

GENERAL HEALTH INFORMATION & MEDICATION POLICIES

Our Health Center team includes a charge nurse, ten nurses & two nurse assistants who are there to care for your child during their stay at camp. In addition to our on-site care team, we have 24/7 telehealth access to a licensed, Board Certified Pediatrician, Dr. Kimberlee Coleman through our partnership with My ePhysicians, PC.

Our partnership with My ePhysicians, allows our campers to see Dr. Kim when they need to...no waiting to schedule an appointment, no waiting rooms, no missing out on the camp fun!

Dr. Kim will evaluate and treat many common problems through real-time face-to-face video visits, including, but not limited to: earaches, strep throat, rashes, impetigo, sinus infections, minor injuries, and concussions.

OUR CHARGE NURSE



Anne Kirsner, BSN, RNC-OB, found her passion for nursing after making a career change involving less travel while raising her family. She currently practices as a Labor & Delivery nurse in her hometown hospital. Jealous of her kids' amazing experiences at LWC/GWC and missing her own childhood sleep-away camp adventures, Anne is thrilled at the opportunity to follow her children to their home away from home! Anne and her husband Eric reside in Highland Park, IL along with their three children. We are so fortunate to have Anne running our Health Center again this summer!

OUR TELEHEALTH PROVIDER WITH MY EPHYSICIANS



Kim Coleman, MD is a licensed, Board Certified Pediatrician with over 20 years of practice experience. She is a graduate of the University of Michigan Medical School and completed her residency training at St. Louis Children's Hospital at Washington University. Following residency, she worked briefly in Pediatric ICU and ER and supervised emergency transport flights. She practiced pediatrics in Traverse City, MI for several years before settling into her own practice in Bloomfield Hills, MI. Dr. Coleman has previously served as a camp physician for children with complex medical needs. Additionally, she has two daughters, both of whom have attended summer overnight camps.

Your tuition includes unlimited access to our e-Physician during your child's stay at camp. You will NOT be charged a co-pay and insurance will not be billed, unless your child needs outside or specialist care.

CAMPER MEDICAL & HEALTH HISTORY FORMS

- **Each camper is REQUIRED to have a completed physical examination before arriving at camp.** Physicals must have been completed within 12 months of your child's 2022 camp arrival date, per the American Camp Association.
- **Physician's Examination Form** must be completed and signed by your child's physician/PA/NP and is **DUE NO LATER THAN JUNE 1ST**. This form can be mailed to our winter office or uploaded to your CamplnTouch account. If there are any changes in your child's health after you send the form, please contact us. *If this form is not signed, we do not have the right to treat your child, even if it is an emergency.
- **Please make a copy of the Physician's Examination Form** for your records before you return the form to camp.
- **If your child has had a school physical during this time frame**, you MAY submit that form as long as it indicates clearance for Physical Education/sports and includes your child's immunizations. A parent will still need to complete the Health History Form online.
- If your child is NOT current on ALL IMMUNIZATIONS required for camp attendance, please contact us for further information. Campers age 11 and older are required to receive the Tdap Vaccine (Tetanus, Diphtheria, & Acellular Pertussis) AND the Meningococcal Vaccine.
- Please upload a copy of your child's COVID-19 Vaccination Record Card in your camper's [CamplnTouch account](#).
- If your child has diabetes please contact camp for an additional form that your doctor must complete.

INSURANCE INFORMATION

Medical care provided by any of the on-site camp nurses or Dr. Kim is included in the camp tuition. If your child needs outside medical care, parents/guardians are responsible for all expenses involved. The medical provider will bill your insurance company directly and invoice you for any expenses not covered by your insurance.

Please fill out and complete the insurance section on the Health History questionnaire in your CamplnTouch account. If we have to obtain a prescription for your child, the local pharmacy will file claims for all prescriptions with your insurance company. They will charge the co-pay to us and in turn we will bill you for anything your insurance does not cover.

MEDICATIONS AT CAMP

We REQUIRE all prescription and non-prescription medications to be ordered and dispensed by CampMeds. This includes “as-needed” medication that is not taken daily.

To meet the needs of our campers who require medication and to comply with strict state regulations regarding medication dispensing for summer camps, we work with CampMeds Inc., a pre-packaging medication program.

Medications are individually packaged by CampMeds and sealed according to date and time of administration. **This method of dispensing medicine during camp minimizes potential errors, ensuring that every camper gets the correct medication and dosage, at the right time, on the right day.**

FAMILIES ARE REQUIRED TO USE CAMPMEDS FOR:

- ALL Prescription medication (both daily and as-needed)
- ALL Non-prescription medication such as allergy medication (both daily and “as needed”) including melt tabs.
- ALL Vitamins. For specialty vitamins/supplements, email CampMeds to confirm they can be provided. **Gummy vitamins/medications will NOT be administered. Please ask your doctor for an alternative chewable or melt tab medication to replace the gummy.**



THERE IS A \$100 FEE CHARGED TO FAMILIES WHO DO NOT ABIDE BY OUR MEDICATION POLICY. THIS FEE IS CHARGED PER MEDICATION.

