



HOLA MUNDO BEACH CAMP HEALTH UPDATE DURING COVID-19

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Prepared by Hola Mundo Camp Directors



A HEALTHY CAMP BEGINS AND ENDS AT HOME!

Yes, a healthy camp really does start at home. The following slides include some things you can do to help your child have a great camp experience.



In case of Illness

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 your camp director. This greatly reduces the spread of illness at camp but also supports your child's recovery. Know your camp's policy about illness and camp attendance.



Remind child to hand wash often

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 using the toilet. If you really want to achieve impact, teach your child to accompany hand washing with another behavior: keeping their hands away from their face



Remind child to hand wash often





Special Emotional or Social Challenges

If your child has mental, emotional, or social health challenges, talk with a camp representative before camp starts. Proactively discussing a camp's ability to accommodate a child can help minimize – if not eliminate – potential problems.

Special Nutritional Requirements



Should your child need a particular nutrition plan because of allergies, intolerances or a diagnosis, note these on the Health History form but also contact the camp to make sure (a) they have noted that need and (b) the camp can address it. Discuss how your child will receive appropriate meals and snacks then explain that to your camper. Should your child be uncomfortable with the plan, arrange for a camp staff member to assist/monitor the process until the child is comfortable.





Camp Clothes

Send your child in camp uniform. Wear rashguard to camp, and pack the camp t-shirt.

Make sure your child has and wears appropriate sandals or flip flop for activities such as fishing, playground, or Splash Pad, and that your child understands that camp is a more rugged environment than the sub/urban setting. Talk with your child about wearing the camp rashguard, and t-shirt every day to camp.

Protection Against the Sun

Remember to send sunscreen appropriate to the camp's geographic location and that your child has tried at home. Teach your child how to apply his/her sunscreen and how often to do so. 9. Send an insulated 1/2 gallon water jug. Instruct your child to use it frequently during their camp day. Staying hydrated is important to a healthy camp experience.





Communicate with Counselors

Talk with your child about telling their counselor, the nurse or camp director about problems or things that are troublesome to them at camp. These camp professionals 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. You may communicate with them during the day via group text.

Should something come up during the camp experience – you see an unusual rash on your child– contact the camp's representative and let them know. Camps want to partner effectively with parents; sharing information makes this possible.



THANK YOU

Want to learn more? You can reach Ms Chambliss on her phone 754-. Build the partnership between you and your child's camp leadership team. It's one way to help your child have the best camp experience possible!