



## HEALTHY CAMP BEGINS AND ENDS AT HOME!

*A healthy camp starts 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 Camp Joy. This greatly reduces the spread of illness at camp but also supports your child's recovery.
  - a. Camp Joy reserves the right to not admit those who do not pass a health check prior to camp check in
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 toileting. If you really want to achieve impact, 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, please contact Camp Joy before camp starts. Proactively discussing Joy's ability to accommodate a child can help minimize – if not eliminate – potential problems.
4. Should your child need a particular nutrition plan because of allergies, intolerances or a diagnosis (e.g., diabetes), note these on the Health History form.
5. Make sure your child has and wears appropriate close-toed shoes for activities and that your child understands that camp is a more rugged environment than the sub/urban setting. 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.
6. Send enough clothes so your child can dress in layers. Mornings can be chilly and afternoons get quite hot.
7. Fatigue plays a part in both injuries and illnesses – explain that camp is not like a sleepover; they need to sleep, not stay up all night!
8. Remember to send sunscreen. Teach your child how to apply his/her sunscreen and how often to do so.

9. Send a reusable water bottle. Instruct your child to use it and refill it frequently during their camp stay. Staying hydrated is important to a healthy camp experience, something your child can assess by noting the color of their urine (“pee”); go for light yellow.
10. Talk with your child about telling their counselor, the nurse or camp director about problems or things that are troublesome to them at camp. Camp Joy can be quite helpful as children learn to handle being lonesome for home or cope with things such as losing something special. These helpers can’t be helpful if they don’t know about the problem – so talk to them.
11. Should something come up during the camp experience or afterward – you see an unusual rash on your child or the child shares a disturbing story – contact the camp’s representative and let them know. Camps want to partner effectively with parents; sharing information makes this possible.

***Want to learn more?***

Visit <https://www.campnurse.org/> or contact Camp Joy at 513-630-0260

Be safe and healthy so you can come to camp. We can’t wait to see you!

In camp spirit,

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