**.157 (D) Care of Mildly Ill Campers & Procedures for Common Mild Illnesses**

**Care of Mildly Ill Campers**

* + - * Campers who are mildly ill will be escorted to the designated isolation area and then evaluated by the Health Care Supervisor.
      * Campers who are mildly ill who remain at camp will rest in the designated isolation area. The Health Supervisor will monitor the camper until they feel better or are picked up by parent or guardian.
      * A sheet will be given to the campers who are mildly ill but are not sent home during the camp day. This sheet will be brought home to the parent/guardian and it will list the symptoms and care procedures administered to the camper. This is intended to keep the parent/guardian up-to-date on the camper but not to call for all mildly ill occurrences.
      * This information will be documented in the medical log.
      * Parents will be notified if camper is unable to attend normal camp activities within 30minutes or sooner if condition warrants.

**Procedures for Common Mild Illnesses**

Sunburn

* + - * When a camper develops sunburn they should be directed to and monitored in a cool and shaded environment.
      * Make sure the camper is drinking plenty of fluids.
      * Once settled, place a cool compress on the sunburn to provide relief and moisture.

Bee Sting

* + - * For a known allergy, the health supervisor will help assist the camper administer epinephrine (their epipen).
      * Once the epinephrine is administered, BCPD should be called and the parents should be informed of the allergic reaction.
      * For a general bee sting, place a cool compress on the area and monitor the camper for shortness of breath, hives, or any other abnormal changes in camper’s health.

Headache

* + - * Have the camper lie down in a comfortable environment (Camp Isolation Room)
      * Make sure the camper is hydrated.
      * Use a cool compress if necessary.

Stomach Ache

* + - * Have the camper lay down in a comfortable environment (Camp Isolation Room), encouraging them to drink fluids and rest.
      * The health supervisor will monitor their appearance and symptoms watching for nausea and diarrhea.

Dizziness

* + - * Make sure camper is hydrated, encouraging the intake of fluids.
      * Ask the camper to lay down while monitoring the campers level of consciousness and general complaints.

Home Sickness

* + - * Comfort the camper as much as possible while trying to find out why they are home sick.
      * Help the camper feel more comfortable at camp, providing reassurance and guidance if necessary.

Dehydration

* + - * Have the camper rehydrating slowly.
      * Bring the camper into a shaded and cool environment (Camp Isolation Room).
      * Monitor camper watching especially for fever, dizziness, vomiting, and diarrhea.

Heat Exhaustion

* + - * Bring the camper into a shaded and cool environment (Camp Isolation Room).
      * Have the camper use a cool compress.
      * The health supervisor will monitor level of awareness and consciousness, and changes in general appearance.

Asthma

* + - * If the camper is prescribed a rescue inhaler – the health supervisor will assist the camper in using the inhaler, monitoring improvements for a minimum of thirty minutes after use.
      * Bring the camper away from the group preventing excess stress, while reassuring the camper by providing comfort and support.

Lice

* + - * When one camper has lice, all campers within that group will all be checked for lice by the health supervisor.
      * Once checked, all campers with lice will be sent home with instructions and information about over-the-counter lice treatments.
      * Once the treatment is completed and documented, the camper will be allowed to return to camp.

**Protecting & Caring for children with allergies**

* + - * This information as given by the parents on the child’s medical form will be highlighted. All camp counselors will be informed of such allergies as well as the Health Care Supervisor and Camp Director.
      * Staff will make every effort to ensure campers with allergies or other emergency medical information will be restricted to activities that do not aggravate allergy or medical condition.

**Communicable Disease Reporting**

Per Massachusetts State Sanitary code 105 CMR 430.157 Boston College is responsible for insuring that each case of any such communicable disease occurring at our camp is immediately reported to the local board of health.  The report will be made by the Camp Director. The report will include the name and home address of any individual in the camp known to have or suspected of having such disease.  Until action on such case has been taken by the Health Care Consultant, strict isolation shall be maintained.

**Reporting Outbreak of Disease**

The Camp Director will report immediately by telephone to local board of health and to the Massachusetts Department of Public Health each suspected case of food poisoning or any unusual prevalence of any illness in which fever, rash, diarrhea, sore throat, vomiting, or jaundice is a prominent symptom.

