

# Medical Care & Nutrition



## Health Center

The Camp Ondessonk Health Center is centrally located in the main area of camp and is stocked with first aid supplies and emergency medical equipment. A staff member with advanced medical training is on-duty 24 hours a day. A licensed medical professional is on site daily and a Medical Doctor is always on call when campers are on-site. If your child would need medical care while at Camp Ondessonk, your insurance would be billed by the medical facility. Camp has accident coverage (up to \$2,500) that is secondary to your insurance coverage. Sickness that would or could occur without relation to Camp will be given medical treatment but will not be covered by Camp insurance. In all cases, parents will be contacted if their child needs the care of a physician, a hospital visit, or if they spend the night in the Health Center.

## Prior to Arrival

At least four weeks prior to arrival at Camp, please complete all medical-related items required to participate, including:

- Camper Medical Questionnaire: located in the FORMS/Online Forms section of your account.
- Allergies: Click on the "Manage Allergies" button in the MEDICAL section of your account & complete it EVEN IF YOUR CAMPER DOESN'T HAVE ANY. Click the box "No Known Allergies" if none.
- Over the Counter Authorization: Click on the "Manage Over the Counter" button in the MEDICAL section of your account & complete it. This lets us know what your camper can/cannot have if he/she needs it.
- Medications: Click on the "Manage Prescriptions" button in the MEDICAL section of your account & complete it IF APPLICABLE. If not applicable, disregard it. You can edit this section at any time. **You must list any prescription medication, over the counter medication, ointments, vitamins, and/or supplements that you are bringing.**

## Arrival Day/Medications

On arrival day, campers must participate in a cursory health interview which includes temperature checks and a head screening. To provide a safe, healthy environment for all campers, children with a temperature of 100 degrees F or higher and/or flu-like symptoms will be asked to return home, and arrangements will be made to participate in a different session. **Campers will be screened for head lice upon arrival at Camp. Please do not arrive with braided hair.**

All camper medications (prescriptions, over the counter) and vitamins will be kept in the Health Center for the duration of the camper's stay. Camper medications are distributed at mealtimes by the Health Center Staff & Nurses. Exceptions can be made based on primary care provider directions. To help your camper prepare for the summer, we encourage families to start a routine of receiving medications during mealtime.

Here are some helpful tips for medication check-in on your arrival day:

- Our office staff prints the medication check-in papers mid-week prior to your camper's arrival. If you add medications after Wednesday the week prior to arrival, you will likely have to fill in the medication check-in form by hand.
- Please consider leaving over the counter medications at home. Our Health Center is well stocked with medications that treat nearly any minor ailment or injury that may occur. If you are concerned that we won't carry an over the counter medication your camper may need, please call and ask.
- **IMPORTANT: ALL medications, including over the counter medicine, vitamins, and supplements, MUST BE in the original container. We CAN NOT accept medications that are not in their original packaging, or any loose pills. Please label pill bottles clearly with your camper's name.**
- Parents should send at least a 9-day supply of your child's medication. Campers are notorious for dropping pills on the ground!
- If your child has asthma, please send two albuterol rescue inhalers, one to be kept in the Health Center, and one to be kept with your child's Unit Leader.

### **Additional Medical Care Information**

Poison Ivy, mosquitoes, and ticks are common at camp. Campers are advised to wear repellent and appropriate clothing when necessary, and mosquito netting is available at the Trading Post. If the Health Center Staff believes that a health risk has occurred that may require attention after the camper leaves camp, you will be contacted prior to your arrival for camper pick-up.

### **Nutrition**

Camp Ondessonk food service is under the supervision of full-time licensed personnel. All food service employees are trained in accordance with the Illinois State Board of Health and the FDA. We are devoted to serving healthy meals away from home, while staying away from institutional food.

Our menu is nutritious and attempts to meet the variety of tastes of the campers. Many items will be to your child's liking, some items your child may never have tried before, and other items may be things they dislike. Because of our need to feed over 500 people in a relatively short period of time, we are not able to offer "taste-based" special requests for meals. Parents, please help your camper prepare for Camp by relaying the expectation that they will try new things and that they may be hungry if they do not eat what is served. Please note that we always provide a vegetarian option as well as special menu items for children with medically based dietary needs and common allergies such as milk, egg, peanuts, tree nuts, gluten, and soy. Additionally, all staff are trained in food and allergy safety. **Be sure to complete the Allergy section in your online account** to indicate any food allergies/dietary restrictions for your camper. Please be specific and very detailed, as will we.

Here at Camp Ondessonk your child will enjoy healthy meal choices with restaurant quality. Outside of the kitchen we also prepare a trail ready lunch, a hamburger dinner cooked over an open fire, a cold cut picnic lunch, and our famous pulled pork sandwiches.