

A Message from the Wellness Center

Dear Parents,

The staff of the Wellness Center is looking forward to another wonderful summer at Romaca. We want you to know that we appreciate the trust you place in us, and take the responsibility of your daughter's health, safety and well-being very seriously.

This summer we have added some new physicians with additional specialties, who will broaden our clinical spectrum and give us a greater clinical resource base to collaborate and consult. Fortunately, 100% of our nursing staff is returning from last season. This dedicated group of experienced nurses has extensive pediatric and summer camp experience.

If you are **sending medication** with your daughter on the bus, please give these items to the bus leader at the departure location. All medications should be in one bag or package along with instructions for administration and any additional information. In addition, if there has been a change in your child's medications since the *Health History & Medical Form* was completed, we will need written verification of this change from your physician. Provided you have given us a copy of your health insurance information, we will refill any needed prescriptions with our local pharmacy, and co-pay's will be billed accordingly. As a reminder, all *Health History & Medical Forms* must be received prior to your daughter's arrival at camp. Having this information ahead of camp affords the medical staff the opportunity to review your daughter's history and be better prepared to care for her during the summer.

We continue to monitor the **H1N1 influenza (Swine Flu)** outbreak, as well as the updates and guidance from the Massachusetts Department of Health and the CDC. At this time, no specific actions are required. However, **we have taken the following preparatory steps:**

- Screening & isolation protocol is in place for arrival of campers & staff
- Flu-like symptoms will be documented, evaluated and treated as necessary – parents will also be notified
- Stockpile of N95 masks already on hand for the entire camp population
- Anti-Bacterial soap & *Purell* dispensers have been installed in *all* bunks and common areas – use will be stressed
- Staff will be carefully observed during our 10-day orientation prior to camper arrival for any flu-like symptoms
- Approved influenza test kits are available and will be prescribed as needed
- We have a supply of Tamiflu on hand, and have access to more through our local suppliers and ER.
- Staff orientation will specifically include training on H1N1 for all regular staff & housekeeping personnel.

Most importantly, if your daughter has flu-like symptoms (fever and cough, sore throat or runny nose) before coming to camp, we ask that you have your daughter examined by your physician, and you **speak to me or one of the directors, before her arrival at camp**. If your child arrives at camp with these symptoms and we do not have this information, we will have to isolate her until we rule out swine flu and/or she is no longer infectious.

Please review with your daughter that the best prevention is good **"cough etiquette"**: Cover coughs and sneezes with a tissue, or practice the habit of coughing or sneezing into one's inner elbow if tissues are not available. Everyone should then immediately wash their hands or use hand sanitizer after sneezing or coughing. Our housekeeping staff will be trained to thoroughly clean

As always, please feel free to contact me at wellness@romaca.com if you have any medical questions, concerns or other issues you need to discuss with me prior to or during the summer. The Wellness Staff is looking forward to another great, healthy and safe Romaca summer.

All the best,
Dr. Bob & the Wellness Staff