

PRECAMP LICE AND HEALTH CHECK

As required by County Health laws, and to keep our camp healthy and prevent the spread of lice and disease, each participant (adult and youth) needs to be screened for lice and illness prior to coming to camp. Those participants showing signs of lice or communicable disease (answering “yes” for fever, vomiting or diarrhea alone OR to any two (or more) of the other symptoms) **should not attend camp** and consult a healthcare professional for treatment recommendations and follow up. Complete this check within 24-hours prior to arriving at camp. This check can be performed by parents or, with parents’ permission, ward leaders or a health professional.

How to perform a lice check:

Preparation:

- Consider using natural light or a flashlight for better visibility, as lice can be hard to see under artificial lighting.
- Use magnification, like reading glasses or a magnifying glass.

Inspection:

- Part the hair in various areas.
- Focus on the scalp, particularly behind the ears and the nape of the neck, for signs of scratching or rash.
- Look for movement in the hair and for nits (lice eggs) close to the scalp.

Identifying Nits:

- Nits are tiny, teardrop-shaped, and stick to the hair shaft. Nits differ from dandruff by adhering strongly to hair.
- Feel for nits; they resemble grains of sand.

Further Examination (if needed):

- Wet the hair and apply conditioner.
- Use a metal lice comb to comb through the hair from roots to ends.
- Check the comb for lice after each pass, potentially shaking it over a bowl to see them better.

How to Perform a health check:

Ask each participant if they are experiencing any of the following:

- Fever (100° F or greater)?
- Sore throat?
- Vomiting?
- Diarrhea?
- Cough?
- Muscle aches or lethargy?
- Stomach cramps?
- Nausea?

Participant’s name:

Participant’s signature:

Date:

Parent/Guardian (if needed):

Parent/Guardian signature:

Date: