

# EAST: Staying Well

## Pathogens, Personal Hygiene, and Group Sanitation

The Compass Rose Curriculum

MODULE

1

### Reducing Pathogen Transmission on the Trail and in Camp

Hiking is fun, but not if you get sick. J.U.M.P.'s rules and practices will help protect your health, and everyone else's. We need you to follow our rules and practices, but we also want you to understand why we created them.



### Microbes: Friends and Foes

Microbes are the smallest life forms on earth. Without them, we would not exist, because we would not be able to convert our food into energy. Adults have 1-2 kg. (two to four-plus pounds!) of bacteria in their digestive systems. These bacteria make up our "microbiome." Your bacteria are good for you, but can make your fellow hikers sick. (Microbes that can make us sick are called *pathogens*.) So we need to keep our microbiomes--our "gut flora"--to ourselves. (You'll learn more about this from your hike leaders.)



### Waterborne Pathogens:

When we drink stream water, we treat it first. As a J.U.M.P. hiker, you'll learn three treatment methods. But a bigger health hazard than *giardia* or other bacteria that might be lurking in the mountain water is (gulp!) *other hikers' water bottles*. If two hikers drink from the same bottle, or share water from the bottles they've been drinking from, they're swapping spit, and possibly pathogens. Don't do it!

When we're preparing for an outing, you'll receive two water bottles, which have been disinfected. Both will be labeled with your first name, so you won't confuse your bottles with anyone else's. One bottle will be labeled DRINK, the other CLEAN. Drink only from your DRINK bottle. When it's empty, refill it from your CLEAN bottle. This way, the water in everyone's CLEAN bottles can be safely shared on the trail.



### Foodborne Pathogens:

Just as we don't share water bottles, we don't share cookware or utensils. You'll use your own "Cat in Hat" stove kit to boil water for your oatmeal, cocoa, and dehydrated dinner.

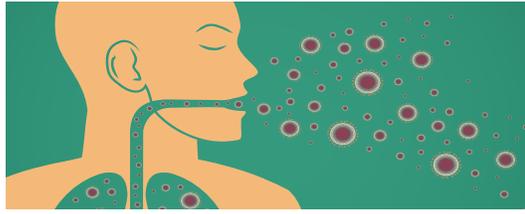
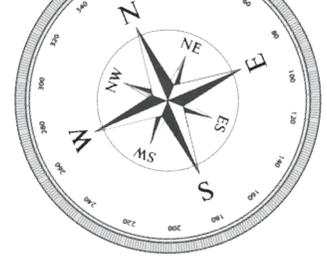
As for sandwiches, GORP, and group treats such as salami and cheese, we follow the "DH Rule." We assign a Designated Handler, who cleans his or her hands, puts on gloves, and fills everyone's orders.

GORP can be safely shared on the trail, if we don't stick our hands into the bag. Just shake some out into your palm.

Experienced hikers are very aware of what they touch, and keep their hands as clean as possible. You'll learn the proper use of the hand sanitizer in your field kit. You'll also learn to wash your hands the EMT way.

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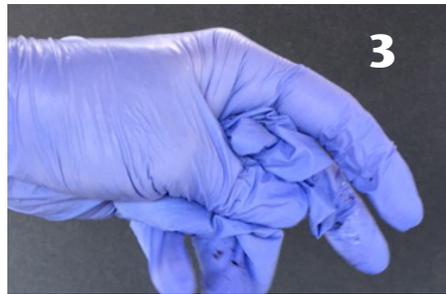


### Airborne Pathogens:

If you're going to sneeze, and don't have a tissue, sneeze into your armpit. And please, don't hike with us if you're not feeling well. There will be other trips.

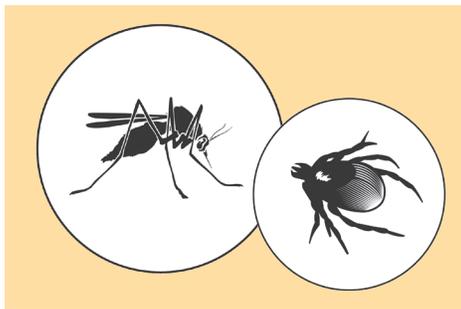
### Bloodborne Pathogens:

We always wear gloves when examining a possible injury, performing first aid, or handling communal food. As a J.U.M.P. participant, you'll have a pair of exam gloves in your field kit. You'll learn how to use and secure them correctly.



### Vectorborne Pathogens:

Ticks and mosquitoes are addressed in a separate Compass Rose module.



### The Good News

You're a walking and talking empire of bacteria. But because your immune system is custom-designed for your personal bacteria, you're healthy and feel well almost all the time. Things can and do go wrong with people's immune systems, often through the inappropriate use of antibiotics. But that's beyond the scope of J.U.M.P. The point is that breaking our rules and protocols is not guaranteed to make you sick, but it might. Why run the risk, when our guidance is so easy to follow?

### Training Standard

Skill	Initial	Date
Explain what pathogens are.		
Describe two ways they're transmitted.		
Demonstrate our "Drink" and "Clean" bottle system.		
Share GORP from a bag, the safe way.		

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 Trainee's printed name

\_\_\_\_\_  
 Instructor's name

*This training is valid for one year*