

IMPORTANT GUIDELINES AND PROCEDURES FOR CAMP NURSE/MEDICAL MONITOR

Administering Medications

1. When they are not being administered all medications must be kept in a locked cabinet at **all times** during your stay.
2. All prescription medications must be kept in original containers with original prescription information label. OR in containers accompanied by specific written dispensing instructions from a parent, guardian, or California licensed physician.
3. Campers that routinely receive prescription medication for chronic health issues or treatment programs may self-administer medication under **your** supervision. You should include self-administered medications to the medical log book.
4. Prescription medications should be returned to campers upon departure or disposed of.

Management of Influenza Like Illness or Other Communicable Diseases

1. Influenza Like Illness (ILI) symptoms are as follows: fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chills, fatigue, vomiting and diarrhea. If a camper experiences these symptoms you should separate them from other campers (to reduce risk of outbreak), until they are safely returned home or are taken under the care of an outside medical provider.
2. Campers should not attend camp if they have any ILI symptoms.
3. Over-the-counter aspirin should not be administered to a camper 18 years or younger with a confirmed or suspected case of influenza virus infection, due to the risk of Reye
4. Anyone with a medical condition that would increase their risk of severe illness from influenza, including pregnant women or the elderly, should not be designated as caregivers for ill persons.

Medical Emergency

1. In a medical emergency the Acting Camp Director should be notified by calling the office number 909-794-2824
2. Call medical help immediately if:
 - A camper's wound is blue or extremely pale.
 - A camper has excessive thirst, becomes, confused, faint, drowsy or experiences unconsciousness.
 - You are unable to stop bleeding.
 - A camper has a weak, rapid or no detectable pulse
 - Or in other life-threatening or serious conditions
3. Keep the victim calm and as comfortable until medical help arrives
4. Concern yourself with breathing first, then bleeding
5. Do not move the injured person if there is a possible back injury, unless not moving them would endanger their life.
6. Keep other campers away from a seriously ill or injured person
7. If at all possible avoid direct contact with blood or other bodily fluids.
8. Report the facts as best as you can detail to both the medical professionals and to the Acting Camp Director. Log these facts in the medical log book.

Medical Logbook

1. Log all injuries, illnesses or administered medications into the Mile High Pines provided medical log book.
2. Return medical log book to the camp office upon departure.