



Medical F.A.Q. and Information for Parents

General Information

The main mission of the camp Health Center (*Mirpa'ah*) is to ensure health and safety of the individual campers and the entire camp community while maximizing camper participation. The *Mirpa'ah* at Camp Newman is open from 8:30 am to 9:30 pm and staffed with a volunteer team of 1-2 doctors and 3-4 additional staff, including nurses and medical assistants. If an emergency arises after 9:30 pm, our on-call medical staff is always available.

The *Mirpa'ah* is a first aid station and triage center. Most minor illnesses or injuries can be handled at camp. In addition, self-serve First Aid Stations will be set up in several strategic locations around 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, and their parents are informed.

On the 1st day of camp, all campers attend an orientation regarding general health and safety at camp. Topics include hand washing, no sharing food/drink, daytime sunscreen use, evening and hike insect repellent use, healthy eating, need for sleep and rest, increased fluid requirements while participating in activities.

Why do you require updated online forms each year? What does camp do with these forms?

These online forms give us current information on your child. The *Mirpa'ah* 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 it is needed while your child is at camp. We also need your consent to treat your child, to administer daily or as-needed medication, or to assess and treat your child in the *Mirpa'ah*.

Due to limited storage at Camp, no paper forms will be accepted. Parents are responsible for uploading all camper forms by the deadline.

Why does Camp Newman require these vaccinations?

Camp Newman abides by the CDC recommended immunization schedule and the American Academy of Pediatrics. A link to the CDC schedule can be found here: <http://bit.ly/cdcvaccinerequirements>. With campers and staff sleeping in close quarters, as well as a constant flow of campers and staff from all over the world, there is an increased risk of communicable diseases and specific conditions, such as meningococcal meningitis and hepatitisA. We take this policy very seriously for the protection of our entire camp community. The Camp volunteer medical staff starts reviewing medical forms mid-May.

If your camper's immunization status is incomplete based upon the CDC schedule (linked above), you may get a phone call a week or less prior to your camper's arrival requiring your camper to receive additional vaccines. It is your responsibility to adhere to this policy and ensure your camper's vaccines are up to date. If they are not, you will be required to get your child's missing vaccine(s) prior to their arrival to camp.

My child has special conditions, allergies, needs.

Please include all instructions with your child's online medical forms and, if applicable, with their medications. We can accommodate most issues, both dietary and medical. Comprehensive information is vital so that we can properly take care of your child. 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.

My child takes prescription medication. How do I send it to camp?

Nearly half of our campers take some sort of daily medication. For summer 2018, we are requesting only FDA-approved medication to treat asthma, allergies, seizures, and mental health conditions be sent. No vitamins or homeopathic medication will be accepted. 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. Do not send loose medications in baggies or other receptacles other than the original medication packaging.

Medications are given at breakfast and dinner only. Any other arrangements need to be made in advance. All labeled medications must remain in original containers, be placed in a clear zip-lock bag with camper name and session, and be given to Bus Captains, the Airport arrival team, or at camp in-person check-in.

What about over the counter (OTC) medications?

We stock Acetaminophen and Ibuprofen in liquid, chewable and pill form. We also stock allergy, cold and cough, and digestive medications. Please do not send these OTC medications for occasional or as-needed use by your camper. Any OTC medications sent with campers for occasional or as-needed use will become part of camp's *Mirpa'ah* stock and will not be sent home.

However, if your child takes OTC medications on a daily basis, 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 your camper's name, session, dosage, and time of day it is taken. Please make sure to note these medications on your camper's health form.

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 will be stored in the *Mirpa'ah*.
- All topical medications such as acne and eczema creams should be kept in the camper cabin.
- Allergy nasal sprays may also be kept with your camper in cabin.
- Steroid (controller) inhalers may be kept with campers, but it is suggested they be given with pill call to insure daily administration to prevent asthma exacerbation.
- Epi-pens will be kept with camper/counselor.

What happens to the medications I send with my child?

