

Daily Health Checklist for Leaders West Africa

Has any Soldier felt sick in the past 24 hours?
If yes, refer to sick call, especially if they have:

- | | |
|--|--|
| <input type="checkbox"/> Fever | <input type="checkbox"/> Vomiting |
| <input type="checkbox"/> Chills or shakes | <input type="checkbox"/> Diarrhea |
| <input type="checkbox"/> Severe headache | <input type="checkbox"/> Stomach pain |
| <input type="checkbox"/> Muscle, joint, or
body aches different
from after heavy
exercise | <input type="checkbox"/> Unexplained bruising
or bleeding |
| | <input type="checkbox"/> New skin rash |

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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
- **Sleep** - Get 7-8 hours when possible or take naps when the mission permits
- **Activity** – Get at least 150 minutes of exercise per week even while deployed
- **Nutrition** – Energy needs typically increase while deployed. Do not skip meals.



Approved for public release, distribution unlimited.
TA-231-0914
26 September 2014



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