

Routine and Emergency Medical Care

Asthma	Cough	Headache	Snake Bites
Bee Stings	Cuts and Scrapes	Head Lice	Sore Throat
Blisters	Dehydration	Heat Exhaustion/Heat	Spider Bites
Bloody or Body Fluids	Diabetic (Emergencies)	Stroke	Splinters
Broken Bones	Diarrhea	Medication	Sprains
Bruises	Drowning	Menstrual Problems	Staff Med Kits
Bug Bites	Earache	Nausea	Sunburn
Burns	Eye Injuries	Nose Bleeds	Tick Bites
Choking/Airway	Fever	Poisoning	Vomiting
Obstruction	Fishhook Injuries	Poison Ivy	
Constipation	Fractures/Dislocations	Shortness of Breath	

Your child's health and safety is one of our most important responsibilities. Such things as insect bites, headaches, minor poison ivy, upset stomachs, cuts and scrapes, etc. are considered routine medical care. It is our policy to contact parents only if a child experiences illness or injury requiring more than routine medical care. However, please feel free to contact the Camp Program Coordinator to ask any questions about your child.

All Camp Wartburg Small Group Leaders are trained in First Aid and CPR. They will be responsible for all routine healthcare and minor first aid. All medications, whether prescription or over the counter, will be administered by the camp nurse or designated staff person.

Records will be kept for all routine and emergency medical procedures given. Additional external medical and mental health resources may be sought at the discretion of our certified staff. Small Group Leaders will review necessary steps with the Camp Program Coordinator. In case of emergency, parents/guardians will be contacted.

Asthma

If asthma-like symptoms occur, have the patient sit and try to calm down. Give the patient their prescribed inhaler if they have it with them. If the patient looks and feels fine, they may return to regular activities.

Bee Stings

If a camper has a history of having allergic reactions to bee stings, there should be an Epi-Pen close by. After a camper is stung (and they are allergic to bee stings), the Epi-Pen needs to be administered in the fat of the upper arm or upper leg.

If someone is stung, and has no history of allergic reaction, remove the stinger and apply Sting Kill to the affected area. Apply ice to reduce the swelling to the stung area.

Blisters

Do not try to remove (or pop) the blister. If it breaks open, wash with soap and water and cover with a band-aid. It is best to leave the dead skin over the raw skin to give it time to heal and avoid infection.

Bruises

If the camper has a bruise, apply a cold pack or ice to the bruised area. Keep cold for at least 20 minutes. Keep the bruised area elevated while ice is being applied. Bruises will be tender for a few days, but if it limits the use of the limbs around it, seek medical assistance.

Bug Bites

Apply anti-itch cream to the bitten area and ask the person not to scratch the infected area.

Burns (Including Sunburns)

Precaution: To prevent sunburns, have each participant apply sunscreen prior to outdoor activities, especially if you will be outdoors for an extended period of time. If a camper is sunburned, discuss with them how to prevent it in the future.

Follow American Red Cross First Aid Procedures to immediate care on burns. For a burn with no blisters, apply a cool compress (e.g., ice or cool shower) as needed for pain. Give acetaminophen or ibuprofen for pain relief. Advise the camper to avoid hot showers because this will intensify the burn and the itching.

Camp staff should be trained to immerse the burn in running cool (not cold) water immediately. When blisters are present, contact medical personnel for assistance.

Choking/Airway Obstruction

Follow American Red Cross First Aid Procedures.

Constipation

Find out what foods have been consumed in the last two days. For minor discomfort, advise the camper to drink milk or prune juice and to eat more fruits and vegetables. If the problem does not subside, contact parents or a physician.

Cough

Take the camper's temperature. Give them a cough suppressant or cough drop. Drink plenty of liquids. If cough progresses, contact parents.

Dehydration

Make note of the signs and symptoms you observe. Symptoms are: heavy sweating on a hot day, fever, vomiting, diarrhea, and cool clammy skin. Have them drink fluids slowly to replenish their system.

Diabetic Emergencies

Follow American Red Cross First Aid Procedure. Give them sugar as needed.

Diarrhea

Is there any blood in the diarrhea? If so, call a physician. Find out what foods/beverages have been consumed in the past two days. Allow them to use the restroom as needed. If diarrhea continues for more than one day, discuss with the Camp Program Coordinator to contact the child's parents or a physician.

Dizziness

Allow the camper to lie down. Elevate the feet and legs a few feet off of the ground. Usually lying down will cause the symptoms to subside.

Drowning

Follow American Red Cross First Aid Procedure.

