

Parent Information for Health Services at CYO Camp

Our health service practices are shaped by regulations and/or guidelines from entities such as American Camp Association, Association of Camp Nurses, and state of California, Department of Health and Human Services. Please contact CYO Camp at 707-874-0240 if you have questions.

HEALTHCARE PLAN

We want to provide a safe and healthy experience for each camper and we partner with you to accomplish this goal. You know your child's health needs; we know the capabilities of our program. Our healthcare plan is designed to complement the growth and development needs of children and youth within normal parameters.

HEALTH FORMS

Each health form is reviewed by our Health Officers prior to and during your child's stay. If at any time we have a question, we will contact you for clarification. We rely on the information you provide to care for your camper. Please complete your camper's health form thoroughly and return to CYO Camp by June 15th.

ABOUT CAMP AND YOUR CHILD'S HEALTH

We expect that your child will be healthy upon arrival and ready to fully participate in the summer camp experience. If there are questions or concerns about this policy, contact us immediately. We reserve the right to not admit a person who poses a communicable illness threat. (Note: CYO Camp has a "no nit" policy.)

Our program has a busy schedule filled with activity. Campers live with eight or more people in a cabin. Prepare your child so these experiences are exciting rather than intimidating.

Our program expects that campers can meet their own personal needs, can move independently from place to place and are capable of community living in our cabin environment.

CYO Camp is not a therapeutic environment nor prepared to provide psychiatric support. Please consider these facts when determining if our program is appropriate for your child.

Community living skills are new for many campers. Your child may appreciate knowing that his or her bedroom will be shared with many other people and everyone sleeps in bunk beds. Talk with your child about picking up personal items, the noises people make when they sleep and whether a top or bottom bunk would be best.

Healthcare Personnel

Our Health Offices are staffed by Camp Health Officers (CHO). At minimum a person has been certified in First Aid Emergency Care; Professional Rescuer CPR/AED, and Blood Borne Pathogens. Each CHO also completes an orientation that includes a review of medical protocols as approved by our licensed health provider, medication administration, documentation, and caring for our campers. Our Camp Health Officers are supervised by a Registered Nurse who is available 24 hours a day.

Healthcare Facilities

Santa Rosa Memorial Hospital in Santa Rosa is about 14 miles away.

Scope of Service

The scope of service provided by our Health Officers is limited to care of routine illness and injury; we do not have physicians in residence. We do, however, have treatment protocols established from the Emergency Care and Safety Institute and reviewed by our licensed health provider that we use to care for common problems. We stock some over-the-counter medications which are dispensed as directed in our protocols. Your camper will be referred to the local medical community when need is beyond the scope of our care.

Treatment of Chronic Health Concerns

We expect children with chronic health concerns (i.e. asthma, allergies, diabetes) to be capable self-managers and to bring the supplies they need to manage their diagnosis. Because treatment modalities vary, our Health Officers rely on your camper's familiarity with and ability to do their own treatments. Our Health Officers will provide general oversight and partner with your camper to follow individual treatment plans.

Asthma, Diabetes, Anaphylaxis Forms

Use the appropriate form to tell us about your child's treatment plan. Special forms have been developed for asthma, diabetes, and anaphylaxis.

MEDICATION

All medications including prescription, over the counter, vitamins and natural remedies, with the exception of some inhalers and Epi-Pens, are collected by the health officers at check in. Once at camp, all medication is required to be kept locked in the Health Center with the exception of emergency medication. The Health Officer distributes daily medication at routine times and maintains office hours during which medication is available.

Stocked Medication

The Health Center stocks the following over-the-counter (OTC) medications and remedies; do not send these with your camper. Health Officers have medical protocols from the camp physician which directs the use of these medications for common and routine human health problems. Use the health form to indicate which of our stocked OTC remedies should not be given to your camper:

Acetaminophen (Tylenol)

Diphenhydramine (Benadryl)

Chloraseptic Spray (Sore Throat)

Ibuprofen (Motrin, Advil)

Docusate Sodium (Stool Softner)

Tums and Cola Syrup

Pseudoephedrine (Sudafed)

Loperamide HCL (Anti-Diarrhea)

Cough Drops

Guaifenesin DM (Cough Medicine)

Silver Sulfadiazine

Calagel and Aloe Vera Lotion

TechNu Extreme (Poison Oak)

Hydrocortisone Cream

Tolnaftate (Anti-Fungal Cream)

If You are Sending Medication with Your Camper

- Send enough for your child's entire stay.
- Place the medications in a zip lock bag with your child's full name, Village and session.
- Each medication must come in its original and appropriately labeled bottle/container, including vitamins and other nutritional supplements.
- Do not mix medications.
- Do not presort medications into a daily medication box or container.
- Use the health form to record the medication and explain why your child is using the medication.
- Our health officers expect that medication indicated on the health form will arrive with the camper. If a medication status changes, notify us in writing of that change.

Prescription Medication

- Must come in a pharmacy container with a legible label in the camper's name.
- Must be labeled with the camper's name, the name of the medication and current instructions for administration.

NOTE: Health Officers must follow labeled directions. If there is a change to your camper's medication, make sure the label correctly reflects that change, or please have your healthcare provider write a new prescription with the change of dosing and send that with your child. It must be signed and dated by the healthcare provider.

