



Please return to Camp Cobbossee as soon as possible:

Winter: 17254 Gulf Pine Cir., Wellington, FL 33414 **Summer:** PO Box 299, Monmouth, ME 04259
p: 800-473-6104 • f: 207-933-4560 • www.campcobbossee.com • info@campcobbossee.com

STAFF HEALTH HISTORY FORM 2011

* Because we want to support your ability to do your job well, please complete this form accurately and completely.

Name: _____ Date of Birth: _____ Sex: _____
First Name Middle Initial Last Name Month Day Year

Permanent Address: _____

Preferred Phone #: (_____) _____ E-mail: _____ Country of Residence: _____

Your Contract Start Date: _____ End Date: _____ Your Job Title: _____

International Staff: rate your ability to speak English. 0 1 2 3 4 5
None Good Excellent

- Return this form to our camp office ASAP.
- Keep a copy of the completed form for your records; note changes that occur and inform us of any changes prior to your arrival.
- Notify the camp director if you are exposed to a communicable disease within three weeks of beginning your job.
- We expect you to arrive in good health and capable of doing the job for which you were hired.
- Information on this form is available to Health Center staff and your work supervisor(s).

Allergies: Check those that apply to you.

_____ I have no known allergies.
_____ I have an allergy to this food: _____ This causes anaphylaxis? Yes No

Describe what happens if you eat this food and how the reaction is managed:

_____ I am allergic to this medication/s: _____ This causes anaphylaxis? Yes No

_____ I am allergic to these substances: _____ This causes anaphylaxis? Yes No

Describe what happens if you eat this food and how the reaction is managed:

Nutrition:

- _____ 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. I can manage my intolerance using products such as Lactaid or food avoidance.
- _____ I avoid _____ because of religious beliefs.

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 condition 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:

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: Camp Cobbossee prohibits staff and campers from keeping medications (prescriptions or not) in the cabins. Please provide the appropriate information below. **Domestic Staff:** Please register with **CVS Pharmacy** if you do require medication on a daily or as needed basis. **CVS Pharmacy** is a service that we use which will pre-package all medication that is in pill form. This service is provided at no additional charge. **International Staff:** Please bring enough medication to last the summer if you do require medication on a daily or as needed basis. Prescription meds **MUST** be in pharmacy containers with appropriate labels; other remedies must be in their original container. Please translate information into 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: _____	
		<input type="checkbox"/> Breakfast Dose: _____ <input type="checkbox"/> Evening Meal Dose: _____ <input type="checkbox"/> Bedtime Dose: _____ <input type="checkbox"/> Other: _____	
		<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
- 2. Have you ever had surgery? Yes No
- 3. Have you ever passed out during or after exercise/physical exertion? Yes No
- 4. Have you ever been dizzy during or after exercise/physical exertion? Yes No
- 5. Have you ever had chest pain during or after exercise/physical exertion? Yes No
- 6. Do you tire more quickly than your friends during exercise/physical exertion? Yes No
- 7. Have you ever had high blood pressure? Yes No
- 8. Have you ever been told that you had a heart murmur? Yes No
- 9. Have you ever had racing of your heart or skipped heartbeats? Yes No
- 10. Do you have skin problems (itching, rashes, acne)? Yes No
- 11. Have you ever been knocked out, fainted, or become unconscious? Yes No
- 12. Have you ever had a seizure? Yes No
- 13. Have you ever had a stinger, burner, or pinched nerve? Yes No
- 14. Have you ever had heat or muscle cramps? Yes No
- 15. Have you ever been dizzy or passed out in the heat? Yes No
- 16. 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
- 17. Can you lift and carry 30 pounds (14 kilograms) at least ten times without assistance or discomfort? Yes No
- 18. Have you had chicken pox or are you immunized for chicken pox? Yes No
- 19. Have you had mononucleosis in the past nine months? Yes No
- 20. Do you have an uncorrected hearing problem? Yes No
- 21. Do you have an uncorrected vision (sight) problem? Yes No
- 22. Do you wear glasses or contacts or use protective eye wear? Yes No
- 23. Do you smoke and/or use other tobacco products? Yes No
- 24. Do you have any piercings? Yes No
If so, where? Ears Eyebrow Nose Tongue Belly Button Nipple Other: _____
- 25. Do you have any problems with your teeth? Yes No
- 26. 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: _____
- 27. 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."

Name of your physician: _____ Office Phone: (_____) _____
Name of your dentist/orthodontist: _____ Office Phone: (_____) _____

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.

Paying for Health Care:

- There is no charge for health care provided by the camp's Health Center staff.
- Staff are financially responsible for health care provided by out-of-camp providers unless otherwise specified.
- If you will be using personal insurance while working at camp, it is your responsibility to know how to access and use that insurance. If your insurance requires pre-authorization, you should consider obtaining it prior to arriving at camp. **Make sure to bring your insurance card to camp AND attach a copy to this form.**

Medical Insurance Information:

Insurance Company _____ Policy Number _____

Subscriber _____ Insurance Company Phone Number _____

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

First Contact: _____ Phone: (_____) _____

Relationship to You: _____

Alternate Contact: _____ Phone: (_____) _____

Relationship to You: _____

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 Health Center staff in providing care to me and may be reviewed by work supervisor.

Signature of Staff Person: _____ Date: _____