



Frequently Asked Questions

Regarding Cuyamaca Outdoor School Health Services

1. My child has asthma and needs to carry his/her inhaler at all times. Is that okay?

We do not usually allow students to carry their inhalers, even if they do so at school. Our staff carry all inhalers in a medical kit (with the student's name) so they are not lost in the woods. Inhalers are picked up before each walk, and returned to the Health Center after each walk. The staff will notify the Health Center if the inhaler was used. However, if a parent insists – and they have physician-authorized permission to carry, in writing – they must send two inhalers to camp (in case one is lost).

2. My child has issues at night with bedwetting and is very afraid of the other kids finding out. Do you have a discreet plan if this occurs?

The student is asked to sleep on a bottom bunk, so they are accessible to wake in the night, if need be. The night staff will offer to wake them around 12 a.m. to remind them to use the bathroom. Please let your child know they are not the only one with this concern. Every cabin, both boys and girls, has students that have accidents in the night. Some students wear pull-ups they put on in their sleeping bag and wake early to remove. Some students take medication before bed. If an accident occurs, your student must discreetly let the night aide know, and they will take all students to breakfast, then come back down to the cabin and bring the soiled bag, PJ's, etc., to the Health Center to launder.

3. My child takes medication and does not want the other students to know. Are the medications given in a discreet manner?

Only the Health Center staff and your student know what type of medication they are on.

4. My child has never been away from home before. What is the procedure for calling home if he/she gets homesick?

A large percentage of our students have the same issue and have never been away from home. We will ask them to talk with their classroom teacher first. We can also counsel them in the Health Center, and have the student read a homesick journal with entries from other students that felt the same way and survived. We do not have them call home on the first night. If they are still feeling anxious the next morning, after talking with their teacher, we will call parents first and come up with a plan that might include the student calling you from the Health Center. *Please do not tell your child before camp that if they get homesick you will come pick them up.* They will give up too easily in that case.

5. My child has special dietary needs. Can I send food to camp?

Please contact Kim McAlexander, Child Nutrition Supervisor, @ 760-765-4108 or kmcalexander@sdcoe.net for any questions regarding food.

PARENTS: Help us to make your child's time at camp a happy and healthy one. Please remember:

We need a physician-signed [Medical Authorization Form](#) for ALL prescription AND over-the-counter (OTC) medication being sent to camp. This includes any cold/allergy medications, pain medications, vitamins, herbals, oils, holistic or homeopathic remedies, etc.

EXCEPTION: If the OTC medication is listed on the back of the pink Student Health Form, then you simply need to check 'Yes' to give us permission to administer the OTC medication that we keep at camp. For example, you can check 'Yes' to Claritin, ibuprofen, cough drops, etc., and this is sufficient. Any medications **not** listed here, such as Dramamine, Nasonex, Flonase, Zyrtec, Melatonin, Naproxen sodium (Alleve), vitamins, etc., **must** be accompanied by a physician-signed [Medical Authorization Form](#).

We cannot accept or administer any international medication.

All medication, prescription and otherwise, must come in their original containers. No baggies, pill boxes, or Tupperware, please.

Please do not send any medication in the student's luggage.

All unauthorized medication will be returned to the school.

Please use the pink [Student Health Form](#) to communicate any issues, health concerns, or information – the more we know, the better we can help your child. Please review the entire form for accuracy.

Please do not send your child to camp sick. They must be free of fever or vomiting for 24 hours before they can come. It is okay for them to arrive a day or two late; they will have a much better time if they are feeling well.

For your child's safety and comfort, long pants are required for hiking at camp; more than one pair is recommended. Capris, leggings, and tights are *not* appropriate for hiking.

The week before your child comes to camp, we start making phone calls if we have any questions. During camp, we will call immediately if your child becomes seriously ill or injured. We know that many people screen their calls or are reluctant to answer a call from an unknown number, but we would ask that during the week prior, and *especially* during the week of camp, please answer your phone, even if you don't recognize the number.

Thank you,

Camp Cuyamaca Health Center Staff

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