

Health Tips for Servants

1. **Beware of the sun!** Watch for signs of heat exhaustion in yourself and other team members. Signs include thirst, chapped lips, decreased urination, headache, dizziness, and incoherent speech.
2. **Drink plenty of water, even when you are not thirsty.** Dehydration can be serious, and the first sign is thirst. Colas and other sweetened drinks are not replacements for water.
3. **Eat properly.** Work trip week is not the time to start a new diet. While dieting, you often become fatigued more easily, and you will need your strength to complete the tasks assigned. Stay positive about the food possibilities. If you are not careful, you can talk yourself into hating the cuisine before you have even tasted it.
4. **Take regular breaks.** The summer sun can be just as dangerous behind the clouds. Whether you are an athlete or a computer geek, your body needs time to rest and recuperate.
5. **Wear a high protective level sunscreen and a hat.** A long-sleeved, pastel-colored cotton shirt is best for really sunny days.
6. **Get enough sleep.** It is tempting to lie in bed and chat with your tent mates, but sleep deprivation accumulates, and you may end up out of commission later in the week because of physical exhaustion.
7. **Wash your hands often.** Wash not only after using the restroom, but right before eating. It is easy to forget on the job and reach into a snack bag with millions of germs on your fingers. You will be shaking hands often; keep this in mind if you unwrap a candy to pop in your mouth.
8. **Don't share your water bottle or use your fingers to take ice for your drink.** If any team member is becoming sick, sharing water bottles can spread the illness to other members.
9. **Wear shoes at all times.** Flip-flops are great for the showers, but work boots or sturdy sneakers are best on the job. Do not go barefoot even on grass; protect your tootsies from foreign bacteria and fungi.
10. **Listen to your body.** If you are feeling sick or very tired, take the day off. Spend some extra time in bed, and if you feel better later in the day, you can volunteer in the kitchen or help the regular camp staff.

