

## NORTHEAST WA IMT #1

### REQUIRED BY ALL PERSONNEL: HEALTH CHECKLIST

Supervisors are required to go over this list each morning with assigned resources.

#### Self-Awareness / Screening. How are you doing?

- Fever or chills
- Cough
- Shortness of breath difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Camp Crud (not feeling well)
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Rash/Blisters
- Itchy/Scratchy
- Diarrhea

Supervisors if you have a member not feeling well/sick or symptomatic: Contact MEDL (Jeff Reid 509-710-8556) or line Safety Officer.

✓ Review expectations on maintaining a healthy environment:

- Masks are optional, unless otherwise directed.
- Modules (e.g. crews, engines) should send representatives to pick up meals, attend briefings and any other needs for the entire group: 1 person for engine crews, 1-2 people for 20 person crews.
- Observe 6-foot social distancing during briefings and while standing in line for meals, and any other time you are near people outside of your module.
- Limit closed contact between firefighters as much as possible, use crew representatives to pick up supplies, fuel, etc.
- Keep clean sanitized hands
- Maintain clean and sanitized workspace/eating/sleeping areas.

**WEAR YOUR MASK IF DIRECTED  
WASH YOUR HANDS  
WATCH YOUR DISTANCE**