# Order of the Arrow Tahosa Lodge - Medical Form Packet

This packet contains all the current required forms, please **DO NOT** substitute any other forms. Please read the following information carefully. The health and safety of our Scouts and Adults is our top priority. Incomplete or inaccurate information may place Scout and Adult at risk in an emergency or delay appropriate treatment. Lodge does NOT need originals, submit CLEAR copies. We recommend you keep a complete medical form packet copy for yourself. All medical forms provided will remain on file for the current calendar year and not returned.

### Part A- Consent and Release

- Read / fill in bullet / list any restrictions
- Parent and Scout signatures
- \_\_\_\_ Complete Adult Authorized to transport youth. Someone MUST BE LISTED even if it is yourself
- Complete Adults NOT authorized to transport youth or mark N/A. (Colorado Requirement)

### Part B- Medical History

\_ Provide 2 emergency contacts with phone numbers that will be available when camping \*\*\* Colorado requires one NON- PARENT emergency contact\*\*\*

- Include a clear photocopy of **BOTH** sides of your health insurance card- See included form
- Complete health history with explanations for "Yes" answers. Check ALL 4 allergy boxes YES or NO
- Check **NO MEDICATIONS** if appropriate. Physician signature is required even with no medications

Clearly list all medications with: Medication, Dose, Frequency and Reason- Medications need to be in original dispensed bottles for administration during camp

### \*\*\*Please include Colorado Asthma Care Plan, Self Administration Medication Contract and Anaphylaxis Care Plan, if your Scout uses inhaler or Epi- Pen\*\*\*

Immunizations- check appropriate box, complete dates

### Over the Counter medication permission form

Please mark "Yes" OR "No" for each medication listed and indicate any allergy information

### Anaphylaxis, Asthma Care Plan-\_if applicable

Please fill out completely with physician signature, if applicable

### Self Administration Medication Contract- if applicable

- Fill out top portion with all information
- Scout and Parent / Guardian to acknowledge and sign

### Departure Day Screening Form

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Fill out for each scout or adult attending.

# Part A: Informed Consent, Release Agreement, and Authorization

Full name:

Date of birth:

#### Informed Consent, Release Agreement, and Authorization

I understand that participation in Scouting activities involves the risk of personal injury, including death, due to the physical, mental, and emotional challenges in the activities offered. Information about those activities may be obtained from the venue, activity coordinators, or your local council. I also understand that participation in these activities is entirely voluntary and requires participants to follow instructions and abide by all applicable rules and the standards of conduct.

In case of an emergency involving me or my child, I understand that efforts will be made to contact the individual listed as the emergency contact person by the medical provider and/or adult leader. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for me or my child. Medical providers are authorized to disclose protected health information to the adult in charge, camp medical staff, camp management, and/or any physician or health-care provider involved in providing medical care to the participant. Protected Health Information/Confidential Health Information (PHI/CHI) under the Standards for Privacy of Individually Identifiable Health Information, 45 C.F.R. §§160.103, 164.501, etc. seq., as amended from time to time, includes examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up and communication with the participant's parents or guardian, and/or determination of the participant's ability to continue in the program activities.

(If applicable) I have carefully considered the risk involved and hereby give my informed consent for my child to participate in all activities offered in the program. I further authorize the sharing of the information on this form with any BSA volunteers or professionals who need to know of medical conditions that may require special consideration in conducting Scouting activities.

With appreciation of the dangers and risks associated with programs and activities, on my own behalf and/or on behalf of my child, I hereby fully and completely release and waive any and all claims for personal injury, death, or loss that may arise against the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with any program or activity.

### High-adventure base participants:

Expedition/crew No.: \_\_\_\_

or staff position:\_\_\_\_

I also hereby assign and grant to the local council and the Boy Scouts of America, as well as their authorized representatives, the right and permission to use and publish the photographs/film/ videotapes/electronic representations and/or sound recordings made of me or my child at all Scouting activities, and I hereby release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all liability from such use and publication. I further authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/film/videotapes/electronic representations and/or sound recordings without limitation at the discretion of the BSA, and I specifically waive any right to any compensation I may have for any of the foregoing.

