enforce personal hygiene

Make sure trainees...

Wash their hands often

- After using the latrine
- After sneezing or blowing nose
- Before touching food

Cover their mouths with their sleeves when sneezing and coughing

Keep their hands away from their face

Get enough sleep as per TRADOC Reg 350-6

Maintain healthy living conditions

Keep all areas clean and disinfected

Arrange bunks so trainees sleep head-to-toe

Maintain good spacing between bunks

Open windows on both sides of barracks for several hours daily

Never ignore - Fever, Rash, Nausea, Vomiting, Diarrhea, Severe and Lasting Belly Pain!

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