



**Nutrition:** *Our expectation is that staff set an example for campers by eating the provided menu. We can work effectively with some medically prescribed diets but cannot cater to individual food preferences. There are times when you might need to simply not eat a served item.*

- \_\_\_\_\_ I eat a regular, varied diet and am prepared to eat a variety of foods while at camp.
- \_\_\_\_\_ I am a vegetarian of this type:  Semi-vegetarian (no pork or beef)  Vegan (no meats, eggs or dairy)
- Pesco (no pork, beef or chicken)  Lacto-ovo (no beef, pork, chicken, seafood, or fish)
- \_\_\_\_\_ I am lactose-intolerant. *Be prepared to manage your intolerance using products such as Lactaid or food avoidance.*
- \_\_\_\_\_ I avoid \_\_\_\_\_ because of religious beliefs.
- \_\_\_\_\_ I respond with an anaphylactic reaction when I eat this food: \_\_\_\_\_

**Chronic Concerns:** *Check all that pertain to you and provide information about supportive health care.*

- \_\_\_\_\_ I have no chronic health concerns.
- \_\_\_\_\_ I have the following chronic health concern(s):  Asthma\*  Headaches/Migraines  Sleep problem  Diabetes\*
- Difficult breathing  Dysmenorrhea  Fainting  Surgery history  Seizure disorder: \_\_\_\_\_
- Back pain or injury  Knee or ankle weakness  Other: \_\_\_\_\_

Provide information about supportive healthcare needed for each checked item:

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**Immunization History:** *Provide the month & year for immunizations. Asterisked (\*) immunizations must be current.*

Immunization	Date — Month(s) & Year(s)	Immunization	Date — Month(s) & Year(s)
Tetanus Booster*	Current within 10 years:	Polio*	
Varicella* (Chicken Pox)		MMR (Mumps, Measles, Rubella)*	
Meningitis		Pneumococcal	
Pertussis Booster (Whooping Cough)	Recommended Update at 12 years:	DPT (diphtheria, tetanus, pertussis)*	
Hepatitis B		Hepatitis A	
Influenza			

**Medication:** *Bring enough medication to last or bring your written prescription to order a refill. Prescription meds MUST be in pharmacy containers with appropriate labels; other remedies must be in original container. International Staff: translate information to English.*

- \_\_\_\_\_ I do not take medication on a routine basis.
- \_\_\_\_\_ I take routine medication (include vitamins) as noted below.

Name of Medication	Reason for Taking It	Dose Given & When	Date Started?
		<input type="checkbox"/> Breakfast Dose: _____ <input type="checkbox"/> Evening Meal Dose: _____ <input type="checkbox"/> Bedtime Dose: _____ <input type="checkbox"/> Other: _____	

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		<input type="checkbox"/> Breakfast Dose: _____ <input type="checkbox"/> Evening Meal Dose: _____ <input type="checkbox"/> Bedtime Dose: _____ <input type="checkbox"/> Other: _____	

