

Your Child's Health

North Woods and Pleasant Valley Camps



Dear Parents,

Welcome to North Woods and Pleasant Valley Camps! We are looking forward to another exciting summer on the shores of Lake Winnepesaukee. Our priority at camp is the health and safety of all our campers and staff. To ensure that we have a successful summer, we ask that you please note the following information.

- **Before your child arrives at camp**, inform us of any special medical or emotional issues your son or daughter may have. We can be much more helpful if we know of these situations in advance.
- **Complete and sign** the NW/PVC Health Form and include an explanation of any special needs. Mail the form with the Camper Confirmation Form.

Prescription Medication: Prescription medication must be given to the camp nurse upon your child's arrival at camp. Please also include dosage information and administration instructions. The nurse will deliver medication to the dining halls at all three meals. Prescription medication is not allowed in camper cabins, with the exception of inhalers for asthma and epi-pens for severe allergies.

Over-the-Counter Medication: For the safety of all in camp, campers and staff at North Woods and Pleasant Valley are not allowed to keep over-the-counter medication with them. The nurse has a supply of medications such as Tylenol, Advil, antihistamines, cough & cold remedies, and antacids. The nurse will administer these medications upon request and as deemed necessary.

Treatment: Under the guidance of our camp nurse, we evaluate all health problems and injuries. Most issues may be treated in our health center. Urgent cases are treated at Huggins Hospital, about 8 miles from camp. If a physician treats your child, you will be notified as soon as possible about diagnosis and treatment.

Tips for a Healthy Camp Stay

- Schedule a physical exam for your child.
- Complete and return the NW/PVC Health Form.
- Make a notation of the health form of any special needs that your son or daughter may have.
- Pack only enough medication for your child's stay at camp.
- Bring prescription medication to the health center at camp. *Medication must be in the original prescription container with a label that matches the signed medication consent.*
- Remind your child about the daily medication administration at meals.
- Reinforce habits of good hygiene and health with your child. *Discuss the importance of hand washing, keeping hydrated, using bug repellent and sunscreen, dressing appropriately for the weather, and changing out of wet or dirty cloths.*
- If your child carries an inhaler, bring an extra inhaler to camp and mark it with his/her name. We will keep the extra inhaler in our health center.
- If your child carries an epi-pen, make us aware of the allergy and mark his/her name on the pen and its case.
- At the end of the session, pick up leftover medication and containers when you check out of camp.

If you have any questions or need additional information, please call our camp office at 603-569-2725 or email our registrar, Amy Goodman, at agoodman@ymcaboston.org.

See you at camp!

The Staff of North Woods and Pleasant Valley Camps



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