

A HEALTHY CAMP BEGINS AND ENDS AT HOME!



A healthy camp really does start at home. Here are some things you can do to help your child have a great camp experience.

1. If your child is showing signs of illness such as running a temperature, throwing up, has diarrhea, nasal drainage and/or coughing/sneezing, keep the child home and contact your camp director. This greatly reduces the spread of illness at camp but also supports your child's recovery.
2. Teach your child to sneeze/cough in his/her sleeve and to wash his/her hands often while at camp, especially before eating and after using the bathroom. Teach your child to accompany hand washing with another behavior: keeping their hands away from their face.
3. If your child has mental, emotional, or social health challenges, talk with a camp staff member before camp starts. Proactively discussing a camp's ability to accommodate a child can help minimize - if not eliminate - potential problems.
4. Make sure your child has and wears appropriate close-toed shoes for activities. Talk with your child about wearing appropriate shoes to avoid slips, trips and falls that, in turn, can result in injuries such as sprained ankle.
5. Mornings can be chilly and afternoons get quite hot so make sure your child has the clothing needed to be prepared for the day. Child should have a bathing suit, towel, sunscreen, lunch, snacks, and water bottle each day. Teach your child how to apply his/her sunscreen.
6. Fatigue plays a part in both injuries and illnesses - and camp is a very busy place! Please be sure your child gets enough rest at night.
7. Talk with your child about telling their counselor or camp director about problems or things that are troublesome to them at camp. These helpers can't be helpful if they don't know about the problem.