



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, skin rashes, 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 resides in Highland Park, IL along with her three children, all of whom spend their summers at camp as campers and staff. We are so fortunate to have Anne running our Health Center!

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 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 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 camp arrival date, per the American Camp Association. This form can be uploaded to your CamplnTouch account. If there are any changes in your child's health after you send the form, please contact us. You should use your state's health exam form as long as it indicates clearance for Physical Education/sports and includes your child's immunizations.
- Health History Form** must be submitted online through CamplnTouch and must be completed by June 1st. A parent or guardian e-signature is required when submitting the Health History. *If this form is not submitted, we do not have the right to treat your child, even if it is an emergency.
- Please fill out and **complete the insurance section** on the Health History form in your CamplnTouch account.
- 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.
- Register with Medicine Tree Pharmacy if your child will take any medications, vitamins or supplements while at camp.
1st Session campers need to register by **Friday, May 17th.**
2nd Session campers need to register by **Friday, June 14th.**

MEDICATION POLICIES

Per the American Camp Association, the term "medication" applies to ANY substance a person might use to maintain and/or improve their health. This includes vitamins, herbals, supplements, and other remedies.

We REQUIRE all prescription and non-prescription medications to be ordered and dispensed by Medicine Tree Pharmacy. This includes "as-needed" medication that is not taken daily.

In order to comply with strict state regulations regarding medication dispensing for summer camps, we work with Medicine Tree Pharmacy, a pre-packaging pharmacy located near camp. Medications are individually packaged and sealed according to date and time of administration.

FAMILIES ARE REQUIRED TO USE MEDICINE TREE PHARMACY 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 (including melatonin). For specialty vitamins/supplements, email Medicine Tree Pharmacy 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.**

We require 100% participation in Medicine Tree for all campers taking medication at camp.

FAMILIES WHO DO NOT ABIDE BY OUR MEDICATION POLICIES WILL BE CHARGED A \$100 FEE FOR EACH MEDICATION. In addition to our fee, medications that are sent with campers on opening day that are not authorized will not be administered for 48 hours.

Please read the Medicine Tree information included in this mailing and go online to the Medicine Tree website: <https://medicinetreepharmacy.com/campers> to register your camper.

THE ONLY MEDICINE TREE PHARMACY EXCEPTIONS:

The only exceptions to this policy are: antibiotics or short-term prescriptions that were prescribed RIGHT before camp, or the medication exceptions outlined below. Please notify us at nurse@lwcgwc.com if your child is prescribed a short-term med right before camp.

If your child takes medications on the exceptions list below, please login to your CampInTouch account, download and complete the "Medication Exception Form," and follow instructions outlined on the form.

Accutane, Birth Control Pills, Injections (growth hormones, Epipens, Insulin, etc.), and Rescue Inhalers.

Our Health Center stocks OVER THE COUNTER medications such as Tylenol, Advil, Benadryl, Claritin, TUMS, Imodium, etc. There is no need to order through Medicine Tree unless taken daily.

HOW WE DISTRIBUTE MEDICATIONS

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 on the next page.

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 Medicine Tree. This includes medication taken at bedtime.

You are responsible to ensure 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.

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 and asthma medications ordered for the evening will be given at dinner.
- Allergy or asthma medications marked for bedtime may be administered instead at dinner under the discretion of the Charge Nurse and/or Camp Director per our camp policy.

NEBULIZERS ARE AVAILABLE in the Health Center for your child’s prescribed medication to be administered. You must still provide 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.

MELATONIN POLICY

Due to new guidance and adverse findings regarding melatonin use in children, we will NOT administer melatonin to any campers without a prescription from their doctor. Melatonin MUST be must be ordered through Medicine Tree Pharmacy.

As a reminder, gummy vitamins/medication will not be administered under any circumstance.

ALLERGIES & EMERGENCY MEDICATIONS

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:

- Fill out the **FOOD ALLERGY AND ANAPHYLAXIS 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 submit that plan instead of filling out a new one. Upload to CampInTouch by June 1st.

EMERGENCY MEDICATION such as Epipens and Rescue Inhalers (Pro-air, Albuterol, Ventolin) must be turned into the health center. If your doctor feels it is necessary that your camper carries their emergency medication on their person we must have a doctor's note. We recommend that you send a fanny pack or some type of bag for them to carry their medication and action plan while at camp. Emergency medications may not be left alone in the cabin and must be with your child at all times.

You must send an additional rescue inhaler one week before your child's session to be kept in the Health Center for emergency use and trips. This inhaler can be sent via Medicine Tree or by mailing it to camp with the Medication Exception Form. 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.

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

HEALTH CARE COMMUNICATION POLICIES:

You can expect a call from Camp if...

- Your child spends the night in the Health Center. We will notify you either that evening 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.

You should NOT expect a call if...

- Your child goes to the health center and is given medication or treated for minor cuts, bites or bruises.

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. 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. Reassure them that it is our job to help keep them happy AND healthy during their time at camp.

If you need to speak to a member of our health care team while your child is at camp you must call our main office at 269-423-3091.

If you need to speak to a nurse and your child is not yet at camp, please email our nurses at nurse@lwcgwc.com and they will call you at their earliest convenience.

MENTAL HEALTH

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 call our office to schedule calls with your child's mental health provider, or to discuss any significant changes in your child's health & well-being.

OTHER 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 in 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 and emergency 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 camp grounds.

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 and 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