

TIPS FROM YOUR NURSES

We are fortunate to have nurses returning to camp this year with Northwoods/Pleasant Valley experience totaling more than 50 years. Each of us love camp and campers and our goal for the summer is a happy, healthy, safe, and growth and self-esteem building experience for each camper. This summer we would like to share some tips we believe will promote happy, healthy experiences.

1. **Dehydration** is common at camp especially when we get into hot July and August days. Symptoms of dehydration are often the same as symptoms of COVID. Headache, stomachache, nausea, vomiting and fever. Please stress to your camper the importance of drinking adequate fluids. I have found that I drink much better from a water bottle with a filter and straw. If you can identify what helps your camper to drink, please send it and please encourage him/her to speak up if the water bottle is misplaced. We keep a stock of clean water bottles in the health center and are happy to share when needed.
2. **Sunburn** can ruin several days of camp fun. Please send at least SPF 30 waterproof sunscreen and practice applying it at home so your camper doesn't forget his/her nose or shoulders when applying.
3. **Ticks and Lyme disease** remain concerns for campers. Please send insect repellent with DEET. Prior to camp, please talk with your camper about the importance of applying insect repellent before leaving the cabin in the morning, at rest hour, after swimming and before dinner. Please also discuss tick checks and the importance of seeing the nurse if a tick is embedded.
4. Please do not bring a camper to arrival day who is experiencing any **symptoms of illness**. Please feel free to contact your camp directors and nurses if you are concerned about your child's health. We do not want to risk exposing a whole cabin to illness and sending home 8 campers who will not get to enjoy this wonderful experience.
5. **Asthma** can be a challenge for campers. Please share your asthma action plan with us and bring your camper's peak flow meter, rescue inhaler with aero chamber or spacer. If your camper carries his/her rescue inhaler we will need a "permission to carry form" signed by a parent/guardian and the physician, the same as is required by school.
6. **Bed wetting (Enuresis)** is very disturbing and challenging for campers. If we are aware of the potential, counselors can help your child right from the start. Bed wetting becomes a problem when campers are embarrassed and try to hide urine-soaked pajamas or bedding in the cabin and the cabin begins to have an odor. One suggestion is to discuss the issue with your camper's physician and allow them to help you determine if a medication would

be helpful. Also, if you supply pullups, counselors will ensure that your camper is able to go to the bathroom to put it on and off privately and discreetly. Nurses often are unaware until the camper is tearful and asking to go home because he/she is suffering from embarrassment and anxiety that we could prevent with early intervention.

7. **Anaphylactic allergies** are one of our greatest concerns. If your camper has an EpiPen, please send 2 in the original prescription container/labeling. If your camper will carry his/her EpiPen, please bring/send a permission to carry signed by the parent/guardian and the physician, the same as required by school. We have liquid and chewable Benadryl.

8. All **Medications** including OTC must be in the original containers to be checked in with the nurse. All OTC medications should be sent to camp in a new unopened bottle. We must log every medication coming into camp including topical, nasal sprays, eye or ear drops, over the counter and prescription. Occasionally a medication may be kept with a camper, an example is a topical acne medication, but we must see all medications and will make the determination based on our nursing practice guidelines and regulations. We cannot give any prescription medication unless it is in the **original prescription container, in the camper's name with the correct labeling for dosing.**

9. **Sanitary Products** can be very personal, so please determine if they might be needed at camp and send campers with an adequate supply of what they typically use.

10. **Communication** between nurses and parents is very important to us. Please share with us your concerns and we will do our best to address them. If your child has a condition that may occur at camp, one that comes to mind is migraine headaches, please share your plan and usual treatments and accommodations so that we may implement them.

11. **Contracting an illness** at camp is an inherent risk of attending camp. We are not routinely testing for COVID.