In addition, medications that are sent with campers on opening day that are not authorized will not be administered for 48 hours.

Our Health Center stocks OVER THE COUNTER medications such as Tylenol, Advil, Benadryl, Claritin, TUMS, Imodium, etc. There is no need to have CampMeds dispense typical OTC medications unless taken daily.

If your camper will be taking medication at camp this summer, please read the CampMeds information & FAQ's included in this mailing and go online to the CampMeds website: www.campmeds.com to register your camper.

We require 100% participation in CampMeds for all campers taking medication at camp. We will not be accepting medications that arrive with campers on opening day. The only exceptions to this policy are antibiotics or a short-term prescription that was prescribed RIGHT before camp, or the exception medications outlined above. Please notify us at directors@lwcgwc.com if your child has been prescribed a short-term med right before camp.

MEDICATIONS AT CAMP (CONT.)

CampMeds works with most insurance companies. If for some reason, CampMeds is not able to fill your prescription due to insurance, they will notify you. Please forward the email you receive from CampMeds to us at directors@lwcgwc.com and we will contact you for further information on how to get your child's medication to camp.

THE ONLY CAMPMEDS EXCEPTIONS:

- Accutane
- Birth Control Pills
- Injections (growth hormones, Epipens, insulin, etc.)
- Refrigerated medications

These are the ONLY exceptions!

If your child takes any medications on "The Only CampMeds Exceptions" list above, please do the following:

1. Fill out the "Medication Exception Form" found in your CampInTouch account.
2. Mail the Medication Exception Form WITH your child's medication to arrive at camp one week prior to your child's session.
3. Any exception medications must be mailed in original bottles or packaging with dosage notes clearly marked. Please make sure medications do not expire during your child's camp session.
4. If your child takes other medications that are NOT on the exception list, you must order those medications through CampMeds.

HOW WE DISTRIBUTE MEDICATIONS AT CAMP

According to state law, ALL medications (prescription and non-prescription) must be kept in the Health Center. The only exceptions are emergency meds outlined in the "Emergency Medication" section below.

DAILY MEDICATIONS will be distributed at mealtimes outside the dining hall.

- Medications should be timed to be taken at mealtimes except for Growth Hormone Injections, Sleeping meds, and Enuresis meds.
- Meds that are taken twice a day will be given outside the dining hall at breakfast and dinner.
- Routine allergy medications and asthma medications ordered for the evening will be given at dinner.
- Allergy or asthma medications marked for bedtime administration may be administered instead at dinner under the discretion of the Charge Nurse and/or Camp Director per our camp policy.

***If your child takes any of the Exception Medications while at camp you MUST fill out the MEDICATION EXCEPTION FORM found in your CampInTouch account.**

MEDICATIONS AT CAMP (CONT.)

If it is medically necessary to dispense your child's meds other than at mealtimes, your doctor must write a specific time on the prescription for CampMeds. This includes medication taken at bedtime.

You are responsible to check that your child's prescriptions are written correctly by the doctor.

AS NEEDED MEDICATIONS will be distributed only if your child goes to the health center and requests them.

IMPORTANT INFORMATION ABOUT EPIPENS & EMERGENCY MEDICATION

If your child has food or other allergies that require an Epinephrine injector, EpiPen, or Auvi-Q at camp, please do the following:

1. Fill out the **FARE EMERGENCY CARE PLAN** that may be accessed through your CampInTouch account and must be signed by your child's physician. If your child already has an emergency action plan for school, you may send that plan instead of filling out a new one.
2. Upload to CampInTouch or mail the FARE Emergency Care Plan by June 1st.

EMERGENCY MEDICATION such as Epipens and Rescue Inhalers (Pro-air, Albuterol, Ventolin) may be kept with the camper IF your doctor feels it is necessary. We must have a doctor's note on the Physician's Examination Form for your child to carry their Epinephrine or keep it with them. If they need to carry their EpiPen, we recommend that you send a fanny pack or some type of bag for them to carry their EpiPen and plan in while at camp.

You must send an additional rescue inhaler one week before your child's session be kept in the Health Center for emergency use and trips. Camp is not responsible for medications kept in the cabin that are lost or become ineffective related to storage in hot cabins.

All emergency meds MUST HAVE A PRESCRIPTION LABEL FOR THE INDIVIDUAL CAMPER accompanying it.

Please make sure that your child's EMERGENCY MEDS HAVE NOT EXPIRED, as we are unable to administer expired medications.

NEBULIZERS ARE AVAILABLE in the Health Center for your child's prescribed medication to be administered. You must still send the medication. We have tubing & mouthpiece setups to use at camp. Camp will not administer routine nebulizer treatments. Treatments will be administered if camp health staff deem necessary and can be safely administered.

ORAL IMMUNOTHERAPY (OIT) If your child is participating in OIT for their allergies, please notify the camp as soon as possible. We have very specific policies and procedures in place at camp for OIT to ensure safety for all campers.

