

Camp Shining Stars

“Where Winners Lose!”

Routine Orders for Campers

The following are the available management plans for various injuries, minor illnesses and events/circumstances your child may experience while they are at Camp this summer. **Please indicate any of the following that you do not wish for your child to receive.** Please Note: In the event of any emergency, your child will receive appropriate emergency treatment.

INJURIES

CUTS / SCRAPES Wash with soap and water, apply Bacitracin ointment and band-aid dressing as needed.

BURNS Immerse in cool water. After pain subsides, pat dry with sterile gauze. If severe, emergency care.

BREAKS Apply ice, immobilize limb and splint. Notify EMS/MD/ER and transport.

SPRAINS Ice for 48 hours, elevate, ACE wrap as needed.

FOREIGN MATTER IN EYE Flush eyes with water. Notify MD.

HEADACHE Tylenol (10-15mg/kg pedi or 650mg adult) or ibuprofen (10mg/kg pedi or 400mg adult), fluids, rest.

DIARRHEA Clear liquid diet first 18 hours.

CONSTIPATION MOM 15-30 ml

ABDOMINAL PAIN/Maalox 15cc/Pepto Bismol 15cc (over 18 only) if **DISCOMFORT** associated with gas: Gasex

NAUSEA Pepto Bismol 15cc

VOMITING Clear liquids. If vomiting x 8 in 24 hours medical treatment

TOOTHACHE Tylenol prn. Orajel prn

EARACHE Tylenol prn. If drainage appears see MD for RX as needed

SORE THROAT Gargle with warm salt water; lozenges. Tylenol as directed. Notify MD if reddened or persistent.

FEVER Tylenol/ibuprofen, fluids. Notify MD on call if greater than 101.

ALLERGIC REACTION Benadryl 25-50mg

ITCHING Calamine lotion or caladryl lotion

COLD/COUGH Benedryl 25 mg q 4 hours pm. Robitussin DM 10cc PRN.

INSECT BITE Caladryl lotion as ordered; if excessive swelling or POISON IVY. If swelling persists x 48 hours, call MD

SUNBURN Solarcaine/Aloe vera gel, fluids, pain management and rest

RASHES Caladryl/hydrocortisone cream

NOSE BLEEDS Head upright, pressure to bridge of nose for 10 minutes; ice pack

ANAPHYLACTIC SHOCK Call EMS/MD stat and transport

CRAMPS, PAIN Motrin 200-400 every 4-6 hours PO PRN

ALLERGIES Benadryl 25mg PO every 4-6 PRN

The attached standing orders policy set forth for use at Camp Shining Stars, Healthy Kids Foundation, Inc.

Name of Camper

Parent/Guardian Signature

Date