Every person who furnishes any BB device to any minor, without the express or implied permission of the parent or legal guardian of the minor, is guilty of a misdemeanor. (California Penal Code Section 19915[a]) My signature below on this form indicates my permission.

I give permission for my child to use a BB device. (Note: Not all events will include BB devices.)

 $\Box$  Checking this box indicates you DO NOT want your child to use a BB device.



NOTE: Due to the nature of programs and activities, the Boy Scouts of America and local councils cannot continually monitor compliance of program participants or any limitations imposed upon them by parents or medical providers. However, so that leaders can be as familiar as possible with any limitations, list any restrictions imposed on a child participant in connection with programs or activities below.

List participant restrictions, if any:

□ None

I understand that, if any information I/we have provided is found to be inaccurate, it may limit and/or eliminate the opportunity for participation in any event or activity. If I am participating at Philmont Scout Ranch, Philmont Training Center, Northern Tier, Sea Base, or the Summit Bechtel Reserve, I have also read and understand the supplemental risk advisories, including height and weight requirements and restrictions, and understand that the participant will not be allowed to participate in applicable high-adventure programs if those requirements are not met. The participant has permission to engage in all high-adventure activities described, except as specifically noted by me or the health-care provider. If the participant is under the age of 18, a parent or guardian's signature is required.

Participant's signature:

Parent/guardian signature for youth:

(If participant is under the age of 18)

.....

Date: \_\_\_\_

Date:

Phone:

## Complete this section for youth participants only:

Adults Authorized to Take Youth to and From Events:

You must designate at least one adult. Please include a phone number.

Phone: \_



# Part B1: General Information/Health History

Full name: Date of birth:			High-adventure base participants: Expedition/crew No.:		
Age:	Gender:	Height (inches):		Weight (lbs.):	
Address:					
City:	State:	ZI	P code:	Phone:	
Unit leader:			Unit leader's mob	ile #:	
Council Name/No.:				Unit No.:	
Health/Accident Insurance Company:			Policy No.:		
Please attach a photocopy of	both sides of the insurance card	. If you do not have medical insu	rance, enter "none" a	above.	
In case of emergency, notify the	person below:				

Name:	F	Relationship:	
Address:	Home phone: _		Other phone:
Alternate contact name:		Alternate's phone:	

## **Health History**

Do you currently have or have you ever been treated for any of the following?

Yes	No	Condition		Explain
		Diabetes	Last HbA1c percentage and date:	Insulin pump: Yes $\Box$ $\:$ No $\:$
		Hypertension (high blood pressure)		
		Adult or congenital heart disease/heart attack/chest pain (angina)/ heart murmur/coronary artery disease. Any heart surgery or procedure. Explain all "yes" answers.		
		Family history of heart disease or any sudden heart-related death of a family member before age 50.		
		Stroke/TIA		
		Asthma/reactive airway disease	Last attack date:	
		Lung/respiratory disease		
		COPD		
		Ear/eyes/nose/sinus problems		
		Muscular/skeletal condition/muscle or bone issues		
		Head injury/concussion/TBI		
		Altitude sickness		
		Psychiatric/psychological or emotional difficulties		
		Neurological/behavioral disorders		
		Blood disorders/sickle cell disease		
		Fainting spells and dizziness		
		Kidney disease		
		Seizures or epilepsy	Last seizure date:	
		Abdominal/stomach/digestive problems		
		Thyroid disease		
		Skin issues		
		Obstructive sleep apnea/sleep disorders	CPAP: Yes 🗆 No 🗆	
		List all surgeries and hospitalizations	Last surgery date:	
		List any other medical conditions not covered above		



**B**1

# Part B2: General Information/Health History

Full name:	High-adventure ba
Date of birth:	Expedition/crew No.: or staff position:

gh-adventure t	pase participants:
pedition/crew No.: _	
staff position:	

### **Allergies/Medications**

DO YOU USE AN EPINEPHRINE	□ YES	🗆 NO
AUTOINJECTOR? Exp. date (if yes)		

DO YOU USE AN ASTHMA RESC	UE	□ YES	🗆 NO
INHALER? Exp. date (if yes) _			

Are you allergic to or do you have any adverse reaction to any of the following?

