

Illness and Injury Prevention

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The National Scout Jamboree is a once in a lifetime experience for most Scouts. Missing out on all or part of the jamboree experience due to an illness or injury can be avoided by following some simple precautions.

EMERGENCY CONTACT: Arrangements should be made with a relative or a friend, authorizing them to act for the parent/guardian if they are to be away. Also a Troop Itinerary should be posted at home.

DAY PACK: Always carry a daypack with your personal supplies. Include the Jamboree Map of the area and the Jamboree guidebook. Carry a water bottle and medications such as an asthma inhaler. Maintain your Personal First Aid kit with *Neosporin* with *Band-Aids*, *Moleskin* or *Molefoam*, ETC.

BUDDY SYSTEM: Always travel with a buddy or as a patrol on your tour and at the Jamboree. Have a pre-plan if you get separated.

WASH HANDS OFTEN: Most diseases are spread by hand contact with your eyes, nose, and mouth. Wash your hands before eating and after using the restroom. Carry a small bottle of waterless hand cleaner. If you cannot wash before eating, try to use a utensil or wrap your food in a napkin or a wrapper without touching it. Don't share eating utensils or food with others to avoid illness. If someone is sick minimize contact with him or her and his or her property to avoid spreading the illness.

EAT NUTRITIOUS FOODS: Eat fresh fruits and vegetables each day. Your body needs high fiber foods to stay healthy and to keep your bowels regular. Minimize snack foods such as high fat content fast foods and candy. Avoid food poisoning; do not eat leftover, un-refrigerated food. **IF IN DOUBT, DON'T EAT IT!**

REST and NAPS: It is very important to get a good night's sleep to maintain high energy and immunity levels. Not getting enough rest can lead to a sleep deficit and lower your resistance to illness. When possible, take a short nap at mid-day or late afternoon, before dinner. Try to take naps while traveling on buses or during your flights.

SUN PROTECTION: You will be exposed to the heat and sun for up to ten or more hours each day. It is very important to put on a waterproof, *Sports-type*, silicone based, sunscreen rated at SPF-30. Be sure to cover sensitive areas such as your nose, lips, face, ears, neck, backs of knees, arms, and any other areas not protected by your clothing. Even though you may have a "good tan", your skin will burn with prolonged daily exposures. Serious sunburn can make you very sick, with permanent skin damage, which may cause skin cancer. Put sunscreen on early in the morning, before going out. Waiting until you start to feel the burn is too late! Wear high quality, high UV rated, and polarized sunglasses. Wraparound glasses provide the best protection.

DEHYDRATION Prevention: Drink water often to avoid dehydration. Plan you're your activity according to the *Heat Index* for each day, which is available at the Sub camp Medical Center. Dehydration is a major concern while en-route to and during your attendance at the National Jamboree. Your body can be dehydrated and you may not feel thirsty. You should carry a water container at all times. Plan to take a rest break/water break at least once per hour. Replace the water your body is losing as perspiration and respiration. Avoid soda pop and caffeinated drinks, as they will enhance dehydration.

Signs and Symptoms: Increased skin temperature, excessive sweating and flushed skin color. Monitor your urine output and color. Urination should be frequent and of high volume. Color should be clear or light yellow. Infrequent or low volume urination and dark amber colored urine indicates dehydration. "Drink till you pee. If you are not peeing, you are not drinking enough." Thirst is a late sign of dehydration! As the heat illness progresses, you will notice that you are irritable and weak with associated dizziness. If you experience heat cramps, nausea, and/or vomiting, seek help at the nearest Medical Center.

Treatment: Plan your exertion accordingly. Drink 10 fluid ounces per hour, which is approximately the equivalent of one can of soda pop. You may need to drink more if the heat index is high, or if you are exercising and losing fluid at a higher rate.

Gatorade or other *Sports Drinks* can help if mixed at half normal strength, and will provide electrolytes such as potassium, sodium, citrates, and glucose. Don't drink large quantities of water all at once, which can make you ill. It is OK to drink water before going to bed, even though you may have to make a late trip to the latrine. Better to be hydrated, as you will sleep better and feel better the next day.

