

Health Center

Please make sure that we have a current medical form for your camper that is signed and completed by her doctor. You can download a copy in the Secure LOGIN section of our website at www.campillahee.com. **CAMPERS WILL NOT BE ALLOWED TO REMAIN AT CAMP WITHOUT A COMPLETED AND SIGNED HEALTH FORM.** The nurse is also responsible for dispensing medications, including non-prescription drugs. **All medications brought to camp must be in original bottles with a legible prescription, dosage instructions and the name of the prescribing physician. We cannot alter prescription dosage instructions based on a parental request. It must come from the doctor!** All medications must be submitted to the nurses on opening day at the Wishing Well (Infirmary) for safekeeping and dispensing to your camper including over the counter medications.

*In order to make your Opening Day routine flow more smoothly, please use the following information to prepare for and expedite your visit to the Wishing Well (Infirmary).

Make sure all medications brought to camp are in original bottles with a legible prescription, dosage instructions and the name of the prescribing physician.

Using a sharpie marker, label all packages and bottles (example: inhalers, eye drop bottles, tubes of ointment or creams, medication bottles without a prescription label) with the camper's first and last name.

Place all medication bottles and or tubes together in a clear ziplock bag labeled in sharpie marker with the camper's first and last name.

Print out and complete the highlighted areas of the medication card on the last page of this document with medication details and times to be administered.

If your camper occasionally needs one of the following over the counter medications that we stock in the infirmary, there is no need to bring it to camp!

Campers are not allowed to keep any type of medicine in their cabins. ALL medications (with the exception of inhalers for asthmatics and prescription dermatological creams) including aspirin and vitamins, must be kept in the health center. The health center is stocked with the following over-the-counter medications, and treatment procedures from our camp physician will dictate their use: Motrin and Tylenol (fever and pain reducer), Benedryl (anti-itch), Zyrtec (anti-histamine), Neosporin (topical antibiotic), Hydrocortizone cream (topical anti-itch), Tums (gas relief), Miralax (constipation/fiber supplement), Sudafed (decongestant), Mucinex/Delsym (cough suppressant), swimmer's ear medicine and throat/cough lozenges. Epinepherine (used for anaphylaxis) is available for emergency first-aid treatment.

Illahee has registered nurses on staff, and a local pediatrician is available to consult and see campers in his office. Parents will be notified by phone and billed accordingly if a camper visits

the doctor's office, spends the night in the health center, or has recurring visits to the medical staff. If the doctor's office or pharmacy is unable to submit claims directly to your insurance company, we will forward receipts for your use in filing insurance claims.

Screening campers for lice as well as other health concerns is a routine part of opening day. Though uncommon, children with lice must be treated prior to joining their cabin group. While not a health risk, lice pose a huge inconvenience. It is critical to check your daughter's head prior to camp and to be sure to treat any lice or nits prior to coming to camp. Please let us know if she or a sibling has been treated within two months of camp. You will find detailed information on our website at www.campillahee.com/documents/headlice.pdf.