Yes	No	Allergies or Reactions	Explain	Yes	No	Allergies or Reactions	Explain
		Medication				Plants	
		Food				Insect bites/stings	

List all medications currently used, including any over-the-counter medications.

□ Check here if no medications are routinely taken.

□ If additional space is needed, please list on a separate sheet and attach.

Medication	Dose	Frequency	Reason		
YES NO Non-prescription medication administration is authorized with these exceptions:					

istration of the above medications is approved for youth by

Parent/guardian signature

MD/DO, NP, or PA signature (if your state requires signature)

Please list any additional information about your

Bring enough medications in sufficient quantities and in the original containers. Make sure that they are NOT expired, including inhalers and EpiPens. You SHOULD NOT STOP taking any maintenance medication unless instructed to do so by your doctor.

### Immunization

The following immunizations are recommended. Tetanus immunization is required and must have been received within the last 10 years. If you had the disease, check the disease column and list the date. If immunized, check yes and provide the year received.

	-	No. Had Bisson Provide the disease countril and hist the date. In minimumized, check yes and provide the year received.			medical history:
Yes	No	Had Disease	Immunization Tetanus	Date(s)	
			Pertussis		
			Diphtheria		
			Measles/mumps/rubella		
			Polio		DO NOT WRITE IN THIS BOX. Review for camp or special activity.
			Chicken Pox		Reviewed by:
			Hepatitis A		Date:
			Hepatitis B		Further approval required: Yes No
			Meningitis		Reason:
			Influenza		Approved by:
			Other (i.e., HIB)		Approved by
			Exemption to immunizations (form required)		Date:



Denver Area Council – Boy Scouts of America Tahosa Lodge – Order of the Arrow

Scout Name:\_\_\_\_\_

Date of Birth:

Allergic to:

# **Over-the Counter Medication Dispensation Permission Form**

Purpose: The Medical Staff has limited supplies of the medications listed below, if you know your scout will possibly need one of these, please send it (preferably new) with them, in the original container and labeled with their name. YOU ARE GIVING PERMISSION FOR THE FOLLOWING MEDICATIONS TO BE GIVEN IF INDICATED, IF NEEDED. MEDICATIONS WILL BE ADMINISTERED IN ACCORDANCE WITH THE DOSAGES ON THE OTC MEDICAL CONTAINER

YES	NO	Medication
0	0	Acetaminophen (Tylenol <sup>®</sup> )
0	0	Ibuprofen (Advil®/Motrin®)
0	0	Diphenhydramine (Benadryl®)
0	0	Loratadine (Claritin <sup>®</sup> )
0	0	Cetirizine HCL (Zyrtec <sup>®</sup> )
0	0	Cough Drops or Throat Lozenges
0	0	1% Hydrocortisone Cream
0	0	Antibiotic topical ointment (Bacitracin <sup>®</sup> )
0	0	Sunscreen Lotion
0	0	Sunburn Gel (Solarcaine <sup>®</sup> , Aloe Vera, Lip Balm)
0	0	Skin Itch Treatment (Calamine Lotion)
0	0	Calcium Carbonate (Tums <sup>®</sup> )
0	0	Magnesium Sulfate (Epsom Salts <sup>®</sup> )
0	0	Midol (Females only)

WAIVER: In consideration of the benefits to be derived, in view of the fact that participation in Scouting Activities is voluntary, and having full confidence that reasonable precautions will be taken for my Scout's safety and well being, I agree to their participation in Scouting Activities and waive all claims against the leaders of the Order of the Arrow, BSA Scouting Activity, and/or its sponsor. I have provided the Denver Area Council with current and accurate medical information about my Scout.