All medications are collected and delivered to the medical staff, who logs in the medication by camper name and session. Medications are then put into a labeled container for each camper by session and distributed to campers at breakfast and dinner only. Any unused medication will be returned when the camper's 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 line up 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.

What if my child needs a refill of their medications?

Refills for meds may be filled by parents and sent directly to the *Mirpa'ah*, or refill requests can be called into a Camp-approved pharmacy for pick up by our *Mirpa'ah* staff. Parents are responsible for the cost of these medications.

My child has specific allergies and/or adverse drug reactions.

This should be noted on your child's medical forms. These conditions are logged into 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, who is trained to evaluate the need for a visit to the *Mirpa'ah*. If a counselor determines that a camper needs to see a nurse or doctor, the counselor brings the camper to the *Mirpa'ah*, and a history and examination occur just like at a regular healthcare provider office visit. Prior to any treatment, the health provider reviews the camper health history and special needs. Counselors are involved in the plan of care to ensure that all medical instructions are followed. Campers are always encouraged to return if a condition worsens or doesn't resolve.

What if my child has a fever?

If your child has a temperature above 100.5, an overnight stay in our *Mirpa'ah* is required. You will be notified within 24 hours of your camper's *Mirpa'ah* stay if this happens. If the temperature is less than 100.4, a child may be just overheated, and only needs a short rest and some water. They will be observed for a short period and reevaluated. If campers stay in the *Mirpa'ah* for fatigue (called R&R-rest and relaxation), parents are **not** routinely called.

Due to limited space at Camp, parents of campers who have a temperature over 101.5 for more than 6-8 hours may be requested to take their camper home for several days for recovery.

What about a child with an illness requiring antibiotics, like strep throat or conjunctivitis (pink eye)?

If a child presents 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 our staff makes sure to keep them comfortable and fed. Parents are contacted if the camper needs to spend the night in the *Mirpa'ah* and 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?

Please check your camper for lice prior to coming to camp. If you find lice, please treat lice before arrival.

All campers are checked for lice upon arrival to Camp. Each opening day, we hire a few lice-removal professionals to help with checking campers. If your child is found with lice, they will immediately be discreetly treated by one of these professionals, under the supervision of our *Mirpa'ah* staff. This allows for our campers to join their session as quickly as possible and removes stigma from the process. It may be necessary to isolate your child for a brief period. *Note: We have professionals on site as a fail-safe to ensure that our camp is lice-free. This should not be used in lieu of checking and treating your child for lice prior to camp. The lice removal process takes a few hours and is not the way they (or we!) want to spend their first few hours at camp.*

If lice is found after opening day, their entire cabin will be checked and treatment will be given as needed.

What if my camper gets a tick bite?

During camper orientation, all campers and counselors are instructed to wear insect repellent, long-sleeved clothing during hikes, and check for ticks during pool and/or shower time. If a camper has a tick that is embedded into the skin, the tick is removed by *Mirpa'ah* staff and parents will be notified. Parents can determine if they want the tick sent home with their camper and should contact their local health department regarding options for tick testing. If the test is positive for Lyme disease, parents can request treatment 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, lab tests, an orthodontic visit, etc., a medical team member will be assigned to accompany your child for the off-site visit and remain with them for the entire time your child is offsite. We will make every effort to contact you prior to your child leaving camp. 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 in the *Mirpa'ah*.
- **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 requires additional prescription medication (antibiotics for infection/steroids for poison oak).
- **If a camper has repeated visits to the *Mirpa'ah*.

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 drinks
- Encourage good hand washing
- Wear sunscreen during the day and insect repellent in the evening
- Eat fresh fruits and vegetables daily
- Drink lots of water to prevent constipation
- Adhere to the footwear policy: Wear closed-toed shoes or sandals with an ankle strap
- Encourage good sleep and nutrition to ensure healthy and happy campers
- Remind them of the extra care they should take while being in a new place, especially near water and with many stairs.