

June 2019

*Shalom* from the CRNE Medical Staff,

We are working hard to prepare for a healthy summer this *Kayitz* 2019 at Camp Ramah in New England. We strive to create a safe and healthy environment for the entire CRNE community.

- 1) Please do NOT send your child to camp on opening day if he/she is sick. We will welcome him/her into the camp community just as soon as he/she is feeling better. Two days without fever is a good guideline. This will make a big difference to the health of our entire camp community. Please respect this important directive.
- 2) It is important that your child be screened for head lice by medical professionals (or by you if you know how) prior to coming to camp. Campers will not be allowed into bunks with nits or a live infection. Please see the Family Handbook regarding our policy on lice.
- 3) Contacting Parents: Over the course of the summer, parents can expect a call from the health center for these reasons:
  - a. Your child is being kept overnight in the health center (most common reason is fever greater than 100 degrees)
  - b. Your child needs to start a prescription medication (such as an antibiotic)
  - c. Your child needs to leave camp for a medical reason (such as having an x-ray taken)
  - d. Your child is coming to the health center frequently with a chronic complaint
  - e. Your child is being seen for a significant injury, such as a concussion or a laceration (cut) that requires stitches

Please note that if a camper is admitted to the health center on *Shabbat*, we will usually wait until Saturday night to call you.

- 4) Tick Checks – Ticks are a part of the natural environment in Massachusetts. We will be diligent in facilitating tick checks while recognizing that we cannot guarantee that a camper will not be bitten by a tick. We will be training our staff and campers in the tick check process and will be building the checks into our daily routine. In the event a tick is found on a camper, the camper will be brought to the Health Center to have it removed. .
- 5) If your child has a food allergy, please make sure you have indicated this in the online allergy/medication/vitamin review form.
- 6) If your child has an Epi-Pen, please make sure you have sent an updated allergy action plan to camp.
- 7) Camp will provide Lactaid pills this summer for campers who require it at dairy meals or on other occasions. The Health Center staff will provide our allergy chef with a list of the campers who require Lactaid pills and their counselors will be able to get them at the allergy table in the Chadar Ochel.
- 8) If you need to contact the medical staff for an urgent matter, please call 413-283-6284. For non-urgent matters, please email [nurse@campramahne.org](mailto:nurse@campramahne.org).

As always, please let our medical staff know of any issues that might impact your child's health this summer.

*Kol Tuv,*

Olga Tomanovich, RN  
Head Nurse, CRNE

Steve Schwartz, MD  
CRNE Medical Committee

Rabbi Ed Gelb  
CEO, Camp Ramah in New England