Signature (Parent):\_\_\_\_\_ Date: \_\_\_\_\_ PrintName(Parent):\_\_\_\_\_ Emergency Contact Phone Number:

# Colorado Allergy and Anaphylaxis Emergency Care Plan and Medication Orders

Student's Name:D	.O.B Grade: DAC - BSA			
School:	Place child's photo here			
ALLERGY TO:				
HISTORY:				
	Sector Sector and the sector sector and the sector s			
Asthma: YES (higher risk for severe reaction) – refer to the NO STEP 1: TREAT				
SEVERE SYMPTOMS: Any of the following: LUNG: Short of breath, wheeze, repetitive cough THROAT: Tight, hoarse, trouble breathing/swallowing MOUTH: Swelling of the tongue and/or lips HEART: Pale, blue, faint, weak pulse, dizzy SKIN: Many hives over body, widespread redness GUT: Vomiting or diarrhea (if severe or combine with other symptoms OTHER: Feeling something bad is about to happen Confusion, agitation	<ul> <li>Call 911</li> <li>Ask for ambulance with epinephrine</li> <li>Tell EMS when epinephrine was given</li> <li>Stay with child and</li> <li>Call parent/guardian and school nurse</li> <li>If symptoms don't improve or worsen give second dose of epi if available as instructed below</li> <li>Monitor student; keep them lying down. If vomiting or difficulty breathing, put</li> </ul>			
MILD SYMPTOMS ONLY: NOSE: Itchy, runny nose, sneezing SKIN: A few hives, mild itch GUT: Mild nausea/discomfort	symptoms progress <b>GIVE EPINEPHRINE</b> and follow directions in above box			
Antihistamine: (brand and dose)	nptoms return, 2 <sup>nd</sup> dose of epinephrine should be given if available			
Astrima Rescue Innaler (brand and dose)	The second s			
	and self-administering own medication. Yes No			
Provider (print)	Phone Number:			
Provider's Signature:	Date:			
♦ STEP 2: EME	RGENCY CALLS ◊			
1. If epinephrine given, call 911. State that an an	aphylactic reaction has been treated and additional			
epinephrine, oxygen, or other medications ma	y be needed.			
2. Parent:	_ Phone Number:			
3. Emergency contacts: Name/Relationship				
	1)2)			
	1) 2)			
DO NOT HESITATE TO ADMIN	ISTER EMERGENCY MEDICATIONS this plan, administer medication and care for my child and, if necessary, ng the school with prescribed medication and delivery/monitoring devices			
Parent/Guardian's Signature:	Date:			
School Nurse:	Date			

rouse compreted by nearmeane provider

Staff trained and delegated to administer emergency medications in this plan:

1	Room
2	Room
3	Room
Self-carry contract on file: Yes No	
Expiration date of epinephrine auto injector:	

Keep the child lying on their back. If the child vomits or has trouble breathing, place child on his/her side.

	JVI-Q™ (EPINEPHRINE INJECTION, USP) DIRECTIONS       2       3         Remove the outer case of Auvi-Q. This will automatically activate the voice       3
т.	instructions.
2.	Pull off red safety guard.
з.	Place black end against mid-outer thigh.
4.	Press firmly and hold for 5 seconds.
5.	Remove from thigh.
AD	RENACLICK® (EPINEPHRINE INJECTION, USP) AUTO-INJECTOR DIRECTIONS
	Remove the outer case.
2.	Remove grey caps labeled "1" and "2".
3.	Place red rounded tip against mid-outer thigh.
4.	Press down hard until needle enters thigh.
5.	Hold in place for 10 seconds. Remove from thigh.
EP	PIPEN® AUTO-INJECTOR DIRECTIONS
1.	Remove the EpiPen Auto-Injector from the clear carrier tube.
2.	Remove the blue safety release by pulling straight up without bending or twisting it.
З.	Swing and firmly push orange tip against mid-outer thigh until it 'clicks'.
3. 4.	Swing and firmly push orange tip against mid-outer thigh until it 'clicks'. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
3. 4. 5.	Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
4.	

