Medical Forms and Infirmary Procedures
Frequently Asked Questions (FAQ)

The main mission of the camp infirmary is to ensure health and safety of the individual campers and the entire camp community while maximizing camper participation. The infirmary (Mirpa’ ah) at Camp Newman is available from 8:30 am to 9:30 pm and staffed with a volunteer team of Medical Doctors and Nurses. Camp generally has 1-2 doctors and 3-4 additional staff including nurses and medical assistants. These numbers can vary depending on the availability of volunteer staff. A self-serve First Aid Station is set up outside the infirmary which includes bandaids, sunscreen, insect repellent, hand sanitizer, and other minor first aid supplies.

On the first day of camp, all campers attend an orientation regarding general health and safety at camp. They are all reminded about hand washing, no sharing food and drink, daytime sunscreen use, evening and hike insect repellent use, healthy eating, need for sleep and rest, increased fluid requirements while participating in camp activities, and how to access the infirmary for healthcare needs. Our focus is to insure a safe and healthy summer for all campers and staff.

If an emergency arises after 9:30 pm, an on-call nurse is always available and the doctors are only steps away. The infirmary is a first aid station and triage center. Most illnesses or injuries can be handled at camp. Occasionally, we need to take a child to an outside facility for further consultation. Campers needing care outside of camp are always accompanied by a member of the medical team.

**Why do you require updated information each year?** Updated health information entered into CampMinder is a requirement so that infirmary staff can have the most current information to care appropriately for your camper. The infirmary is staffed by medical volunteers and often the only history available on your child is what you provide yearly. These forms also give permission to take your child to a hospital or an outside appointment in the unlikely event this is needed during the course of their stay at camp. Your consent to treat your child is also needed for us to administer daily or as needed medication or to assess and treat your child in the infirmary.

**Camp Newman requires more complete vaccinations than other camps or my child’s school. Are they really needed?** Camp is a constant flow of people from many places. Having staff and campers from all over the world provides your child with the experience that Camp Newman is known for. Camp is a residential facility, with campers and staff sleeping in close quarters, increasing risk of specific conditions such as meningococcal meningitis and hepatitis A. Therefore, we take this policy very seriously for the protection of our entire camp community. Camp Newman abides by the CDC recommended immunization schedule. [Link to CDC Immunization Schedule](https://www.cdc.gov/vaccines/schedules/downloads/child/0-18yrs-child-combined-schedule.pdf)

**My child has special conditions, allergies, needs.** Please include all instructions with your child’s medical forms, camper forms and, if applicable, with their medications. We can accommodate most issues, both dietary and medical. We need all the information so that we can be sure your child is properly taken care of. If your child has a condition requiring special assistance or accommodations, please contact camp directly and one of our medical staff members will be in touch with you. Camp is a [nut free environment](https://www.cdc.gov/vaccines/schedules/downloads/child/0-18yrs-child-combined-schedule.pdf), so do not send anything that contains nuts for campers to ingest when taking medications. If your camper is on a "nut study," the medical staff needs to make special arrangements for the safety of your camper and all the nut-allergic campers simultaneously. For that reason, please contact infirmary staff at least one month prior to camper arrival so the safest arrangements for all can be made.

**My child takes prescription medication. How do I send it to camp?** About half of our campers take some sort of daily medications. According to the California Nurse Practice Act, all medications taken on a daily basis must be in the original packaging/bottle and clearly labeled with camper name, session, dosage and time of day it is taken.
Medication is given at breakfast and dinner only. Any other arrangements need to be made in advance. All properly labeled medications should remain in original containers. These containers should be put in a zip-lock bag with camper name and session and given to Bus Captains or at Camp Check-in. If a child is coming by airplane, the medications will be collected by the arrival team at the airport.

**What about Over the Counter (OTC) medications?** We stock Acetaminophen and Ibuprofen in liquid, chew-able and pill form. We also stock allergy, cold and cough, and digestive medications. If your child takes OTC medications on a daily basis, please send a note from your child’s health care provider and please send enough to cover the days of your camper’s session. All medications taken on a daily basis must be in the original packaging and clearly labeled with Campers name, session, dosage and time of day it is taken. Do NOT send separate pills in ziplock baggies or in a pill container as it is illegal for nurses to administer if not labeled by a pharmacy. If your child takes common OTC medications on an “as needed” basis, please know that the Camp Newman Infirmary is fully stocked with these medications; please do not send as needed OTC medications. Any OTC medications sent with campers will become part of camp infirmary stock medicine and will not be sent home.

**What about other types of medications?** Only prescription and FDA approved OTC medications will be given. Homeopathic remedies, vitamins, fluoride and naturopathic supplements are not administered at camp. All campers using rescue inhalers are encouraged to keep one with them at all times; a backup may be stored in infirmary. All topical medications such as acne and eczema creams can be kept in the camper cabin. Allergy nasal sprays may also be kept with camper in cabin. Steroid (controller) inhalers may be kept with campers but it is suggested they be given with “Pill Call” at breakfast and dinner to insure daily administration to prevent asthma exacerbation. Epi-pens should be kept with camper/counselor with a back up in the infirmary.

**What happens to the medications I send with my child?** All medications are collected and delivered to the medical staff. The staff logs in the medication by camper name and session. Medications are put into a labeled container for each camper by session. The medications are stored in the infirmary. The medications are distributed to campers after breakfast and dinner. Any unused medication will be returned when camper session ends, with the exception of as needed OTC medications as described above.

