

Effective Date: March 1, 2025

Hello Parents, Campers, Counselors and Staff

The health, safety and well-being of campers, counselors and staff is always a high priority at Camp Harlow. Our objectives are to provide an *awesome camp experience* while individually assessing and supporting each person's physical & mental health, and slowing the spread of communicable disease thereby protecting campers, their families, staff, and our communities.

Camp Harlow abides by the Oregon Health Authority (OHA), the Center for Disease Control (CDC) and Lane County Public Health (LCPH) guidelines. We continuously review and update our health-related plans and procedures.

How will your child stay well at Camp Harlow?

The short answer: A great camp experience begins at home!

Please Scroll thru or use these Bookmarks: Hit Ctrl Click to Read that Section

- Pre - Camp
 - [Healthy Camp Harlow Experience](#)
 - [Stay Home if you Any Signs or Symptoms of illness](#)
 - [Teach How to Protect Self from ALL Communicable Diseases](#)
 - [Lice Checks for Overnight Camp](#)
 - [Important Pre Camp Discussions: Homesickness](#)
 - [Important Pre Camp Discussions: Report Concerns](#)
 - [What to Bring to Camp: Meds in Original Bottles, Clothing, Sun Screen, Reusable Water Bottle](#)
- During Camp
 - [Screening of Campers and Counselors](#)
 - [Prevention](#)
 - [Assessment and Treatment by Nursing Ministry](#)
- Post Camp
 - [Please Let Us Know](#)

What you can do to help have a Healthy Camp Harlow Experience:

1. Please Register or apply to work at camp online now.

- a. Thoroughly **fill out the Medical Form** in your online registration. The more we know about, the better we can care for your child and the camp community.
 - Should your child need a particular nutrition plan because of allergies, intolerances or a diagnosis (e.g., diabetes), note these on the Medical Form
 - If your child has mental, emotional, social or behavioral health challenges, document on the Medical Form. Feel free to call and talk with a camp representative before camp.
 - Proactively discussing a camp's ability to accommodate a child can help minimize – if not eliminate – potential problems.

Effective Date: March 1, 2025

- b. Every volunteer and employee, please fill out Medical Form online as soon as hired.

2. Stay home if you any signs and symptoms of illness.

- New Cough
- Fever of 100.4 or higher
- Sore Throat
- Headache
- Congestion/Runny Nose
- Fatigue
- Muscle or Body Ache
- Chills
- Diarrhea
- Nausea and/or vomiting
- Shortness of Breath
- Other

3. Teach your child how to protect themselves from ALL communicable diseases.

We all have an inherent risk of catching any communicable disease. *The best way to prevent illness is to avoid being exposed.* To prevent infection and/or slow transmission, do the following:

a. Hand Hygiene

- **Wash your hands often** with soap and water for at least 20 seconds especially after blowing your nose, coughing, or sneezing or using the rest room
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands, front and back, and rub them together until they feel dry
- **Avoid touching your eyes, nose, and mouth** with unwashed hands

b. Cover coughs and sneezes

- Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow
- Throw used tissues in the trash and immediately, then wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol

c. Maintain about six feet distance between you and people coughing or sneezing. Keeping distance from others is especially important for people at higher risk of getting very sick

d. Do not share personal items with others, even if just wanting to be nice

- e. Fatigue plays a part in both injuries and illnesses – and camp is a very busy place!
If your child is going to a day camp, be sure they **get enough rest** at night. If the child will be at overnight camp, explain the need to sleep to stay healthy and have a good time at camp.

4. Screening:

- a. Consider lower risk activities and individual contacts for 10 days prior to camp to decrease any chance of illness, **especially for overnight camp.**
- Avoid crowds. The more people you are in contact with, the more likely you are to be exposed to a communicable disease.
- b. **If you are coming to overnight camp, please.**
- Do a lice check 3 days prior to overnight camp - [How to do Lice Check](#)

Effective Date: March 1, 2025

- AND [do a lice Check before coming on the day of camp](#)

5. Vaccination Status and Testing

- a. The American Academy of Pediatrics strongly recommends on-time routine immunization of all children and adolescents according to the Recommended Immunization Schedules for Children and Adolescents. [American Academy of Pediatrics Recommended Immunization-Schedules](#)
- b. Center for Disease Control recommends everyone to be Up to Date on their COVID-19 Vaccinations [CDC Stay Up to Date](#)

6. Important Discussions Prior to Coming to Camp

- a. **Homesickness Prevention:** Talk to your child and set expectations about being away from home:
 - Missing home is very normal for about 90% of us – at any age
 - Research shows that 80% of the time, it has to do with one's attitude or expectation about being away from home AND their previous experience being away from home
 - [Practice and Prepare](#) for feelings of missing home or their pet or something special:
 1. If able, provide your child with an overnight experience prior to coming to camp
 2. Talk with them about how normal it is to miss home. Create positive expectations and provide ideas in how to succeed. Give ideas about:
 - i. How to make friends
 - ii. What are some coping strategies
 - iii. How to keep in touch with home with a Letter Writing kit to send letter home
 - iv. Share a story of your own experience and how you overcame the emotional hurdle of home sickness.
 - v. Encourage them to reach out to staff person
 - vi. Help them understand how long (or short) of a time they will be away from home.
 3. Please do not promise to come and rescue them, or that they can call home whenever they want to if they get homesick, instead give the message of confidence that they can do it and the staff will be there to help you.
- b. **Report Concerns:**
 - Please talk with your child about telling their counselor, the nurse or camp leaders about problems or things that are troublesome to them at camp.
 - i. These camp professionals can be quite helpful as children learn to handle the many feelings that come up at camp.
 - ii. Let them know, we are unable to help if we don't know about the problem – so encourage them to let us know.