Don't use salt tablets! Salt tablets can make you ill, and will not provide the balance of electrolytes needed. Avoid soda pop and caffeinated drinks, as they will enhance dehydration. Caffeinated drinks with high sugar content, I.e. *Mountain Dew* will cause you to excrete water at a high rate through your kidneys and lead to further dehydration. Everyone will acclimate to the hot environment differently. Hyperthermia (high body temperature) can lead to heat exhaustion or progress to exertional heat stroke.

HEAT RASH and CHAFING: SHOWER DAILY. Change into clean dry clothes. Launder soiled clothes often.

HEAT RASH: Heat Rash is usually an outbreak of "pimples" or "zits" on pores and hair follicles. Found usually on the chest, on the back, and on the legs. It occurs when you are sweating heavily each day in a humid and hot climate. Daily showering can best prevent it. Use antibacterial soap such as *Lever 2000* containing *Triclosan*, to help control bacterial growth. Do not break the pimples as you may spread the infection. Serious cases should be treated at the Sub camp Medical Center.

CHAFING: Wear polyester or *Supplex* nylon underwear. Athletic running shorts or compression shorts worn under the Scout short will wick moisture away and will minimize the rubbing causing chafe. Sweaty, cotton underwear rubbing against the skin causes chafe. Remember that cotton clothing dries very slowly in humid climates. If you experience chafe, use a drying powder such as talcum, *Baby Powder* or cornstarch. If you have Jock Itch, apply an antifungal ointment or lotion regularly, such as *Cruex*, *Lotrimin* or *Micatin*. Serious cases should be treated at the Sub camp Medical Center.

FOOT INJURY PREVENTION: One of the worst experiences a Scout or Scouter can have on a Jamboree trip is sore feet and blisters. By the nature of the event, Jamborees involve a lot of walking, both on the pre-jamboree tours, and at the Jamboree itself. Although most Scouts are in good physical condition, very few are conditioned to suddenly begin walking miles each day. Often the result is sore feet and blisters. Fortunately, these difficulties are largely preventable by taking good care of your feet.

WEAR COMFORTABLE WALKING SHOES. Wear comfortable, well fitted, and well-broken in athletic shoes or walking shoes. Do not wear brand new shoes that are not broken in. Hiking boots are generally not as good due to the high heat and humidity.

WEAR SYNTHETIC SOCK LINERS. Wear athletic, *Polypropylene* synthetic sock liners under your regular Scout socks each day. *Polypropylene* wicks moisture away from the skin and limits the friction caused by cotton Scout socks when they are moist with perspiration. Do not wear cotton socks alone. Put on clean, dry socks each day and wash socks frequently. Wash your feet regularly and use foot powder. If you have an athlete's foot infection, be sure to bring antifungal powder or ointment such as *Micatin*, *Lotrimin*, or *Tinactin*. If you start to get a hot spot or blister, treat it immediately or get some help before it gets bad. Use *Moleskin* or *Molefoam* and make a donut shaped cushion to go around the blister. Coat the skin around the blister with tincture of *Benzoin* to help the *Molefoam* to stick. Do not puncture blisters; get medical attention, if needed.

PREVENT INJURIES: Be aware of hazards. Most National Jamboree injuries are preventable. You can avoid getting injured by using caution and thinking about avoiding the dangerous activity. Stop Think then Act. Running, jumping, in the dark causes injuries. Scouts have sprained and broken legs, ankles and arms. Running/walking without shoes is a good way to get cuts, abrasions and slivers. Remember your "TOTIN CHIP" RULES. Finger whittling is prohibited!

MINOR SOFT TISSUE INJURIES: Clean with soap and water then dress with a small amount of an antibiotic ointment (Neosporin) and a dry sterile bandage. Get help from the Sub camp Medical Center if needed.

PREVENT TICKS, BEES, AND POISON IVY

TICKS: Ticks are a serious problem. They carry serious diseases such as the Rocky Mountain spotted fever, and the Lyme disease. They are often very small, and get on clothing, while you are walking through grassy or bush areas.

Prevention and Treatment: Use an insect repellent such as 30% DEET around your feet, and on clothing. Check your clothes and bedding for ticks often. Ticks bite in your scalp, behind knees, armpits, and just about anywhere. You and your tent mate should check each others scalp for ticks, which you can't see for yourself.

If you have a Tick attached: Come to the Sub camp Medical Center to have it removed and to be sent to testing for disease. Don't try to remove it yourself as you may leave parts of the head in the wound. Don't use heat or oil to try to get it to back out.