Adopted from the Allergy and Anaphylaxis Emergency Plan provided by the American Academy of Pediatrics, 2017

# COLORADO ASTHMA CARE PLAN AND MEDICATION ORDER FOR SCHOOL AND CHILD CARE SETTINGS

PARENT/GUARDIAN COMPLETE AND SIGN:	School/grade: DAC- BSA				
Child Name:	Birthdate:				
Parent/Guardian Name:	Phone:				
Healthcare Provider Name:	Phone:				
Triggers: DWeather (cold air, wind) Illness DExercise Smoke Dust Dollen Other:					
Life threatening allergy, specify:					
give permission for school personnel to share this is for all					

I give permission for school personnel to share this information, follow this plan, administer medication and care for my child/ youth, and if necessary, contact our healthcare provider. I assume full responsibility for providing the school/program prescribed medication and supplies, and to comply with board policies, if applicable. I am aware 911 may be called if a quick relief inhaler is not at school and my child/youth is experiencing symptoms. I approve this care plan for my child/youth.

F	PARENT SIGNATURE	DATE NURSE/CCHC SIGNATURE DATE
HEALTHCARE PROVIDER COMPLETE ALL ITEMS, SIGN AND DATE:		QUICK RELIEF (RESCUE) MEDICATION: Albuterol Other: Common side effects: A heart rate, tremor Have child use spacer with inhaler. Controller medication used at home:
	IF YOU SEE THIS:	DO THIS:
GREEN ZONE: No Symptoms Pretreat	<ul> <li>No current symptoms</li> <li>Doing usual activities</li> </ul>	Pretreat strenuous activity: Not required Routine Student/Parent request Give QUICK RELIEF MED 10-15 minutes before activity: 2 puffs 4 puffs Repeat in 4 hours, if needed for additional physical activity. If child is currently experiencing symptoms, follow YELLOW ZONE.
YELLOW ZONE: Mild symptoms	<ul> <li>Trouble breathing</li> <li>Wheezing</li> <li>Frequent cough</li> <li>Complains of tight chest</li> <li>Not able to do activities, but talking in complete sentences</li> <li>Peak flow:&amp;</li> </ul>	<ol> <li>Stop physical activity.</li> <li>Give QUICK RELIEF MED: 2 puffs 4 puffs</li> <li>Stay with child/youth and maintain sitting position.</li> <li><b>REPEAT</b> QUICK RELIEF MED, if not improving in 15 minutes: 2 puffs 4 puff</li> <li>Child/youth may go back to normal activities, once symptoms are relieved.</li> <li>Notify parents/guardians and school nurse.</li> <li>If symptoms do not improve or worsen, follow RED ZONE.</li> </ol>
RED ZONE: EMERGENCY Severe Symptoms	<ul> <li>Coughs constantly</li> <li>Struggles to breathe</li> <li>Trouble talking (only speaks 3-5 words)</li> <li>Skin of chest and/or neck pull in with breathing</li> <li>Lips/fingernails gray or blue</li> <li>↓ Level of consciousness</li> <li>Peak flow &lt;</li> </ul>	<ol> <li>Give QUICK RELIEF MED: 2 puffs 4 puffs         <ul> <li>Refer to anaphylaxis plan, if child/youth has life-threatening allergy.</li> </ul> </li> <li>Call 911 and inform EMS the reason for the call.</li> <li>Stay with child/youth. Remain calm, encouraging slower, deeper breaths.</li> <li>Notify parents/guardians and school nurse.</li> <li>If symptoms do not improve, <b>REPEAT</b> QUICK RELIEF MED: 2 puffs 4 puffs every 5 minutes until EMS arrives.</li> <li>School personnel should not drive student to hospital.</li> </ol>
Stude	ent needs supervision or assistance ent understands proper use of asth pendently with approval from sche	ELIEF INHALER USE: CHECK APPROPRIATE BOX(ES) the to use inhaler. Student will not self-carry inhaler. Thma medications, and in my opinion, <u>can carry and use his/her inhaler at school</u> <u>ool nurse and completion of contract.</u> ing quick relief inhaler, if symptoms do not improve with use.

