

Health

Our medical staff is trained to focus on the health and wellbeing of all our campers. Our staff live at camp and are available at all times to respond to any identified medical or emotional issues, providing excellent care and communicating promptly with parents and guardians as necessary.

Upon their return home, we suggest you check in with your child and, if there are any changes in, or concerns about, their health, you contact your personal medical professionals and also communicate with us. We look forward to continuing the caring partnership we value as caretakers of your children.

Medical Forms

To comply with the requirements of the California Department of Health, and for the health and safety of your child, fellow campers, and staff, we must receive your child's medical forms by April 1, 2021. **Your child will not be assigned to a bunk until we receive your child's completed forms, and no camper with incomplete forms will be allowed to board the airport or camp shuttle.** Parents/guardians should log in to CampMinder to complete the online health history form and download and print the physician's form. Your child must have had a physical exam conducted by a physician on or after June 1, 2020.

Immunizations and Medical Equipment:

All children attending Camp Ramah in Northern California must have received the full complement of routine vaccinations. The routine vaccination of all campers is an important public health matter in the confined environment of a sleep away summer camp. **No waivers of required immunizations, except for documented medical reasons, will be granted. No philosophical waivers will be granted.** Camp Ramah in Northern California's full vaccination policy is available on request.

If your child uses a nebulizer, be sure to send it to camp, marked with your child's name. If your child wears glasses, please send the prescription and an extra pair of glasses to camp. Please write your child's name on their glasses case.

If your child wears contact lenses, please send the prescription and enough lenses for his or her stay in camp. Please write your child's name on their lens packages

To discuss a specific medical concern, please contact the medical team at nurse@ramahnorcal.org or the Director of Camper Care at campercare@ramahnorcal.org or (415) 688-4572 x0.

Medical Insurance

Our camp medical insurance policy is as follows:

You are responsible for all medical expenses, including prescription drugs that are not covered by your health insurance. We will give your insurance information to health care providers to enable them to submit claims on your behalf. You agree to reimburse Camp Ramah in Northern California for co-payments or other expenses that

Camp pays to providers or pharmacies on your behalf.

Parents must have primary health insurance coverage for their camper. No child will be accepted into camp without it. If there is a situation where parents find themselves without coverage, please contact our Director, Sarah Shulman, immediately.

Camper Health at Camp

Health Center (Mirpa'ah)

Our health center is staffed by a medical professional, typically a Registered Nurse, who is qualified to make appropriate decisions concerning your child's health. We always have a physician on-call as well.

The health center is stocked with a variety of over-the-counter drugs and specialized equipment. Please note that California state law requires that all medications, except inhalers, creams, and eye drops, be kept in a locked cabinet at the health center. No over-the-counter medications of any kind may be kept in the bunks. Parents are responsible for paying for prescriptions that are prescribed by the camp doctor and filled locally for your child while at camp.

If your child writes that they have been to the Health Center (*Mirpa'ah* or sometimes "marp"), please remember that the news is several days old. Camp policy is to notify parents when:

- There is an emergency that requires your child to be taken to the hospital or an outside medical provider.
- A child is in the Health Center overnight. Parents will be called the following morning.
- A child needs to be taken for x-rays or lab tests. The health center will also call with the results.
- A child needs to begin antibiotics or another prescription medication.

If you should have any questions about the medical care your child is receiving, please feel free to request a conference call with our medical staff and/or our Medical Director. Please notify camp immediately of any medical condition that develops before the summer.

Medications

We are excited to change our camp medication packaging procedure for this coming summer based on the helpful feedback of our families. This year, all oral medications (prescription and over the counter) will be packaged in advance by families. We are no longer using Sheman's Pharmacy or Camp Meds. In order to best ensure that camper medications are processed in a timely and safe manner, we ask that you read through this entire document so that you understand this year's process.

PLEASE NOTE THAT SHOULD YOUR CAMPER BRING MEDICATION THAT IS NOT PROPERLY PACKAGED IN BLISTER PACKS AS LISTED BELOW, CAMP RAMAH IN NORTHERN CALIFORNIA WILL NEED TO CHARGE A \$100 PER MEDICATION PACKAGING FEE.

Please follow the timeline and instructions below:

April 1, 2021: Online camper medical history form due.

GENERAL INSTRUCTIONS:

STEP A) Submit all medication and medical information in the online camper medical history form located in the CampInTouch portal (<https://ramahnorcal.campintouch.com>) **BY APRIL 1**. Please be sure to accurately fill out the medication information portion of this form.

STEP B) Purchase *monthly* blister packs. Please plan ahead. The blister packs can take 1-2 weeks to be delivered.

Link for purchasing MONTHLY LARGE BLISTER PACK (pack of 6 for \$12.57)

https://www.amazon.com/gp/product/B077T5LNZ7/ref=oh_aui_detailpage_o00_s00?ie=UTF8&th=1

STEP C) Package and label your camper's medications (prescription and over the counter) prior to their arrival to camp. Please use one package per time of day that medication is taken. More than one medication can be placed in one package if it is taken at the same time of day (e.g., one medication in the breakfast blister pack, two medications in the bedtime blister pack).