**How is the medication given to my child?** Medications are given with breakfast and dinner. Prior to the end of each meal, an announcement is made for “Pill Call.” Campers taking medication are called to line up at the medication dispensary windows and our medical staff distributes the medications to each camper. A detailed log of campers and medications is initialed by the medical staff as the medication is given.

**What if my child doesn’t come to Pill Call?** Before the campers are released from the dining hall, the medical staff compiles a list of campers who have not received their medication and those campers are called, by name, to come get their medication. If your camper is unable to remember to take meds consistently, we work with the counselor to make sure the camper gets their medications consistently.

**What if my child needs a refill of their medications?** Refills for 8 week campers should be filled by parents and sent directly to the Infirmary or can be called into a pharmacy approved by camp and we will pick it up for you. Parents are responsible for the cost of these medications. Many insurance companies now pay for 90 days of medications, please make an effort to get the full 90 days for 8 week campers.

**My child has specific allergies and/or adverse drug reactions.** This should be noted on your child’s medical forms. These conditions are noted in our confidential medical files and referred to prior to any treatment of your child.

**What happens at camp when my child doesn’t feel well?** The first contact is with the child’s counselor. They are trained to ask several questions to evaluate the need for an infirmary visit. The Infirmary visit should be treated as a
healthcare provider office visit. If a camper needs to see a nurse or doctor, they are brought to the Infirmary, accompanied by a counselor; history and examination occur. The camper health history and special needs are reviewed for information provided by parents prior to treatment. Counselors are involved in the plan of care to ensure that all medical instructions are followed. Campers are always encouraged to return if condition worsens or doesn’t resolve.

**What if my child has a cough, congestion, headache or a stomach ache?** Treatment will be discussed with camper and supportive care will be provided. Typically, a headache is caused by dehydration or lack of food/sleep; a stomach ache could be constipation or homesickness. There are many remedies for these including water, Gatorade, fruits and veggies, hugs. Any needed medications are administered based upon the camper symptoms. Please be extremely careful in completing forms on CampMinder. It is easy to just check a box that forbids medical staff from giving any meds that are OTC without calling you first. To avoid unnecessary phone calls, please check all OTC meds we can give.

**What if my child has a fever?** If your child has a temperature above 100.4, an overnight stay in the infirmary is required. You will be notified within 24 hours of infirmary stay if this happens. If the temperature is less than 100.4, a child may be just overheated and dehydrated, a short rest and some water is all they need. They will be observed for a short period and reevaluated. If campers stay in the infirmary for fatigue (called R&R-rest and relaxation), parents are not routinely called.

**What about a child with an illness requiring antibiotics, like strep throat or conjunctivitis (pink eye)?** Campers live in cabins with many other campers in close quarters. If a child presents with an illness requiring antibiotics, we are required to keep them isolated for a minimum of 24 hours. We have several rooms set up for overnight visitors and keep them comfortable and fed. Parents are contacted if prescription medications are ordered. The child’s insurance will be used to pay for prescriptions and camp will cover the deductible.

**What if my child has lice?** If your child is found with lice upon arrival there are several methods we use. If driven by a parent, he or she will be sent home for treatment and can return once cleared. If child has arrived by bus or plane, they will be treated discreetly at camp using natural remedies. It may be necessary to isolate the child for a brief period. All campers are quickly checked upon arrival. If a child is found with lice after this point, their entire cabin will be checked and treatment will be given as needed. If an outside service is necessary for treatment, cost will be the responsibility of the camper’s family.

**What if my camper gets a tick bite?** During camper orientation, all campers and counselors are instructed to wear insect repellant, long sleeved clothing during hikes and check for ticks during pool and/or shower time. If a camper has a tick that is imbedded into the skin, the tick is removed by infirmary staff and sent for testing. If the test is positive for Lyme disease, parents will be notified and treatment will be started based upon current CDC recommendations.

**What if my child has an illness or injury that requires an off-site visit?** If your child needs to have more advanced medical care, X-rays or lab testing, an orthodontic visit, etc., a medical team member will be assigned to accompany your child and remain with them for the entire time your child is offsite. You will be contacted prior to your child leaving camp, if possible. If an outside service is necessary for treatment, cost will be the responsibility of the camper’s/ family’s insurance.
When do we call parents? Parents are routinely called only for the following circumstances:
**For clarification on medications or health conditions**
**If a camper must spend the night due to a fever.**
**If a camper must be taken out of camp for higher level of care, this includes x-rays, stitches, dental care, urgent care, etc.**
**If a camper required prescription medication (antibiotics for infection/steroids for poison oak).**
**If a camper has repeated visits to the infirmary for vague, non-specific complaints that don’t lead to medical diagnosis, this is often homesickness. Parent may be called by Nefesh staff jointly with medical staff. Please note: Some campers spend the night for fatigue and/or exhaustion. Since these campers are not sick; parents are not usually notified.**

**What can I do as a parent to make my child’s time at camp more successful?** Please spend time with your camper reviewing basic health and safety guidelines. Discourage sharing food or drink; encourage good hand washing; wearing sunscreen during the day and insect repellant in the evening. Please remind your camper to eat fresh fruits and vegetables daily and drink lots of water to prevent constipation. All campers must wear closed toed shoes or sandals with an ankle strap around camp (except when at pool). We encourage good sleep and nutrition to ensure healthy and happy campers.