Earache

Treat the symptoms with pain reliever. Give acetaminophen or ibuprofen for pain. If they have been swimming, put swim eardrops in their ears to absorb water.

Eye Injuries

Follow American Red Cross First Aid Procedures. If a chemical-like substance gets into the eye, flush it out immediately with running water.

Fishhook Injuries

If a fishhook is embedded, do not pull it out. Take the patient to see a physician. If the hook cut or scraped the individual, clean with water and then apply peroxide to clean the wound. Check to see if they have had a tetanus shot within the last 5 years.

Fractures and Dislocations

Follow American Red Cross First Aid Procedures. Determine if the camper needs to be transported by EMS or transported in a designated camp vehicle. Before leaving, splint the area of the suspected fracture. Ice should be applied to the fractured area.

Headache

Questions to ask:

1. Vomiting or nausea?
2. History of migraine headaches?
3. How much water has the camper had to drink today?

Allow the person to rest for a while and give acetaminophen or ibuprofen for pain every 4-6 hours as needed.

Head Lice

If lice are found on a camper's head, isolate that camper from the rest of the group. The parents of the remaining campers need to be notified that there has been an outbreak in their child's cabin. Make sure to bleach and bug bomb the room in which the camper was staying.

Heat Exhaustion/Heat Stroke

Follow American Red Cross First Aid Procedures. Allow the camper to stay in a cool place for awhile. Sign of exhaustion or stroke are excessive thirst, sweating, cool and clammy skin.

Medication

Camp Wartburg requires all drugs to be stored under lock, except when in the controlled possession of the person responsible for administering them. All prescription drugs must be turned in with the original container and given only under the specific directions of a licensed prescriber. Non-prescription drugs are given per the written and express permission of the child's parent/guardian.

Menstrual Problems

Menstrual cramps can be treated with Ibuprofen or Midol. For girls that are having their first menstrual cycle, make sure to talk with them about the process.

Nosebleeds

Tilt head forward, pinching the top of the nose closed between their index finger and thumb. Apply firm pressure in order to help stop the bleeding. If bleeding does not stop within 30-45 minutes, seek medical advice.

Poisoning

Contact a physician as soon as possible. Treat according to the American Red Cross First Aid Procedures. Try to determine what was taken as soon as possible. The sooner the cause is determined, the sooner correct treatment can be provided. Then contact Poison Control Center.

Snake Bite

Clean the area with soap and water. If there is a chance that it was a venomous snake, transport them to the nearest medical facility.

Spider Bite

When a spider bites a camper, apply ice to the bitten area. Watch them for shock or difficulty breathing. Contact a physician for additional assistance.

Splinters

Splinters that are protruding from the skin can be pulled out with tweezers. To get a splinter embedded under the skin, carefully remove the skin over the splinter. Then, using a sterile needle, lift one end of the splinter to grab it with the tweezers.

Sprains

Follow American Red Cross First Aid Procedures. Apply ice or cold pack as soon as possible for 20 minutes while elevating the injured area. Wrap the injured area with an elastic bandage. Give Acetaminophen or Ibuprofen for pain. If there is extreme pain seek medical attention.

Sunburn

See "Burns."

Staff Med Kits

Staff med kits are made prior to summer. Supplies are purchased online. Restocking supplies are purchased from local convenience stores (Walmart/Target) or ordered online if supplies are merely low, not limited. Small Group Leaders are responsible for restocking their own med kits each week from med storage. Each med kit should have the following:

- Alcohol Swabs (10)
- Anti-Itch Cream (1 Tube)
- Baggie (1)
- Band-Aids (10)
- Band-Aids XL (3)
- Gauze Pads (4)
- Gloves (4)
- Neosporin (1 Tube)
- Sting Sticks (4)
- Waterproof Tape (1 Roll)

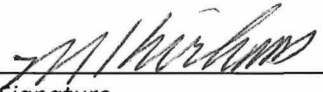
Tick Bite

If the tick is attached, use tweezers, grasping the head where the mouth enters the skin, and fully pull the tick out. Alcohol may also be used on the tick to suffocate it, this will make the tick easier to pull out. Clean the affected area with alcohol.

Vomiting

Check the camper's temperature. If greater than 102 degrees, parents will be notified. Encourage them to drink any liquids (besides milk). Give them time to rest in the infirmary. (Never leave anyone alone while in the infirmary.) Allow them to return to regular activities when they feel strong enough.

I have reviewed these procedures and approved them for use by the staff of Camp Wartburg during the camping season.



Physician Signature

1.24.25

Date