

Medical Information

It is our goal to provide the safest and healthiest camp experience we can for your son. In order to do this we need your help in providing the following information to our medical staff at High Rocks. Our nurse will contact you anytime your son stays overnight in the infirmary or is seen by a physician. Please feel free to call our camp nurse at any time to ask questions or share any information that would be helpful.

1. *Please be sure health forms are received in our camp office no later than **May 15th** to allow time for the medical staff to review them before your son's arrival.*

2. *Please arrange for a physical exam if your son has not received one within two years of attending his 2010 session. If your son has had a physical within that time, **please arrange for your physician to fill out and sign Page 4 of the Camper Medical Information Form.***

3. *We request that you have the medical form filled out and that you arrange to mail it back to camp yourself. Please do not ask the doctor's office to complete and mail it to us. It often gets lost in the process.*

4. *Any and all prescription medications to be dispensed at camp need to be in original prescription containers with the doctor's name and dosage instructions. **If your child uses an inhaler please send at least two with him to camp.***

5. *Our camp infirmary will be stocked with the following over-the-counter medication and standing orders from our camp physician will dictate their use: Acetaminophen (Tylenol), Ibuprofen (Advil), antibiotic cream, itch relief lotion (Calamine or hydrocortisone), antacid tablets, Immodium, Epinephrine (Anaphylactic Shock), Antihistamine (Benadryl), decongestant, Vitamin C, Echinacea, Emetrol (anti-nausea), Ipecac, activated charcoal, and throat/cough lozenges.*

6. *Please fill out the enclosed form for the Transylvania Community Hospital per their request. Return this form to us at High Rocks.*

7. Please send a front and back copy of your child's insurance card.

8. *Parents will be contacted by phone and/or email when a camper spends an overnight in the infirmary or is seen by a physician.*