HEALTH CARE PROVIDER SIGNATURE

PRINT PROVIDER NAME

Copies of plan provided to: Teacher(s)



DATE

FAX

# Tahosa Lodge, Scouts BSA Contract to Carry / Self Administer Medication

This contract is intended for Scouts diagnosed with asthma, anaphylaxis, severe allergies and/or other life-threatening conditions and is in effect while in Camp

Scout Name:	Date of Birth:
Medication:	
Purpose of Medication:	

Scout:

- I agree to keep my medication with me while at camp and use it in a responsible manner
- I will notify camp first aid staff when I use my medication
- I will notify camp first aid staff immediately if my condition for which I am prescribed my medication presents any unusual difficulty or symptoms
- I will not allow any other scout to administer or use my medication
- I understand that if I fail to comply with this contract, my privilege to carry/self administer the medication may be withdrawn

Scout Signature:	Date:	~

## Parent or Guardian:

- I assure that my child will carry his/her medication as prescribed, the medication will be appropriately labeled by a pharmacist or healthcare provider and the medication is not expired
- I will assure that back up medication is provided to camp first aid staff for emergencies

Parent Signature:

1

Date:

## **Camp First Aid Staff**

- I will ensure that the child can demonstrate correct technique for self administering medication
- I will assure that child has understanding of the proper time and dose for self administering medication
- I agree that appropriate camp staff will be notified of the child's condition and that they are carrying medication

## First Aid Staff Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# IMMUNIZATION EXEMPTION REQUEST SOLICITUD DE EXENCIÓN DE INMUNIZACIÓN

On religious, philosophical, or medical grounds, I request exemption for ime and/or imp child from all vaccinations and/or immunizations required by the BSA (found on Scouting.org under Scouting Safely) for attendance to Camp \_\_\_\_\_\_\_\_ operated by the Council, Boy Scouts of America.

I understand that a medical evaluation and screening by a licensed health-care practitioner is necessary to reduce the possibility of exposing other camp participants to a communicable disease.

In consideration of these exemptions, I understand that I accept complete responsibility for the health of me and/or my child, and I hereby release and agree to hold harmless the Boy Scouts of America and any of its officers, agents, and representatives from any liability that might arise during Scouting activities by virtue of this exemption. It is further understood that, should an emergency arise, (name)\_\_\_\_\_, (telephone), will be notified immediately. In

the event that this contact cannot be located immediately, the Boy Scouts of America authorities may take such temporary measures as they deem necessary. Por motivos religiosos, filosóficos o médicos, solicito la exención para mí o mi hijo de todas las vacunas o inmunizaciones requeridas por BSA (que se encuentran en Scouting.org bajo Scouting Safely) para asistir al campamento \_\_\_\_\_\_\_, operado por el concilio \_\_\_\_\_\_\_, Boy Scouts of America. Entiendo que una evaluación médica y el examen por

parte de un profesional de la salud con licencia son necesarios para reducir la posibilidad de exponer a otros participantes del campamento a una enfermedad transmisible.

En consideración a estas exenciones, entiendo que acepto completa responsabilidad por mi salud ☐ o la de mi hijo ☐ y por medio de la presente libero y acuerdo eximir a la organización Boy Scouts of America y a cualquiera de sus funcionarios, agentes y representantes de cualquier responsabilidad que pueda surgir durante las actividades Scouting en virtud de esta exención. Queda entendido asimismo que, si surge una emergencia, (nombre) \_\_\_\_\_\_,

(teléfono)\_\_\_\_\_\_, será notificado inmediatamente. En caso de que este contacto no sea localizado inmediatamente, las autoridades de Boy Scouts of America podrán tomar las medidas temporales que consideren necesarias.

Participant signature Firma del participante

Parent/guardian signature Firma del padre/tutor

> Date Fecha

Name (print) Nombre (con letra)