Video instructions for packing medication for camp (please note that for Ramah Galim, all campers use this blister pack system, not just Kaiser and MediCal): <https://youtu.be/cxHSmzISj28>

Step 1: Open packaging. You will find 6 blister packs and 6 sheets. You will need one sheet and one blister pack for each time of day that your child takes medication (i.e., if your child takes breakfast meds only, you will need to use 1 blister pack and 1 sheet for the month; if your child takes breakfast, lunch, dinner, bedtime and off-time meds, you will need to use 5 blister packs and 5 sheets for the month).

Step 2: Once you have the amount of blister packs ready, please label the top of each sheet with the correlating meal/time the medication is given (i.e., breakfast 8-10AM, lunch 11:30AM-1PM, dinner 6-8PM, bedtime 9PM-late, 3PM, 7AM, etc.). Please do not create blister packs with separate times if they already fall within a time frame listed above.

Step 3: Note that the sheet has numbers from 1-31 (indicating the dates of the month). Please start filling each blister pack from the first date your child will be at camp and finish filling until the last day your child is at camp (i.e., if your child is coming for first session for four weeks, start filling the blister pack at #22; once you reach #30 (indicating the 30th of June), skip #31, and continue filling the pack at #1 until #21 (indicating the 21st of July/last day of camp). ****Make sure the blister pack is upright: the 3 notches should be at the bottom of the sheet and blister pack.****

Step 4: Once you are finished filling the slots and note that they are correctly filled, remove the

sticker on the sheet.

Step 5: Carefully line up the notches at the bottom of the sheet and the bottom of the blister packs and stick together firmly. ****Be meticulous to avoid error or spillage.****

Step 6: Label the top of each blister pack with the following information about your child: last name, first name, DOB, Edah (Nachshonim incoming 11th, Bogrim 9th-10th, Solelim 7th-8th, Kochavim 5th-6th, or Nitzanim 3rd-4th), name of medication, any medication allergies, meal/time medication to be given.

Step 7: Place assembled blister packs in a Ziploc bag with the ORIGINAL BOTTLES WITH THE PRESCRIPTION LABEL WITH ONE PILL LEFT IN EACH CORRELATING BOTTLE. Failure to do so will result in the inability for the medical staff to dispense the medication(s) as it is a liability for camp and a safety risk for your child.

Medications that do not require pre-packaging:

Campers who use nasal sprays, eye drops, creams, or epi pens can bring them to camp in their original packaging in a Ziploc bag labeled as in Step 6 above. All medications need to be reported online on the medical information form.

As needed (prn) medication:

Please include all “as needed” medication on your camper’s online medical information form with an explanation of when to use it. Please send medication in its original bottle, with prescription label if it is a prescription medication, in a Ziploc bag labeled as in Step 6 above. The camp medical office stocks standard OTC medications including Zyrtec/Claritin, Motrin/Advil, and Tylenol. *If your child takes these medications daily, please package and send as above.* If they are only as needed, please be sure to mark the OTC permission section of the medical information form and your camper will be able to use the camp medication. Campers may not keep any oral medication in their rooms.

Medication “Vacation”

We understand that some parents wish to give their child a “vacation” from their regular school-year dose of medication over the summer. Often, this is because camp is assumed to be a less structured, stress-- free environment. While camp is definitely a time for relaxed fun, there are many different situations with which one must deal: new social situations, changes in routines, and different levels of structure depending on the day. For these reasons, we strongly recommend that you discuss the above factors with your physician before taking your child off medication. If your child's medication during the summer is in any way different from during the school year, please contact our office (office@ramahnorcal.org) or (415) 688-4572 x0 to discuss this and help make this summer successful for your child.

Lice

Head lice are small, parasitic insects that only live in human hair and feed on human blood. We are sensitive to the fact that these infestations are not caused by poor hygiene and we

maintain the strictest confidentiality when it comes to campers who require treatment. Please remember that lice can be highly contagious when personal items such as hats, kippot, hair ties, and bedding are shared.

We recommend that you have your camper checked at home or by a professional prior to departing for camp. Camp Ramah in Northern California will check all campers and staff for head lice upon arrival at camp, and if lice are found they will need to be treated before your child can participate in camp. If you indicate on your medical form that your child should be treated at camp (which we highly recommend), then your child will receive the lice treatment immediately and you will be billed \$150 for this treatment. A camp staff member will call to alert you of the treatment. If you do not indicate that you would like to receive the treatment at camp, a staff member will call to discuss treatment options and the expense of such options with you. In the majority of cases the preferred option is to keep your child at camp and have our professionals treat the lice so your child can continue seamlessly with the camp program.

If a child has diagnosed lice prior to coming to camp then they need to arrive with a doctor's note stating when the child was treated. This child may have nits present when we examine him/her and we need to know to not repeat the treatment.

The best way to avoid this difficult situation is to check your child in the days leading up to camp and **MAKE SURE THAT YOUR CAMPER DOES NOT HAVE LIVE LICE OR EGGS.**

Dental and Orthodontic Work

Prior to the start of camp, it is important that you attend to your child's dental needs. If your child must have dental or orthodontic treatment while at camp, you will be billed directly. Camp is not responsible for lost or damaged retainers. Please label all retainer containers. If your child wears orthodontia/braces, please do not make any significant adjustments immediately before the camp.