



FERNWOOD COVE HEALTH CARE CENTER (*Nightingale*)

With your cooperation, our nursing staff in the Nightingale will make every effort to keep your daughter healthy and cared for during her camp stay.

Camper Health Form

It is mandatory that before any child is permitted in camp, our office must first have a current and completed Health Form on file. **The form should include any special health instructions as well as a clear and concise description of your daughter's health history.** Due to our litigious society and privacy acts, medical practitioners are providing limited information on these forms so we need your help to provide this important information. This helps our nurses make informed assessments and decisions. **Page 1 and 2** of the Health form **MUST** be submitted and signed by May 1, 2008, **Page 3** needs to be completed by your daughter's medical provider and returned by June 1, 2008. We need this lead time to properly record your child's information in our camp computer system so that the nurses can familiarize themselves with any needs your daughter may have. Secondly if the form is not signed, camp does not have the right to treat your daughter, even in an emergency situation.

Self-Administer Emergency Medication

The State of Maine has passed a law that affects all campers who need to have readily available (carry or possess outside of the regular supervision of the camp's health staff) and to self-administer emergency medication while at camp. The law establishes procedures to allow such access to emergency medication by those campers who have been diagnosed to be at risk for a potential medical crisis such as asthmatic attacks or allergic reactions. These medications include, but are not limited to, an asthma inhaler or an epinephrine (epi) pen.

If your daughter needs to, and you want to permit your daughter to have readily available and to self-administer an inhaler, an epi-pen or other emergency medication please email Jen@fernwoodcove.com and she will email you the procedure and the forms that need to be completed.

Immunization and Communicable Diseases

Please be sure your daughter has received her Tetanus and Polio immunizations prior to camp. Also, take precautions to keep your child from being exposed to communicable diseases at least three weeks before camp opens. **CAMP MUST BE NOTIFIED IN CASE OF DIRECT EXPOSURE TO ANY COMMUNICABLE DISEASES SUCH AS CHICKEN POX.** In addition please inform the directors if your daughter has suffered any health condition that could affect her wellbeing during the opening week of camp, for example if she has been on antibiotics.

Medical Services

The medical services at camp are excellent. We have a minimum of 2 nurses and a local physician's pediatric practice is on call. There are some differences between the health care at camp and the home situation. Because of the shortness of the camping season, concern about contagion, and a strong sense of obligation towards parents, we are especially cautious in treating every child. Therefore, we may act more quickly to x-ray a sprain or medicate a sore ear or throat than your physician would at home. Any time a child spends the night in the Nightingale, is in need of prescription medication, or has to visit the hospital, you can expect to receive a call from us. If your child writes to you about an illness that you have not heard about from the Camp Directors or nurses, please call the camp office for verification and to reassure yourself that your daughter is fine.

Insurance Information

Please provide your daughter's insurance information on the Health form provided and attach a copy of the card.

If your daughter needs medical services outside of what Fernwood Cove provides the health care provider will bill you and/or your insurance carrier. If needed, Fernwood Cove has

excess camper medical insurance for all enrolled campers (this will come into effect if your insurance has exceeded the limit). Please note that our insurance does NOT cover pre-existing medical conditions.

Medication

If your daughter takes medication on a regular basis and is traveling to camp via plane, bus or van, please mail enough of this medication to last the duration of the session at least one week before your daughter's arrival. If you are driving your daughter to camp you may deliver the medication to the Health Care Center on opening day. If you need to make other arrangements, please contact us.

Dispensing Medication

In order for our nurses to dispense medications to your daughter, please note the following policies:

- All medications must be in their original containers with labels. For example, pills in a plastic bag with a name on it or pills in a pill bottle without the original or pharmacy label will not be used under any circumstances.
- The indications for use and the dosage must be clearly written out.
- Prescription medicines will only be given as prescribed by a licensed physician. You will be notified either by one of the camp nurses or directors before your child is placed on a prescription of any kind.
- The pharmacy label on a prescription medication container will be accepted as proof that it has been prescribed for your daughter. Please don't change the directions or name by writing on the label - this will make it unacceptable. If the directions or name on the label are incorrect, please call the physician and have the prescription label changed or have a note written to the Fernwood Cove Health Care Center by the prescribing physician.
- All campers' medications must be kept in the Health Care Center. The only exception is self-administered emergency medication (Please review policy above).
- If any changes are made to your child's prescription immediately prior to camp please contact the directors.
- If your daughter is on supplemental vitamins that are not prescribed by a physician, please do not send them to camp. Our nurses can't be responsible for dispensing excess medication.
- We make every effort to give your child's medication as prescribed. Medication is dispensed at meal times or prior to bed time. If your daughter takes medication at a different hour please note your child must take responsibility for reporting to the Health Care Center (Nightingale) at these times.

Orthodontia

If your daughter has a problem with her orthodontia while at camp, we will notify you. We have found that most orthodontists are very particular about what is done to the appliance that they have crafted. Many would prefer the child wait until she returns home again before having an adjustment made. If your daughter comes to us in pain, of course we will get help for her as soon as possible.

If you are considering braces for your daughter, we recommend that you wait until after camp. Initial braces often need adjustments in the first few months. Your daughter will enjoy her time at camp more if none of it is spent in an orthodontist's office!

Eye-Wear

If your child wears eyeglasses or contact lenses, please send along an extra pair. Also, please make sure the prescription is attached to the medical form. Any repairs done to glasses will be added to your daughters account and be itemized on the final bill.

FERNWOOD COVE LICE POLICY

Head lice infestation is a persistent medical problem in any communal setting where children are in close contact. Each summer we take proactive measures to protect your children under our care, prevent the spread of lice and allow us to pursue the fun of camp life.

We need your help, vigilance and compliance with the following measures:

At Home Please:

- Read the information provided by the National Pediculosis Association (NPA) at www.headlice.org; learn to recognize lice, nits (lice eggs) and the symptoms of their presence.
- Check your daughter's hair now to become familiar with the process.
- **2 weeks before camp check your child's head.** If there is evidence of lice, consult your pediatrician for treatment, remove all nits, and notify camp so we may double-check her upon arrival.
- Check your child's head the day before departure for camp. If evidence of lice and/or nits, *delay her departure to camp* for medical reasons until all lice and nits have been removed.

At Camp:

- Staff will be carefully checked for head lice.
- Staff will be taught in pre-camp orientation how to detect symptoms of lice.
- Children arriving at camp will be screened for nits and lice before they enter their living space.
- Any child who arrives with nits/lice will be isolated from the group. Our health care staff will treat with over-the-counter products. We will call her parents to discuss and decide on one of 2 outcomes:
 - She may go home temporarily until all nits and eggs have been removed.
 - She may remain in camp and be asked to sleep in the Health Care Center until the infestation of nits/lice is under control.
- We will have periodic screenings throughout the summer, and your daughter will be thoroughly checked before she leaves for home.

We are confident that these measures will enable us to have a healthy summer!