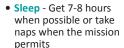
| Daily Health Checklist for Leaders<br>West Africa  | Daily Health Checklist for Leaders<br>West Africa  |
|--|--|
| Has any Soldier felt sick in the past 24 hours?  If yes, refer to sick call, especially if they have:  Fever Vomiting Chills or shakes Diarrhea Severe headache Stomach pain Muscle, joint, or Unexplained bruising or bleeding rom after heavy New skin rash exercise     | Has any Soldier felt sick in the past 24 hours?  If yes, refer to sick call, especially if they have:  Fever Vomiting Chills or shakes Diarrhea Severe headache Stomach pain Muscle, joint, or Unexplained bruising body aches different from after heavy New skin rash exercise                                   |
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### **Daily Staying Healthy Tasks** For Soldiers and Leaders

- · Take malaria pill
- Apply insect repellent to exposed skin
- Stay hydrated
- · Use eye protection
- Wash hands frequently
- · Use hand sanitizer when no sink available
- Eat and drink only from approved sources



Activity - Get at least 150 minutes of exercise per week even while deployed

 Nutrition – Energy needs typically increase while deployed. Do not skip meals.



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