

Health Notes

Mexico Mission 2010

- 1) Please be sure that the Trip Leader for your trip is aware of any special health conditions or needs before, during and after the trip. If you are sick immediately before the trip, please contact the Trip Leader about the appropriateness of your participation.
- 2) You must have an up-to-date Tetanus vaccination in order to participate on this mission trip. Please check with your doctor.
- 3) Even if you do not feel hot, the Mexican sun can bake you to a crisp. You must wear sunscreen, long pants or overalls, T-shirt with sleeves, and a hat with a wide brim.
- 4) Even if you do not feel hot, the Mexican sun and hard work can dehydrate you very quickly. You must drink water continuously (approximately 1-2 gallons per day) and avoid caffeine drinks. If you notice that you are no longer sweating or using the "outhouse," then you are on the road to dehydration.
- 5) Be sure to work at a pace that is comfortable for your body and current physical condition. Frequent rest breaks are a must.
- 6) While on the work site, it is crucial that safety be a top priority – for yourself and your teammates. Think twice before beginning any construction task, even if it is one you have performed many times before.
- 7) We do not recommend that you eat any of the local food products (especially uncooked fruits and vegetables) and you must not drink any of the local water.
- 8) You must always wear shoes outside of your tent while we are in Mexico.
- 9) Do not pick-up, hold or pet any of the local animals.
- 10) Wash your hands frequently – before eating and after bathroom visits. A handwashing station will be set up at camp and at each work site.