**Animal Control**

Warnings against approaching any animals (dead or alive) that may appear at camp (i.e. squirrels, skunks, dogs, birds, etc.) will be given as to prevent any enticement, irritations, bites or spread of illnesses (i.e. rabies, West Nile, etc.) by the animals. If a deceased animal is found in any area the camp director will be notified immediately and the Boston College Police Department and/or Animal Control will be notified.

If contact occurs between a person and a wild or stray animal, the wound or area of skin contact will be washed immediately with soap and water for at least 10 minutes. The Health Care Consultant will be notified as well as the local board of health and a decision whether to treat for rabies or any other illness will be made. If necessary the animal control officer will be notified to locate the animal.

**H1N1: Swine Flu**

The Boston College Recreational Day Camp will undertake strategies to monitor absenteeism, identify and dismiss campers who come to ill, and to implement measures to slow the spread of novel H1N1 (swine flue). The following prevention steps will be taken:

**Prevention**

*Hand Washing*

* Promote frequent hand washing with soap and warm water.
* Alcohol-based sanitizers are also available throughout the Flynn Recreation Complex.
* Hand washing sessions will be encouraged in between each activity and specifically when near a bathroom area.
* Hand washing will be required before and after any eating period.

*Cough Etiquette*

* Promote the covering of coughs and sneezes with a tissue or into one’s inner elbow.
* Individuals should wash their hands after a cough or a sneeze.
* Staff and campers should take note of places where people are in closest contact with one another. Adapt the areas to maximize space and when in doubt, go for an arm’s length of distance between people.

*Stay at home*

* Staff should stay at home if sick.
* Staff will encourage parent/guardian to keep campers at home if they are sick.
* Anyone with flu-like illness should stay home for 7 days, or 24 hours after their symptoms have gone away.

*Staying Informed*

* The Boston College Recreational Day Camp will stay informed on the latest developments of the novel H1N1 flu outbreak.
* The Camp Staff will use the Department of Public Health Website for updated information (www.mass.gov/dph/swineflu).

**Camper with H1N1 Symptoms**

If any case is suspected or reported, the local Board of Health will be notified. The parents/guardians will then be contacted so the camper may be removed from camp. If the parent/guardian is unable to pick up the child, the camper will be isolated from the rest of the group and cared for in the designated isolation area. All other campers and staff will be screened to determine if anyone else has been experiencing flu-like symptoms. The above prevention procedures will be intensified if a case is reported.

**COVID 19**

**COVID-19 symptoms**

* Fever (100.0° Fahrenheit or higher), chills, or shaking chills
* Difficulty breathing or shortness of breath
* New loss of taste or smell
* Muscle aches or body aches
* Cough (not due to other known cause, such as chronic cough)
* Sore throat, *when in combination with other symptoms*
* Nausea, vomiting,*when in combination with other symptoms*
* Headache,*when in combination with other symptoms*
* Fatigue,*when in combination with other symptoms*
* Nasal congestion or runny nose (not due to other known causes, such as allergies),*when in combination with other symptoms*

If a child is sent home with any of the above symptoms we will ask the parents to use an at home test to test the child for COVID-19 and inform us of the results.

We will then provide them with the info below.

* Quarantine is no longer required nor recommended for children or staff in these settings, regardless of vaccination status or where the exposure occurred. All exposed individuals may continue to attend programming as long as they remain asymptomatic. Those who can mask should do so until Day 10, and it is recommended that they test on Day 6 of exposure. If symptoms develop, follow the guidance for symptomatic individuals, below.
* Children and staff who test positive must isolate for at least 5 days. If they are asymptomatic or symptoms are resolving and they have been fever free without the use of fever-reducing medicine for 24 hours, they may return to programming after Day 5 and should wear a high-quality mask through Day 10:
  + If the individual is able to mask, they must do so through Day 10.
    - If the individual has a negative test on Day 5 or later, they do not need to mask.
    - If the individual is unable to mask, they may return to programming with a negative test on Day 5 or later.
* Symptomatic individuals can remain in their school or program if they have mild symptoms, are tested immediately onsite, and that test is negative. Best practice would also include wearing a mask, if possible, until symptoms are fully resolved. For symptomatic individuals, DPH recommends a second test within 48 hours if the initial test is negative.
  + If the symptomatic individual cannot be tested immediately, they should be sent home and allowed to return to their program or school if symptoms remain mild and they test negative, or they have been fever-free for 24 hours without the use of fever-reducing medication and their symptoms are resolving, or if a medical professional makes an alternative diagnosis. A negative test is strongly recommended for return.