

Dear Camp Cosby Families,

We are excited your campers will be joining us soon. As you know, we do our best at Camp Cosby to make your camper's experience accident and illness free. We believe in a strong partnership with parents and wanted to inform you of a few ways you can prepare your camper before camp to assure their success. This is just a reminder that is being sent to all families prior to check in this summer. Please **DO NOT SEND** campers to camp with contagious diseases or if they are sick (**stuffy or runny nose, scratchy throat etc**) or running a fever. Campers who arrive sick or with any health issue determined to be contagious will be sent home without a refund.

IMPORTANT: We are **STRONGLY** encouraging campers to be vaccinated before coming to camp. It is not a requirement. We are also **STRONGLY** encouraging families to help keep our staff and campers healthy this summer by testing your camper for COVID-19 prior to coming to camp. We suggest testing your camper Friday before you are scheduled to arrive. At this time it is not a requirement to have a negative COVID test to attend camp.

Here are some ways to help prepare your campers for a healthy camp stay:

Health checks at home (COVID-19) - Please observe your camper(s) during 2 weeks prior to arriving camp. Doing temperate checks daily prior to coming to camp will ensure your camper is feeling their very best prior to arrival. If your camper has a fever or **any signs of illness (stuffy or runny nose, scratchy throat etc)** the day before arriving at camp please do not come to camp and call the office.

General Hygiene – Your camper will be asked to take a shower daily Monday – Friday. While the staff will assure your camper goes in the shower they do not supervise campers in their own individual shower stalls. Please be sure your camper knows how to wash themselves, especially make sure your camper knows that if they have a bug bite or scratch it, that it is extra important to wash that area with soap and water. (Note: If it is apparent that your child is not cleaning themselves in the shower counselors do give specific instructions and ask them to try again.)

Hand-washing – Assure your camper understands the importance of washing their hands often. We have sinks in every restroom and a hand washing station outside of the Dining Hall we use before each meal, outside each cabin, at all activities, too. We also offer hand sanitizer in the Dining Hall. Safe hand washing techniques can help prevent the spread of infection and disease. Click Handwashing Tips for more information.

Masks at Camp - Please send a mask to camp this summer. Masks **will not be** required to be worn. But having one just in case will help if they are needed.

Short Fingernails – Campers will get bug bites and want to scratch them. Be sure to clip your young camper's fingernails before camp and encourage older campers to clip theirs. Short fingernails will help protect their skin and help avoid infection.

Medications – Make sure your camper knows what medications they take and when they take them. This will assure that when we call for medications your camper will know why they are being asked to go see the nurses. Be sure your camper understands that they should ask for (PRN-as needed) medications when they need them.

Bed Bug Prevention – Please put your camper’s bedding through the dryer on high for 30 minutes before packing it for camp. We strive to keep a safe bed bug free environment and this will help in prevention. If you know your child has been exposed to bed bugs please treat all their belongings before sending them to camp.

Tell the Nurses – Remind your camper before they come to camp that the Camp Nurse is here to help. All concerns are important to our Health Center staff. Your input on the Health History form provides great information, but if your camper does not report a health issue during their stay (such as feeling bad, or a rash or wound covered by clothing) it will not be caught or treated. It is important for campers to report health concerns so that these can be addressed, treated and communicated for further treatment if necessary.

Lice Prevention – We check all campers on check in day. Any infected campers will not be allowed to stay, but may return once they are cleared. Lice, like many other common childhood pests, have an incubation period and may not be caught on check in day. Some families choose to send preventative shampoo and lice spray for their campers. If lice are found in your camper’s cabin we will make every precaution to assure it is not sent home and you will be notified.

As a courtesy to all Cosby Families, Lice Clinics of Birmingham has offered to provide discounted screenings for Cosby campers. The cost is usually \$25, but if you mention Camp Cosby and your registered session you will receive a 10% discount. They also sell a preventative spray that can be purchased in their store. Phone: 205-783-LICE, Website: www.birminghamliceclinics.com

Ticks – The counselors will remind the campers to check for ticks daily. Teach your child how to check for ticks. The best way is a visual inspection and slowly move one’s hand across their skin to feel for a bump. If your camper finds a tick, they should go to the Health Center and ask the nurse to remove it. They do not need to remove it themselves.

Child Illness - Camp Cosby will not be testing campers for potential COVID-19 disease. Parents will be contacted to check out their campers who have signs and symptoms of any contagious disease or if they are sick or running a fever. Proof of vaccination or negative COVID -19 test is not required to attend Camp Cosby at this time. We are also **STRONGLY** encouraging families to help keep our staff and campers healthy this summer by testing your camper for COVID-19 prior to coming to camp. We suggest testing your camper Friday before you are scheduled to arrive. At this time it is not a requirement to have a negative COVID test to attend camp.

Common Medical Concerns - Camp Cosby is a place where campers live, play and dine together in close quarters each session. This environment is much like any daycare, school, church, or any other place where contagious diseases can spread. So there are health risks associated with this environment - including head lice, strep, staph infections, and the common cold. There is an added risk for insect bites because of the amount of time campers spend outdoors, in the lake and walking to/from activities. Please review the list above to assure your camper comes home healthy.

***We will Notify You:**

If changes in any protocols are needed before or during the camp season as soon as we are notified. Please refer to our *COVID 19 FAQ page on our website for updates and general information.

If a camper is diagnosed with ANY contagious disease, notifications will be sent to parents of campers who could have been exposed, but the diagnosed camper will remain confidential. Parents will be provided with a list of specific symptoms relative to the contagious disease. This information will be provided in the camper's Departure Packet or by email depending on when the diagnosis is reported to Camp Cosby, either by our Health Center staff or by the camper's parent if the diagnosis is reported after the camp session has ended.

Summer at Camp Cosby is an amazing experience and we are very thankful that you trust us with your campers this summer. We anticipate that your camper will come home with many new friends, wonderful memories and exciting new skills. They'll be talking about camp all year!

In the Cosby Spirit,

Your Cosby Leadership Team