



PRE-TREK MEDICAL SCREENING CHECKLIST

This is a tool to assist Trek Advisors in identifying potentially communicable diseases in advance of Swamp Base participation. The intent of this checklist is to review with each participant, both Scouts and adults, their current health status both before departure from home and arrival to Swamp Base.

Has the participant had any of the following symptoms in the last 24 hours?

- Fever (100.4 F or greater)
- Vomiting
- Diarrhea

If the participant has fever, vomiting, OR diarrhea--**he or she should stay home.**

Has the participant had any of the following symptoms in the last 24 hours?

- Unexplained extreme fatigue or muscle aches
- Rash
- Cough
- Sore throat
- Open sore

If the participant has any two (or more) of these symptoms--**he or she should stay home.** If the participant has one of these symptoms, discuss any limitations and restrictions and consider having him or her stay home.

Participants who become ill during their trek may be removed and are not guaranteed to return until they are cleared by a health-care provider.