**General Physical History:**

1. Have you ever been hospitalized? .....  Yes  No  
Have you ever had surgery? .....  Yes  No
2. Have you ever passed out during or after exercise/physical exertion? .....  Yes  No  
Have you ever been dizzy during or after exercise/physical exertion? .....  Yes  No  
Have you ever had chest pain during or after exercise/physical exertion? .....  Yes  No  
Do you tire more quickly than your friends during exercise/physical exertion? .....  Yes  No  
Have you ever had high blood pressure? .....  Yes  No  
Have you ever been told that you had a heart murmur? .....  Yes  No  
Have you ever had racing of your heart or skipped heartbeats? .....  Yes  No
3. Do you have skin problems (itching, rashes, acne)? .....  Yes  No
4. Have you ever been knocked out, fainted, or become unconscious? .....  Yes  No  
Have you ever had a seizure? .....  Yes  No  
Have you ever had a stinger, burner, or pinched nerve? .....  Yes  No
5. Have you ever had heat or muscle cramps? .....  Yes  No  
Have you ever been dizzy or passed out in the heat? .....  Yes  No
6. Have you ever sprained, strained, dislocated, fractured, broken, or had repeated swelling or other injuries to any of your body areas?  
.....  Yes  No  
If so, where?  Head  Shoulder  Thigh  Neck  Chest  Forearm  Shin/calf  
 Back  Wrist  Hand  Ankle  Elbow  Knee  Hip  Foot  
Can you lift and carry 30 pounds (14 kilograms) at least ten times without assistance or discomfort? .....  Yes  No
7. Have you had chicken pox or are you immunized for chicken pox? .....  Yes  No
8. Have you had mononucleosis in the past nine months? .....  Yes  No
9. Do you have an uncorrected hearing problem? .....  Yes  No  
Do you have an uncorrected vision (sight) problem? .....  Yes  No  
Do you wear glasses or contacts or use protective eye wear? .....  Yes  No
10. Do you smoke and/or use other tobacco products? .....  Yes  No
11. Do you have any piercings? .....  Yes  No

If so, where?  Ears  Eyebrow  Nose  Tongue  Belly Button  Nipple  Other: \_\_\_\_\_

12. Do you have any problems with your teeth?.....  Yes  No

13. Have you been in countries other than the United States in the past nine months?.....  Yes  No

If yes, list the countries and the length of time spent in them.

Country: \_\_\_\_\_ Dates: \_\_\_\_\_

Country: \_\_\_\_\_ Dates: \_\_\_\_\_

Country: \_\_\_\_\_ Dates: \_\_\_\_\_

14. For women: Do you have a menstrual problem (pain, irregularity, etc.)? .....  Yes  No

Explain and/or provide more detail about the General Physical Health questions to which you responded "yes."

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### Mental & Emotional Health Information:

A. Have you been diagnosed with attention deficit disorder (ADD) or AD/HD? .....  Yes  No

B. Do you have a psychiatric diagnosis such as depression, OCD, panic/anxiety, bipolar disorder that will impact your work? ...  Yes  No

C. Do you have an eating disorder that will impact your work? Type: \_\_\_\_\_ ....  Yes  No

D. Do you have a learning disability that will impact your work? Type: \_\_\_\_\_ ....  Yes  No

E. Do you have an emotional health concern that will impact your work? .....  Yes  No

F. During the past year, have you seen a professional about mental/emotional concerns that will impact your work?

If "yes" to any question in this section, attach a statement that:

- (a) Describes the concern and your management plan for addressing it while working at camp; and
- (b) Describes the support needed from your work supervisor to compliment your plan. Refer to the Essential Functions of your job, available [insert location], if there are questions.

### Paying for Health Care:

- There is no charge for health care provided at camp by the camp's Infirmary staff.
- Staff members are financially responsible for health care provided by out-of-camp providers, and for any necessary prescription medication.
- If you will be using personal insurance while working at camp, it is your responsibility to know how to access that insurance. Bring your insurance card and know how to use it. Consider obtaining pre-authorization if your insurance requires this.

### Emergency Contact: Whom do you want us to contact in an emergency?

First Contact: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_

Relationship to You: \_\_\_\_\_

Alternate Contact: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_

\_\_\_\_\_

Relationship to You: \_\_\_\_\_

### Healthcare Provider Information:

Name of your physician: \_\_\_\_\_ Office Phone: (\_\_\_\_\_) \_\_\_\_\_

Name of your dentist/orthodontist: \_\_\_\_\_ Office Phone: (\_\_\_\_\_) \_\_\_\_\_

**Authorization for Health Care:** Parental signature required for staff less than 18 years of age.

This health history is correct insofar as I know. I am capable of performing the essential functions of my job and participating in assigned work duties as noted on this form. I understand my health information will be used by the camp Infirmery staff in providing care to me and may be reviewed by work supervisor(s).

Signature of Staff Person: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent (if needed): \_\_\_\_\_ Date: \_\_\_\_\_