

## Concordia Language Villages Health and Safety: Summer 2019

At Concordia Language Villages, we want to provide a healthy experience for each villager. To accomplish this goal, we partner with you. You know your child's health needs; we know the capabilities of our program. Our healthcare plan is designed to complement the normal growth and development parameters of youth. This form describes how you can best partner with us to achieve that goal. *Please read this form carefully.*

### PRIOR TO CAMP

- Email us at [health@cord.edu](mailto:health@cord.edu) if you have questions about how we can support health issue(s) at camp.
- Complete the online health record. **Your child will not be able to start camp without full completion of these records.**
  - Please be as thorough and forthcoming as possible to help us most effectively support your child.
- **Physician's Exam:** Obtain a 2019 physical exam record for your child
  - Exam forms are available on your MyVillage account
- **Chronic Health Conditions:** Children with chronic health conditions must be capable self-managers, be able to fully participate in our program, and bring their own necessary supplies. Due to a wide array of treatment modalities, our healthcare staff provides oversight, but primarily relies on villagers' familiarity and ability to manage their own chronic conditions. We also expect that villagers who use injectables (e.g., insulin injections, Epi-Pens, growth hormone shots) are capable of doing their own injection.
  - **Asthma, Diabetes, Anaphylaxis, and Seizure Disorder Forms:** Use the required additional forms to explain your child's treatment plan.
- **Mental, Emotional & Social Health (MESH):** We are particularly concerned about MESH conditions, especially those that make it challenging for your child to sustain their involvement in our community-based program and/or conditions that impact the experience of others. Mental, emotional, social, and/or physical behavior that negatively affects a child's ability to participate in the program or that significantly disrupts the program experience for others may constitute grounds for dismissal, so it is important that you contact Health Services prior to camp with MESH questions or concerns.
- **Nutrition:** Medically verifiable food allergies should be documented on your villager's health form. The cultural authenticity of our program's menu can be challenging to some children. Please help prepare your child to be ready to try unfamiliar foods.
- **Hygiene:** Teach and reinforce good hygiene habits at home, including hand washing, showering, changing clothes, brushing teeth, putting on sunscreen, administering bug repellent, dressing for the weather and staying hydrated.
- **Ticks/Mosquitos:** Your child will spend a lot of time outdoors at camp, putting them at risk for tick and bug bites. Teach your child how to check for ticks in areas that are hard to reach and see. Remind them that they need to come to the Health Center if they feel or see a tick on their body. Tick repellents (non-aerosol wipes and sprays) are permitted at camp. Consider packing and wearing bug/tick repellent clothing (permethrin).
- **Shared Spaces:** Community living skills are new for many villagers. Talk with your child about sharing spaces, picking up personal items, noises people make when they sleep and whether a top or bottom bunk would be best.

### OPENING DAY

- **Do not bring your Villager to camp sick.** Villagers are expected to arrive healthy and able to participate in the program. Call the Village dean if your child is ill or becomes ill on the way to the

Village. Concordia Language Villages reserves the right not to admit villagers who arrive ill, have head lice or who have been exposed to communicable diseases.

- **Original packages:** All medications (prescription or non-prescription, scheduled or as-needed), vitamins or supplements, must be brought in the original package to check in at the Health Center on the first day of camp. Refer to the parent handbook for information on what to do if you are sending medication with your villager. There are specific instructions on how this is done.

## MEDICATIONS

- All medications, vitamins or supplements must:
  - **Be listed on the physical exam form completed and signed by your camper's physician, along with clear instructions for administration.**
  - Be current – not expired – in the original container and prescribed for the camper for which they are intended.
  - All medications (prescription, non-prescription, vitamins, and supplements) must remain in the Health Center while your villager is at camp. Exceptions include inhalers, medication to treat Type 1 Diabetes, and Epi-Pens/AuviQ's
- **Any medications that do not meet the above criteria will NOT be accepted or administered.**
- **Medication changes:** Please update any medications or dosages changes on the medical form in CampMinder two weeks prior to attending camp.
- **Over-the-counter (OTC) medications and remedies:** The Village Health Center stocks OTC medications that Healthcare staff administer under protocols from a supervising physician. Use the electronic health form to indicate if any of our stocked OTC remedies should **not** be given to your villager.

Thank you for partnering with us in the camp experience of your child. We have found that being proactive can streamline and optimize this experience, so please don't hesitate to contact us with any questions or concerns.

Concordia Language Villages Health Services

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