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## STANDING MEDICAL ORDERS

**ANIMAL BITES** – Wash wound thoroughly using a solution of soap and water. Rinse with clean running water. Apply sterile dressing. Notify parents.

**BENADRYL ELIXIR** – May be given with parent's permission, or as nurse feels necessary. Follow directions on bottle. For 3 and 4 year olds, give half of 6-year-old dose.

**BLEEDING** – Apply direct pressure with clean dressing on effective site. May need added pressure to brachial artery or femoral. Call emergency help, contact parents. NO tourniquet. Go with patient to hospital.

**BLISTERS** – Do not break. Cleanse with bacterial soap. Cover with dry dressing. If infection is noted, call parent and recommend medical help.

**BRUISES** – Apply cold pack. If skin is broken, treat as a minor cut.

**BURNS AND SCALDS** – For burns of limited extent – Apply cold water. Cover with sterile dressing. For extensive burns - treat for shock. Remove loose clothing. Do not remove clothing which sticks to burned area. Cover with several layers of sterile dressing. Notify parents - refer to physician.

**CONVULSIONS / SEIZURES** – Place patient on floor on his or her side. Call 911 immediately. Call parent. Do not restrain convulsive movement. Protect patient from further injury by moving furniture if indicated. Watch closely for any changes in respiration or color that might require CPR.

**CUTS / SCRAPES / ABRASIONS** – Wash with soap and water. Apply direct pressure over cut with sterile gauze until bleeding stops. Apply antibacterial ointment and sterile dressing.

**DISLOCATIONS** – Do not attempt to reduce the dislocation. Secure parts in comfortable position. Treat for prevention of shock. Notify parents and arrange for medical attention.

**EPIPEN** – Epipen should be administered in response to a severe allergic reaction where the patient is having trouble breathing. Emergency care is required after use of the Epipen. ***An Epipen prescribed for a camper will travel with that camper if that camper leaves the camp premises.***

**EYES** – Foreign bodies – Remove only those foreign bodies lying on surface of eye. Lift off with corner of clean handkerchief or flush eye with water using eyedropper or bulb syringe. Do not rub eye. Never remove anything embedded in eyeball. Notify parents.

**FACIAL SUNBURN** – Zinc Oxide – before and after

**FAINTING** – Keep person lying down with head slightly lowered. Loosen any tight clothing about neck. If person does not respond within a short time, seek medical help.

**FEVERS** - If a camper or staff member has a fever greater than 100 degrees Fahrenheit the person will be isolated with a nurse until the parent can be contacted and come for the person.

**FRACTURES** – Immobilize or splint affected area. Notify parents - refer to physician.

**HEAD INJURY** – Temporary blackout or grogginess resulting from a hard blow to the head. Have patient lie down. Notify parents and arrange for medical attention.

**HEAT EXHAUSTION / HEAT STROKE** – Rest – Cool compresses – Hydration – Observation. Call parents.

**INSECT BITES** – Remove "stinger" if present. Apply cold pack. Observe for 20 minutes for reaction. Notify parents and physician if allergic. If camper has EpiPen on hand, administer. Give Benadryl Elixir if required.

**MEDICATIONS** – are only dispensed by the camp nurse. A written request from the parent of the camper and from the physician ordering the medication is required. The following must be included with the order: name of camper, address, name of drug, specific dose, frequency of dose and special details (if applicable) to administer medicine.

**NOSEBLEEDS** – Place person in chair with head erect. Loosen clothing at neck. Saturate towel with ice water and apply over bridge of nose at the same time holding nostrils together tightly. Keep changing cold towels at intervals of one minute. If blood continues to flow freely, notify parents and physician.

**POISONS** – Identify poison – seek medical help.

**PUNCTURE WOUNDS** – Encourage bleeding by mild pressure around the wound. Treat same as cuts. Refer to physician. A tetanus injection is generally necessary.

**SHOCK** – Keep person lying down. Cover only enough to prevent body heat loss. Get medical help.

**SPLINTERS** – Remove only superficial splinters. Cleanse after removal with soap and apply dressing. If splinter is deeply imbedded, call parents - refer to physician.

**SPRAINS** – Elevate injured part to minimize swelling and apply cold pack immediately after injury. Call parents – refer to physician.

