



2024 Jacobs Essentials #5: *Health and Wellness*

The wellbeing of our campers is a huge priority, and we are very intentional about how we provide medication for campers, how we care for kids in the Health Center, how we communicate health issues with parents, and how we present healthy choices on a daily basis.

Medication

All medication will be administered by the Health Care providers working in our on-campus Health Center. The Health Center stocks a wide variety of over-the-counter medications for minor aches, pains, rashes, fevers, etc. Unless your child needs something specific, there is no need to send things like Advil, Tylenol, Benadryl, etc. Campers who need medication from home, whether for daily or as-needed use, will need to [follow the guidelines linked here](#).

Healthy Choices

Healthy choices are a central part of every camp day. Our goal is to keep each and every kid active and hydrated while offering plenty of healthy food. Within the camp schedule, campers will find easy opportunities to make healthy choices. In the dining hall, this means offering daily breakfast options which include: yogurt, fruit, Israeli salad, and hard-boiled eggs, in addition to our main breakfast choice. We also offer an expanded salad bar option alongside every lunch and dinner. We have fruit available to pick up throughout the day, and everyone at camp is focused on drinking water. In addition, our counselors model a healthy relationship with food and physical activity.

We make every effort for our kids to spend time outdoors. For example, the Technion, which is our STEM center, has an outdoor porch so that even traditionally indoor activities can happen outside. We are constantly adding new shade structures and finding ways to expand the spaces where kids can safely spend time outdoors.

Health Center Communications

Every day, our Health Center will be staffed by a team of health care professionals. When issues come up that require a telephone call or email, our staff will reach out using the information provided in your CampInTouch account. It is imperative that we have the most accurate and up-to-date contact information, so please double check these details in your CampInTouch account.

The following are reasons why you would get a phone call from the Health Center:

- If your camper has to spend the night in the Health Center.
- If your camper is prescribed medication.
- If your camper has to leave camp for an outside referral or an emergency.

In terms of reaching our staff in the Health Center, calls will be routed through our camp office. All messages will be returned as soon as possible. Our goal is to take exceptional care of campers while also providing exceptional communication to families at home.

Mental Health Care

The mental, emotional, social and spiritual health of everyone in our community is a major priority, and we plan for this by assembling a very strong Camper Care Team who provide licensed mental health support throughout the summer. In addition, time spent at camp brings with it many mental health benefits including fresh air, laughing, being with friends, being physically active, taking a break from social media, temporary separation from the stressors of school, and a sense of belonging within our camp community.

Parent Responsibilities Before Camp

We need all families to be diligent in assessing their camper's health, especially the weeks prior to camp, to limit the exposure of the entire camp community to any communicable disease. We need your partnership as we look out for the health of our entire community.

If your child has a fever of 100 degrees within 7 days prior to the start of the session, please have them evaluated by their physician and notify camp immediately. If your child's physician determines that they have a communicable illness, your child must remain at home until your physician and the camp director determine that they no longer pose a risk of spreading illness to others. Even if the illness is NOT a communicable disease, **no child should come to camp until they are fever free (without Tylenol or Ibuprofen) and healthy for at least 24 hours.**

Medical Check-in on Opening Day

Immediately upon arrival, a medical screening will be conducted by our camp medical staff. Our priority is to keep our entire camp community healthy.

Prevention Throughout the Summer

Washing hands is SO important and an integral part of our camp culture! We regularly remind everyone to wash their hands, especially before eating. Staff also instruct campers on "safe" coughing practices and not to share any food or drink. Additionally, counselors will aid their campers in washing their water bottles during the session. Our professional housekeeping staff routinely disinfect and sanitize all bathrooms and other high contact areas around camp, including our dining facility, sinks, and doors.

Managing Communicable Diseases Throughout the Summer

Our goal is to keep everyone healthy, but it is normal for people to get sick. When an individual in camp experiences symptoms that would suggest a communicable illness, he or she will go to the Health Center where they can be cared for and comfortable.