HEALTH CENTER COMMUNICATION & MENTAL HEALTH

HEALTH CARE COMMUNICATION AT CAMP

If a camper is seen, treated, and continues to participate in camp activities we do NOT call home.

You can expect a call from Camp if...

- Your child is not feeling well AND spends the night in the Health Center. We will notify you either that day or the next morning, depending on what time the nurses admit your child to the health center.
- If it is necessary for your child to see a doctor or physician assistant, you will be notified of their visit, diagnosis, and treatment ordered within 24 hours.

Just like a doctor's office at home, our Health Center has "office hours" when campers can be seen by our nursing staff if it is not an emergency. For example, if a camper has a stomach ache or earache. Of course, our nurses are always available if a camper needs to be seen immediately.

Please remind your child to tell an adult if they are not feeling well at camp. Reassure them that it is our job to help keep them happy AND healthy during their time at camp.

MENTAL, EMOTIONAL & SOCIAL HEALTH

While the camp experience is therapeutic in nature, Lake of the Woods & Greenwoods is not a therapeutic program. We train our staff to help foster social skills, relationships, and personal growth. It is important for families to have realistic expectations in terms of the support we are able to provide.

We do not have social workers or therapists on-site but encourage scheduling calls/Zooms with your child's provider to ensure support and continuity of care during their time at camp.

Please reach out to Dana Kite to schedule calls with your child's mental health provider or to discuss any significant changes in your child's health & well-being.

MISCELLANEOUS HEALTH CENTER INFORMATION

DENTAL & ORTHODONTIC CARE AT CAMP

We recommend that all campers visit their orthodontist and their dentist before coming to camp. The orthodontists we work with within Michigan are not willing to do major repairs. They will do what they can to make sure your child is comfortable until they return home and see their own orthodontist. Parents will be billed for any charges for orthodontic and dental visits.

COMMUNICABLE DISEASES & IMMUNIZATIONS

We ask that you let us know prior to your child's arrival if your child has been treated for mono, strep, chickenpox, shingles, COVID-19, or any communicable disease within 3 weeks of the start of their session. You can call or email us at nurse@Lwcgwc.com.

If your child is NOT current on ALL IMMUNIZATIONS required for camp attendance, please contact us for further information. Campers age 11 and older are required to receive the Tdap Vaccine (Tetanus, Diphtheria, & Acellular Pertussis) **AND** the Meningococcal Vaccine.

TRIPS OUT OF CAMP

If your child is out of camp when it is time for his or her daily medication, the Trip Leader will administer the medication. As needed medications including inhalers, Epipens, Glucagon, diabetes supplies, and prescription migraine medications will also be sent with the Trip Leader to administer in the event your child needs them when off campgrounds.

TICK AND MOSQUITO PREVENTION

We partner with Ivy Oaks Analytics, a public health company that specializes in the control of ticks, mosquitoes, and poison ivy at large campgrounds, parks, and summer camps.

Although this has never been a major issue at Lake of the Woods & Greenwoods, we feel strongly that we do everything in our power to reduce the risks associated with ticks, mosquitoes, and poison ivy. The process Ivy Oaks uses includes ongoing tick population measurements, landscape modification, natural control methods, and more. Lake of the Woods & Greenwoods is proud to be one of the few camps nationally with an advanced public health standards certification secured by implementing this program. Please be sure to pack your camper with Deep Woods Off, or another repellent that contains DEET. We have found this to be most effective for prevention.

LICE

Unfortunately for us, head lice do not take summer vacations! According to statistics, incidences of head lice increase during the summer months when kids spend a quantity of time in close proximity at camp.

Over the years, we have found that most cases of head lice are brought to camp from home. On the first day of each session, our nurses perform head checks on every camper and counselor. We also do a mid-season check for all 4-week campers. Early detection is the key to controlling any situation.

To prevent the chance of lice being brought to camp, we ask that parents do the following:

- Starting 4 weeks before your child's session, begin checking your child for lice. Use a comb to part the hair in one or two-inch sections and look for lice and nits (eggs). If you find any, call your pediatrician and ask if he or she recommends an over-the-counter treatment or prescription treatment. If you are uncertain how to check for lice, consult your pediatrician or contact a professional lice company. There are many professional lice companies that charge a nominal fee for a very thorough head check.
- Educate your child about lice. Be sure they understand not to share hats, headbands, hair clips, combs, brushes, ponytail holders, towels, headphones, etc.
- Watch for signs of an infestation that include scratching or fiddling with the hair.
- Stop infestation from spreading. If your child gets lice, inform friends and family to prevent further infestation.

If your child, or anyone in your household, has had lice within one month of his or her camp session, you must inform us. We will keep this information confidential. This will enable us to periodically check your child, privately and discreetly, and treat them again if needed before it is spread to others. Campers found to have lice or nits on opening day will be treated under our Standing Orders and isolated in the Health Center until treatment has been completed and nits removed as time allows. This may necessitate your child spending the night in the Health Center.

Please help us by cooperating and communicating. It will be the key to helping to prevent an outbreak at camp. For more information on lice, please visit www.headlice.org