Over-the Counter Medication

- Must come in its original container with a legible label.
- Must have the camper's first and last name clearly written in indelible ink on the container but in a place which does not obscure label information.
- Must be appropriate to the age of the child with the proper dosing information.
- If different, please send your healthcare providers instructions, signed and dated by him/her.

Methods for Treating Common Problems

We are sensitive to the fact that there are different ways to treat common health problems. If your child is susceptible to sore throats, headaches, and/or upset stomach, and you have identified a treatment to which your child responds, please share that information with us by writing it on the health form. We may not be able to provide exactly the same treatment, but we will complement it as our practices allow.

Insulin and Other Injections

We expect that campers who use injectables (e.g. insulin injections, growth hormone shots) are capable of doing their own injection. Our Health Officers are not permitted to administer injections. Refrigeration, a sharps container and alcohol preps are available. Please send all your camper's medication and the necessary syringes with them to camp.

Immunizations

Immunizations, especially an up-to-date tetanus inoculation are important because your camper will be outdoors and in close proximity to other program participants. We recommend that campers are immunized; however, our program also recognizes that some choose not to immunize their children for various reasons. Please attach appropriate documentation to your child's health form if this is your position.

Communicable Disease

Please notify CYO Camp if your child is exposed to a communicable illness within the three weeks prior to arriving at camp. We are especially concerned about chicken pox, mumps, sore throat, colds and flu. We reserve the right not to admit campers who arrive ill or exposed to communicable disease.

Head Lice or Nits

Because our program has a "no nits" policy, if a child is found to have nits once they are at camp, you will be contacted to come pick up your child per our medical protocols. In addition, please instruct your camper not to share items such as brushes, hats, pillows, hair ties and clothing with other people.

HEALTH CHALLENGES OF SONOMA COAST SUMMERS:

As in any geographic area, program participants are exposed to risks associated with location. Our program has developed risk reduction strategies, and we rely on the help of parents and campers so these strategies are as successful as possible. Even then, there are no guarantees of success. Of particular note are the following:

- **Poison Oak** is part of our natural flora. Instruct your camper to keep to paths and tell a counselor or health officer about red, itchy patches of skin. Campers who participate in overnight camping have a greater risk of exposure to this obnoxious plant. If your camper is especially sensitive to poison oak, teach your child to identify the plant, advise the child to sit upwind during campfire programs and consider use of a barrier cream (talk with your pharmacist) as a preventive measure.
- **Dealing with mosquitoes** is part of our location. Especially active at dawn and dusk, there will be more mosquitoes when our weather is warm and wet. Help minimize mosquito bites by providing your child with an insect repellent. Teach your child how and when to apply their repellent.

Cabin counseling staff remind campers to put on repellent at various points throughout the day. Your child should talk with their counselor or our health officers if their repellent is not effective. While preventing bites is our goal, the Health Center has resources available during office hours to help ease itching.
- **Avoiding wood ticks** is sometimes hard, because both the common dog tick and the small deer tick are in our area. Teach your camper to do a daily "tick check." In particular campers should check their hair and hairline, groin, axillary area, back, and behind their ears. A tick that is merely crawling on a person poses little concern; those that attach to the skin should be removed. You

may teach your child to remove ticks that attach, but it is our preference that campers come to the Health Center to do so. Using an insect repellent is fairly effective in eliminating tick bites.

- **Avoiding sunburn.** Most of our activities are done outside so be sure your camper brings and knows how to use their sunscreen. At minimum, an SPF 30 product is recommended. We consider sunburn a preventable injury and will minimize this health risk as much as possible.
- **Dressing for the weather.** CYO Camp weather can vary from hot to quite chilly from sunny and warm to drizzly and damp. Your camper should bring everything recommended on the packing list, including rain gear.
- **Staying hydrated.** Talk with your child about drinking enough fluids. Outdoor activities are generally quite active, so drinking enough is a constant challenge and is the reason why a water bottle is on our packing list.
- **Eating enough at mealtime** is important. Some children don't understand that it's okay to ask for more food. Please talk with your camper and explain that counselors at their table will help them get more if they are hungry. They simply need to ask.

COMMUNICATING HEALTH ISSUES WITH PARENTS AND GUARDIANS

Our Health Officers and Village Directors will make every effort to contact you by phone if your child has need for out-of-camp health care. Because of timing and schedule conflicts we cannot promise that we will be successful in reaching you. The phone numbers you provide on your camper's health form will be used. Please make sure that we know how to reach you at all times during your child's stay.

We generally do not contact you if your child is seen in the Health Center for routine problems (e.g. skinned knee, sore throat, bee sting, headache, upset stomach). We will call if we have questions determined on a case-by-case basis by the Health Officer. If you would like us to do something different, attach a letter to your child's health form explaining your alternate plan.

A child's usual response when not feeling well is to tell the parent or guardian. Sometimes children at camp react the same way – they write a letter telling you how they feel and may not consider telling their cabin leader or our Health Officers. Talk with your child and explain that the counselors, staff, and Health Officers are there to help. Instruct your camper to tell these people about needs so care can be provided.