

WINONA CAMPS - HEALTH TIPS

FORMS

- Take the time to complete the entire health form. The information you and your doctor provide will help us give proper care to your child if medical attention is needed.
- A current health history is needed from the parent. Additionally, a doctor's or nurse practitioner's physical or "well child check" must be completed in the space provided, or attached to the camp form. This exam must be dated within 24 months of camp.
- It is not too early to book an appointment. Medical personnel are busy with camp appointments in the spring time.
- A copy of the camper's immunization record, from your health care provider, must be attached to the health form. It is not sufficient to write "Up to date" or "See last year." If a tetanus shot has not been given in the last 10 years, consult your physician.
- A copy of the FRONT and BACK of the camper's insurance card, along with the guarantor's date of birth, is a required for our local physicians.
- Mail completed health forms by June 1. Our nurses need time to review the forms before camp starts. Make a copy of your son's completed form for your records.
- Winona must have a completed and signed health form for each camper. Campers may not participate in trips or out-of-camp activities without a signed health form.

UPDATES

- Recent changes, such as exposure to communicable disease or revisions in medications, should be reported upon arrival at camp. Parents can send a note or an email if they will not be accompanying the camper to the Health Center for first day screening.
- The nurses at the Winona Health Center or a Winona Director will contact you via email if your son has spent overnight in the Health Center or has to have an appointment with our camp physician, or advanced medical care for any reason. Basic health care will be charted in your son's file but will not initiate an email home (i.e. common injuries – minor abrasions, sprains, runny nose, etc.).

MEDICATIONS

- All medications must come with clear instructions stating the name, dose and schedule, in English. Medications must be in an original, labeled container. Medications re-packed in baggies or other containers will not be administered. Homeopathic treatments will not be administered. Clearly state the reason your child is taking the medication.
- Campers bringing "rescue" inhalers (Albuterol, Ventolin, etc) or an epinephrine auto-injector should bring at least two. One will be kept in the unit Wiggy for easy access, and another in the Health Center to be packed out for trips. Campers who need to carry one of these rescue medicines with them at all times will need to fill out special forms, as is required by Maine law (see page 2 for further information).

NECESSITIES for GOOD HEALTH at CAMP

- Boys should pack sunscreen, bug repellent (no aerosol cans, please) anti-itch cream, and a personal water bottle. Bug repellent containing DEET or picaridin are believed to offer the best protection.
- If your child wears eyeglasses, consider sending 2 pairs of eyeglasses and straps to prevent lost glasses during sailing or other activities.

TO: Parents of children dependent on Epi-pens and inhalers

RE: State of Maine law for self-administering *emergency* medications

FROM: Winona Camps

DATE: Winter/spring 2019

If your child uses an asthma inhaler, epinephrine auto-injector or other *emergency* medication it is important for you to be aware of Maine State law.

Our usual procedure at Winona is to ask parents to send two inhalers or two epinephrine auto-injector if these have been prescribed for your son. One of the two emergency medications is kept in the Health Center for easy access and to be packed-out on trips in the first aid kit. The other is kept in the unit Wiggy, under staff supervision.

However, there are certain situations, designated by your son's physician, when a camper keeping his emergency medications with him (i.e. on his body at all times) is the better option.

To comply with State Law 2496, all Maine camps are required to have a written policy authorizing campers to have readily available and to self-administer such emergency medications where the following conditions are met:

- A. Any camper who self-administers emergency medication must have the prior written approval of the camper's primary health care provider and the camper's parent or guardian; and
- B. The camper's parent or guardian must submit written verification to the camp from the camper's primary health care provider confirming that the camper has the knowledge and the skills to safely self-administer the emergency medication in camp; and
- C. The camp health staff must evaluate the camper's technique to ensure proper and effective use of the emergency medication in camp; and
- D. The emergency medication must be readily available to the camper.

If you want your son to be able to self-administer and carry his medications with him, you and your camper's primary health care provider must provide written approval. Please contact us for these forms by emailing information@winonacamps.com or by calling (207)647-3721. All forms should be submitted by June 1.

If having one of your son's inhaler/epinephrine auto-injector located in the Health Center and the other in the unit Wiggy is appropriate, then you do not need to request these additional forms.

Thank you in advance for helping us comply with this law. As always, please call with any questions or concerns.