<table>
<thead>
<tr>
<th>Daily Health Checklist for Leaders</th>
<th>West Africa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Has any Soldier felt sick in the past 24 hours? If yes, refer to sick call, especially if they have:</td>
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</tr>
<tr>
<td>☐ Fever</td>
<td>☐ Vomiting</td>
</tr>
<tr>
<td>☐ Chills or shakes</td>
<td>☐ Diarrhea</td>
</tr>
<tr>
<td>☐ Severe headache</td>
<td>☐ Stomach pain</td>
</tr>
<tr>
<td>☐ Muscle, joint, or body aches different from after heavy exercise</td>
<td>☐ Unexplained bruising or bleeding</td>
</tr>
<tr>
<td>☐ New skin rash</td>
<td>☐ Unexplained bruising or bleeding</td>
</tr>
</tbody>
</table>
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.

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