

2018 PSWD Elementary/Family Winter Camp

Letter from the Camp Nurse



Hi! my name is Eric Jarnagin. I'm a Critical Care Nurse and the nurse for the 2018 PSWD Elementary/Family Winter Camp. Here's some important information about staying healthy and safe at camp.

Medications

By state law, all camper medications must be handed in at Check-in. Even those for adults. Prescription, over the counter, herbal, it doesn't matter. Since cabin doors do not lock, there is no way to safely secure the medications, other than locked in the infirmary. Once I have the medications, I will organize them, and set up "medication call" at meal times and at bedtime. Other times can be arranged, just talk to me at Check-in.

The only exceptions to this rule are Inhalers and EpiPens.

If your camper has a rescue-type inhaler (albuterol, or similar) they may keep it with them. The same is true of EpiPens for anaphylactic allergies. Make sure the inhaler/EpiPen is not empty, not expired, and is functioning. If you or your camper use a spacer with the inhaler, bring that too. If you or your camper have an inhaler, but haven't needed it for a while, it might be a good idea to bring it, just in case - exertion in cold, dry air can trigger an asthma attack.

Dehydration and Altitude

Please remember that camp is at an altitude of 6,800 feet. Just breathing can cause you to lose a liter of water a day, before you even break a sweat. Make sure you and your campers drink plenty of water. If you have a headache, or are feeling a little dizzy or lightheaded, the most likely culprit is dehydration. Other symptoms include dry mouth and fatigue. Mild altitude sickness can cause similar symptoms as well as poor sleep and poor appetite.

Snow play

Helmets are required for any kids sledding. This is also state law and non-negotiable. There are also camp rules for tossing of snowballs - read your camper packets, and make sure you and your campers understand what is expected.

Emergencies

I can handle bumps and bruises, minor cuts and scrapes, sprained ankles and dispense over-the-counter medications (ibuprofen or acetaminophen for headaches and mild pain, allergy medications etc., and hot or cold packs).

More serious emergencies may require transportation down the mountain. EMS response time is long, so we tend to err on the side of caution, sending people to get checked before it becomes an emergency.

I will be available 24/7 during camp. Ask a staff member to radio for me. My cell number will also be posted in the lodge (but remember cell service is spotty at camp).

Let's have a safe and fun camp. See you there!

Eric