**STRAINS** – Apply heating pad or hot compresses to affected area. Call parents – refer to physician.

**TICK BITES** – First attempt to remove the tick from the skin if it is still attached. Do this gently to prevent crushing the tick or leaving the head or mouth parts still imbedded. Once the tick is removed, cleanse and dress. Notify parent. Send tick home, if possible.

**ACETAMINOPHEN & IBUPROFEN** – May be administered, according to label directions, by camp nurse if in her professional judgment it is needed. The nurse will first try to contact the parent, but if parent contact is impossible, then the nurse will notify parent as to dose and time given as soon as possible after dispensed.

**UNCONSCIOUSNESS** – Place patient lying on side with head on arm. Loosen tight clothing, maintain body heat with blanket. Call for medical help. Be sure patient is breathing. If not, give artificial respiration. If parents are not available within reasonable time and the medical situation warrants immediate action, transport camper to emergency room.

**REPORTABLE DISEASES** – The following diseases must be reported to the Office of Public Health: Coronavirus, chickenpox, hepatitis, measles, mumps, outbreaks, rabies, tetanus.

Reporting COVID-19 Cases If a child or staff member who has been present in the program is diagnosed with COVID-19, the camp must notify families and staff of the program about the exposure. In February 2020, COVID-19 was added to the List of Reportable Diseases. Those required to report such diseases must report cases of COVID-19 infection immediately to the Connecticut Department of Public Health and to the local department of health in the town of residence of the case-patient by telephone on the day of recognition or strong suspicion of the disease. The COVID-19 report form is available on the DPH website at <https://dphsubmissions.ct.gov/Covid/InitiateCovidReport>. Specific situations and exposures can be discussed with the local health department or the Department of Public Health (860.509.7994).

Additional considerations if COVID-19 case is detected

If a child or staff member who has been present in the program is diagnosed with COVID-19, additional practices to those below may be recommended in consultation with the local health department or the CT DPH:

- Contact your local health department.
- Determine the date of symptom onset.
- Determine if the child/staff member attended/worked at the program while symptomatic or during the two days before symptoms began.
- Identify what days the child/staff member attended/worked during that time.
- Determine who had close contact with the individual at the program during those days.
- Exclude those who are determined to have had close contact with the affected individual for 14 days after the last day they had contact with the affected individual.

## FIRST AID SUPPLIES

Alcohol – Isopropyl Rubbing  
Bandages – All sizes including: Knuckle, Fingertip, Extra Large & Telfa  
Bandage Tape – 1” and ½”  
Cold Packs – Instant  
Cotton Tipped Swabs  
CPR Barrier Mask  
Crutches  
Drug Reference Book  
Elastic Wraps – 3” and 4”  
Eye shield  
Eye Wash  
Eye patches – Bandages  
Gloves – Disposable, Non-Latex  
Medication Cups  
Penlights  
Scissors  
Slings – Youth and Adult sizes  
Splinter forceps – Tweezers  
Splinter Outs  
Stethoscope  
Thermometer – Device and Shields  
Tongue Depressors  
Vomit and Blood Clean-up Chemical

## FIRST AID MEDICATIONS

Acetaminophen – Adult Strength tabs (500 mg), Junior Strength tabs (160 mg),  
Children’s Strength chewable tabs (80 mg), Children’s Liquid Suspension (160 mg/5 ml)  
Aquaphor  
Bacitracin  
Bactine  
Benadryl, Liquid – 12.5mg / 5ml  
Caladryl  
Calamine Lotion  
Epipen – 0.3mg Inj  
Epipen Jr. – 0.15 mg Inj  
Ibuprofen – Adult Strength tabs (200 mg), Junior Strength tabs (100 mg), Children’s  
Liquid Suspension (100 mg)  
Zinc Oxide

## OTHER HEALTH SUPPLIES

Cotton Rounds  
Eyeglass Repair Kit  
Liquid Soap  
Medication and "Lost Tooth Envelopes"  
Orthodontic Supply Kit  
Salt  
Throat Lozenges  
Black Indelible Markers  
Black pens  
Boxes for Tennis Meds  
Highlighter  
Ice  
Kleenex  
Paper Towels  
Sanitary Napkins / Tampons  
Safety Pins  
Sunscreen  
Baggies and / or Paper Bags  
Blank Forms – Health, Medication Order & Authorization, Medication Administration, Counselor Med  
Training  
Bound Log Book

Signed by \_\_\_\_\_

License No. \_\_\_\_\_

Date \_\_\_\_\_