



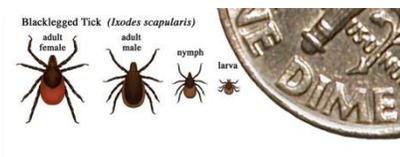
# Health and Safety for Campers

At Lime Hollow, the safety and security of our campers and guests is at the top of our priority list. Given the location of our camp and the programming that Lime Hollow provides, there are potential hazards associated with attending our summer camp. Our staff is responsible for identifying these risks and doing everything possible to mitigate exposure to potential hazards. Please read this information carefully.

## TICKS

Ticks are common in central New York, including Lime Hollow. The black legged tick (*Lxodes scapularis* or *Lxodes pafificus*) is responsible for the spread of Lyme disease. Some simple precautions will help keep your camper safe.

- Dress appropriately and wear bug repellent. Long pants and socks as well as shoes that cover the entire foot (not sandals) are recommended. Tucking your pant legs into your socks is also a good practice.
- Do a “tick-check” every day after camp. Pay particular attention to the groin, armpit and scalp areas. In most cases it takes 36-48 hours after a tick has attached to the body for it to transmit Lyme disease, so prompt detection and removal of an attached tick is important.
- If an attached tick is found follow the steps for proper removal outlined to the right.
- See your health care professional if you have any of these symptoms: fever, chills, headache, muscle and joint aches, swollen lymph nodes, or a “bull’s-eye” rash.
- For more information go to:  
[www.cdc.gov/lyme/index.html](http://www.cdc.gov/lyme/index.html) or  
[www.health.ny.gov/diseases/communicable/lyme/](http://www.health.ny.gov/diseases/communicable/lyme/)



## **SUN SAFETY**

Extended exposure to ultraviolet radiation (UV) from the sun can cause painful sunburn and over a long period of time can lead to skin cancer. The CDC recommends that individuals spending long periods of time outdoors wear a “broad spectrum” sunscreen with an SPF of 15 or higher.

- Please make sure your child wears sunscreen to camp every day, even on cloudy days they are exposed to UV.
- Camp counselors will make sure sunscreen is re-applied as needed throughout the day.

Other precautions to prevent over exposure include wearing a wide-brimmed hat, sunglasses and long pants and sleeves.

## **SOILS**

Campers at Lime Hollow spend their days in and around nature. This involves getting dirty. Your camper will be in areas where wildlife and domestic animals have been and have the potential to come in contact with fecal matter. Camp Gustafson on Gracie Road is the former site of a lumber mill where wood treated by the CCA (copper-chromium-arsenate) process was prepared and stored. Camp Gustafson was cleared of debris and the soil on site has been tested.

As a precaution to minimize any chance of harm from incidental soil contact it is suggested that:

- Campers wash their hands before eating. Ingestion is the primary pathway for anything in the soil to enter the body. If your child has a condition where they are prone to such activities (such as Pica) please let the staff know.

Wash thoroughly at the end of each day. This can be combined with a careful tick-check.

## **HYDRATION**

Proper hydration is important for everyone to prevent dehydration and heat related illnesses. Those who are active in the outdoors should drink frequently.

- Please make sure that your camper has a refillable water bottle with them every day.
- If your child complains of headaches and/or has dark colored urine they may not be drinking enough throughout the day.

## **ALLERGIES**

Allergic reactions can range from mild and uncomfortable to severe and potentially life threatening.

- Please notify the staff on the first day of camp of any known allergies, including food allergies.
- If your child carries an epi-pen please notify the staff and make sure they know where in your child's belongings it is kept.

## **COVID-19**

Coronaviruses are a large family of viruses. They are estimated to cause about a third of all cases of the common cold. COVID-19 is a viral respiratory illness caused by a new coronavirus that previously had not been found in people. Symptoms include: mild to severe respiratory illness with symptoms of:

- Fever (100.4 degrees) • Cough • Shortness of breath

### **How can I avoid getting sick?**

- To prevent the spread of COVID-19, take the same precautions that are recommended for avoiding other illnesses:
- Wash your hands frequently with soap and warm water for at least 20 seconds.
- Try to avoid touching your eyes, nose and mouth. Cover coughs and sneezes.
- Stay home when you're feeling sick and avoid close contact with those who are sick.