The most common infectious site for microorganisms is the gastrointestinal tract, and the most common carriers are food & water.

There are many factors contributing to stress like being away from the family, psychological factors, and fear from the enemy attack. Stress will reduce the immune system in the body, hence more prone to infections especially GI infections.

It is of utmost important to have clean food & water, therefore minimizing the chance of food contamination hence reducing the chance of infection in soldiers and other related personals. Drinking water for the soldiers should come from a secure source. It should also have 0.5 to 0.8 parts in millions chlorine in it. Transporting water should also be in special closed tankers which are galvanized.

The condition of carrying food should be under high standards. Meet and chicken should be kept frozen until is prepared to be cooked. Refrigerated trucks (-18 degree Celsius) are needed to carry meet, chicken, and butter. Eggs, cheese, and vegetables can be carried in refrigerated trucks which have cooling effect from 0 to 4 degrees Celsius (between 0 to 4 degrees Celsius). Other food products like rice, and seeds should be carried in covered trucks.

Cooked food should be consumed in two hours. Cooked foods are good mediums for microorganism's growth.