

Medical Guide

Before camp gets underway, please take a moment to review these camp-related health issues.

- 1) No child should be sent to camp if he/she shows **any** sign of illness. Children may return to camp when they have been symptom/fever free for 24 hrs.
- 2) All medications, prescription and non-prescription, must be kept in their original containers, and must be accompanied by a current prescription.
- 3) By code of the Department of Health, use of any medication must be self administered by the camper, while being supervised and documented by the health director.
- 4) Please send a water bottle to camp to prevent dehydration, sun or heat stroke. Counselors have been instructed to take “water breaks” throughout the day. You may want to send a hat as well.
- 5) The campers will be nit-checked in camp. If any child is found with nits, the child will have to be picked up from camp and will only be allowed to return if they are nit/lice free. In order to eliminate this aggravation please make sure your child is free of nit/lice before sending him/her to camp.
- 6) Please do not send spray insect repellent to camp (inevitably it gets into someone’s eyes). There is a new product on the market, which combines sunscreen and insect repellent- this would be the best alternative.
- 7) Please apply sunscreen before sending your child to camp. It will be reapplied by the counselor after swimming if you send an extra supply in his/her knapsack and instruct the counselor to do so.
- 8) Please inform the camp of any severe food or drug allergies (if you haven’t done so already on the medical form), which your child may have. In particular, those which require medical intervention such as an Epi pen or Benadryl.
- 9) In an effort to prevent illness from coming into camp, we are urging that any child with diarrhea (especially if accompanied by cramps) please see their pediatrician and have a stool sample taken to rule out Shigella. Shigella is a very contagious bacterial infection contracted from contact with an infected person and may lead to severe illness if untreated. Given its very communicable nature, we are employing every means at our disposal to ensure that it does not come into camp and that if someone unknowingly brings it in, it does not spread.

Among the precautions we will be enforcing in camp is hand washing before snacks, lunch, and after using the bathroom. There is no sharing of food or drinks between the campers. Thank you for your cooperation. May we have a healthy summer.