> Address Dirección

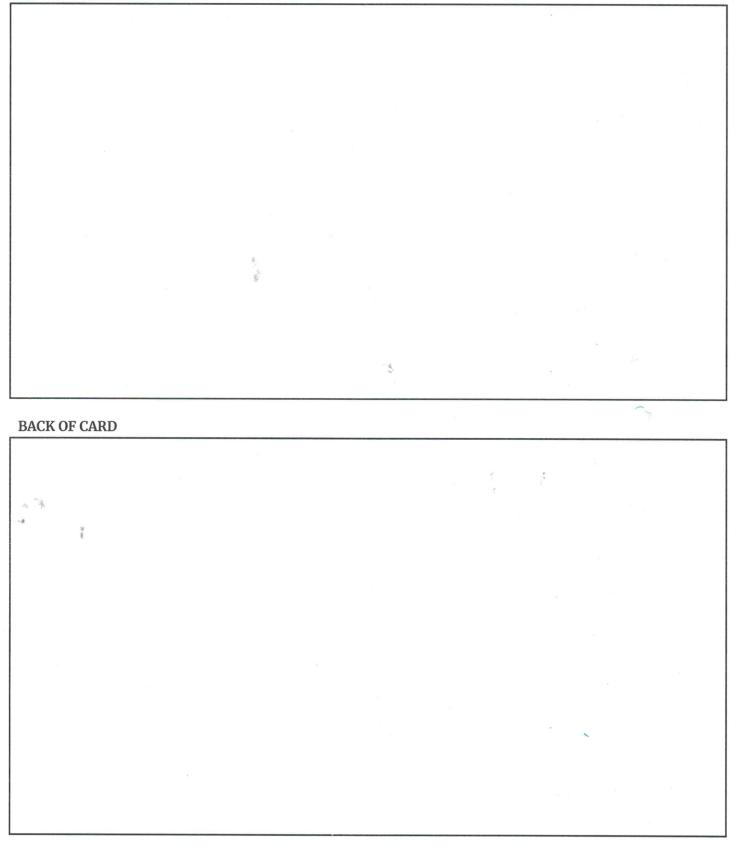
City, State, Zip Ciudad, Estado, Código postal



Copy front and back side of medical insurance card onto this sheet

This card is for (Scout Name):\_\_\_\_\_

### FRONT OF CARD



# Model COVID-19 Pre-Event Medical Screening Checklist

Use this checklist to assist in identifying potential COVID-19 cases before event participation.

Review with each youth and adult participant their current health status, both before departure and upon arrival at the event. Anyone entering a camp or event – including visitors, vendors, etc. – must be screened.

### Councils should customize with input from their council health supervisor and local health department.

- □ Yes □ No Have you or has anyone in your household been in <u>close contact\*</u> in the past 14 days with anyone known or suspected to have COVID-19 or is otherwise sick?
- □ Yes □ No Have you or has anyone in your household been in <u>close contact\*</u> with anyone who has been tested for COVID-19 and is waiting for results?
- □ Yes □ No Have you or has anyone in your household been sick in the past 14 days, or have you or they been tested for any illness and are waiting for results?
- □ Yes □ No Has anyone in your household been exposed to an individual known or suspected to have COVID-19 in the past 14 days?

□ Yes □ No Have you or has anyone you have been in <u>close contact</u>\* with traveled on a cruise ship or internationally or to an area with a known communicable disease outbreak in the past 14 days?

### \*According to the Centers for Disease Control and Prevention (CDC), "close contact" means:

- You were within 6 feet of someone who has COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period
- You had direct physical contact with an infected person (hugged or kissed them)
- You shared eating or drinking utensils
- An infected person sneezed, coughed, or otherwise got respiratory droplets on you

*If the answer is* YES *to any one of the five questions above, the participant must stay home.* 

## If all answers above are NO, proceed to the symptoms list below.

## Symptoms of COVID-19

If anyone in your household has **any one** of the following new or worsening signs or symptoms of possible COVID-19, **the entire household must stay home.** 

- □ Shortness of breath
- **Cough**
- □ Fever of 100.0° or greater
- □ Flu-like symptoms
- **Q** Repeated shaking with chills
- Fatigue
- Muscle or body aches
- Headache
- □ Sore throat
- Loss of taste or smell
- Diarrhea
- Nausea or vomiting

### \*Potential Higher-Risk Individuals\*

□ Yes □ No Are you in a higher-risk category as defined by the <u>CDC guidelines</u>, including older adults, people with medical conditions, and those with other individual circumstances?

### If the answer is "yes," we recommend that you stay home. Should you choose to participate, you must have approval from your health care provider.