7. What to Bring to Camp

- a. **Bring any medications, supplements, essential oils or home remedies in the original bottle** and be ready to turn in all medications, including over the counter, to the Nurse on first day of camp.

Health at Harlow

Effective Date: March 1, 2025

- b. **Adequate and Appropriate Clothing**
 - Make sure your child has and wears appropriate **close-toed shoes** and understands that camp is a more rugged environment and wearing appropriate shoes to avoid slips, trips and falls that, in turn, can result in injuries such as cuts, abrasions, strains and sprains.
 - Send enough clothes so your child can **dress in layers**. Mornings can be chilly and afternoons get warm. Dressing in layers allows your child to remove clothing as it warms up or cools down.
 - Bring warm sleeping apparel.
 - Please **pack a jacket** and/or extra warm cloths and a blanket for overnight camp
- c. **Sun Screen**: Send sunscreen that your child has tried at home. Teach your child how to apply sunscreen and how often to do so.
- d. **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

8. Please let us know if your camper develops any signs or symptoms before, during or after camp so we can take important preventative measures to keep others healthy.

9. Come ready for a good time! We are so excited for you to be here at Camp Harlow!

Our job at Camp Harlow:

1. Strive to keep campers, counselors, staff and all our families well while your camper or you are at camp. Here are some of our important preventative measures.

- **Listen to our Campers and their parents as they come to camp their first day.**
 - Please let the Counselor, Nurse or Camp Leadership know important concerns
- **Screening at Registration and every day the individual enters camp**
 - We will ask anyone with ***any signs or symptoms of illness to stay home***
 - We will screen every counselor and camper coming on to camp, if they have:
 1. Any signs and symptoms of Communicable diseases to decrease the chance of transmission.
 2. Any current injuries, splints, casts, joint problems, bruising or skin abrasions to ensure we know how to care for them
 3. For Overnight Campers Only: we will do a Lice Check to decrease the chance of transmission of Lice to others

2. During camp

- Camp Harlow will utilize the Harlow Prevention Interventions to decrease the chances of any Communicable Diseases
 - Daily, each person on camp, will be monitored or **screened** for any signs and symptoms of Communicable Diseases.

Health at Harlow

Effective Date: March 1, 2025

- **Hand Hygiene:** Hand washing/sanitizing hands will be a part of the daily schedule and encouraged frequently
 - **Cover Your Cough Etiquette**
 - **Cleaning and sanitizing** will occur frequently during the day and at minimum daily. Camp activities will occur outside as much as possible.
 - We will use cabins with ventilation for restrooms whenever possible, to decrease need for using community restrooms
- **Nursing Ministry will:**
 - i. **Continually Assess and Support the Camp Environment for Safety**
 - ii. **Ensure your camper gets scheduled medications**
 - iii. **Assess, Plan and Provide care and treatment of illnesses, injuries, emotional support, etc**
 - If symptoms of illness occur, we will follow Standard Protocols for any communicable disease including the [CDC COVID Guidelines](#), if indicated, as a part of our assessment process.
 - In many situations, once symptoms occur and are assessed, the person will go home until symptoms have subsided and if fever was present, there is no fever for 24 hours without the use of medications.
 - iv. **Call parents if the situation warrants for example; serious injury or illness, when questions arise, etc**
 - v. **If there is a highly transmissible communicable disease**, Camp Harlow will follow the CDC recommendations as outlined in the CDC Community Risk Tool that helps communities decide what prevention steps to take based on the latest data in their community. Levels can be low, medium, or high and are determined by looking at hospital beds being used, hospital admissions, and the total number of new cases in an area.
 - vi. **Reporting:** We are required to report to the local public health authority any cluster of illness among campers, counselors, or staff

3. Post Camp

- **Please let us know if:**
 - Your camper becomes sick during or after camp.
 - Something comes up during or after the camp experience, like you see an unusual rash on your child or the child shares a disturbing story – contact the camp and let us know. We want to partner you; sharing information makes this possible.
- If a highly contagious communicable disease signs and symptoms are reported to us, we will contact persons the camper, counselor or staff member has come in contact with to decrease the potential of furthering transmission.

Thank you for your time in reading this!

Please feel free to email or call us if you have any questions.

Reference Documents Camp Harlow operates under

Effective Date: March 1, 2025

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| <ul style="list-style-type: none">• Oregon Health Authority<ul style="list-style-type: none">▪ Public Health Division - Chapter 333 Division 30 ORGANIZATIONAL CAMP RULES▪ Public Health Division - Chapter 333 Division 19 INVESTIGATION AND CONTROL OF DISEASES: GENERAL POWERS AND RESPONSIBILITIES | <ul style="list-style-type: none">○ Center for Disease Control and Prevention<ul style="list-style-type: none">▪ CDC.ORG (See Health Topics) |
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