Bee and Wasp Stings: Bee and wasp stings can cause shock and be very serious if you are allergic. If you are stung and have a reaction such as hives, red and white blotches that itch, shortness of breath and dizziness, you are having an allergic reaction. Get someone to take you to the nearest Medical Center immediately, or activate the EMS system.

POISON IVY: Poison Ivy is common in the jamboree area. It is identified by three bright green waxy leaf clusters and sometimes-white berries. Don't touch it or get it on your clothing. If you do get exposed to it, removed clothing that may have the poison oil on it. Clean the area-exposed with soap and water, taking care to not expose other skin surfaces. Clean the skin with rubbing alcohol. Come to the Sub camp Medical Center for treatment.

DIARRHEA AND CONSTIPATION

Travelers complain of diarrhea or constipation often as a result from a change in food and water. Being dehydrated, and eating too much of the wrong foods will complicate your bowel regularity.

If you are having a problem with DIARRHEA, drink clear fluids; eat light foods such as chicken broth. Rest, and take medications such as *Imodium* or *Kaopectate*. If you have abdominal pain or cramping, seek help at the Sub camp Medical Center.

If you are having a problem with CONSTIPATION, drink lots of fluids; eat fruits and vegetables or high fiber bran, cereals. Come to the Sub camp Medical Center for help if you need it.

COUGH AND COLD: Travel can also expose you to virus "bugs" which cause colds, respiratory infections or the flu. If you feel something coming on, get help for it right away. Drink plenty of fluids, eat well, rest, and ask for medication early before it gets out of control. Acetaminophen (Tylenol) and/or Ibuprofen (Motrin) may be taken to control the fever and relieve pain. DO NOT take ASPIRIN! Aspirin can cause Reye's syndrome (paralysis) in teenagers who have a virus. Come to the Sub camp Medical Center for assistance if needed.

ASTHMA: Asthma can flare up at the jamboree due to exertion, dust, molds, spores and pollen. It is especially a problem during arena shows when the dust is stirred up by many thousands of Scouts, Scouters and visitors. Be sure to keep your asthma medications with you at all times, and use them whenever indicated. If you are having problems, or a severe reaction, come to the nearest Medical Center immediately or activate the EMS system.

HEAT EXHAUSTION: Heat Exhaustion is a result of exposure to a high heat index or as a result of prolonged exercise in the heat and severe dehydration.

Signs/Symptoms: Heat Exhaustion will appear like shock. The person will present with cool, clammy, moist skin. Breathing will be rapid and shallow and a weak pulse. There may be signs of muscle cramps and diarrhea. The person may complain of numbness and feel extremely weak. The person may feel anxious, disorientated and complain of a headache.

Treatment: Remove the person from the hot environment. Have them lie down. Provide sips of water if they are alert and are able to swallow. Never give fluids, if the person is semi-conscious or unresponsive, as they may choke. Remove enough clothing to cool the person without chilling them. Fanning increases evaporation and cooling. If they begin to shiver stop fanning and perhaps cover them lightly. Heat Exhaustion victims should be moved to the nearest Medical Center, or activate the EMS system to transport them.

EXERTIONAL HEAT STROKE: Heat Stroke could occur in younger persons who are exposed to overwhelming heat stress.

Signs/Symptoms: Sweating will have stopped. The skin may be dry or covered with sweat that is still present from earlier exertion. In either case the skin is hot. Deep respirations that becomes shallow. The pulse will be rapid with a low blood pressure. The person may be confused or disoriented or unresponsive. Seizures may be possible.

Treatment: Heat Stroke is a **life threatening** medical emergency requiring immediate activation of the EMS System. Remove the person from the hot environment. Have them lie down. Initiate rapid cooling by removing excess clothing, applying moist, tepid cloths. Fanning and misting may also be used if necessary. If unresponsive, turn them on their side to prevent choking.

OTHER SPECIAL MEDICAL CONDITIONS: Be sure you have an adequate supply of your medications. Be sure to check in with the Sub camp Medical Center.

ALL MEDICAL EMERGENCIES

OUTSIDE the JAMBOREE - DIAL 911

AT the JAMBOREE – Contact the nearest Medical Center.