

Girl Scout Day Camp Family Handbook ————— 2025

WELCOME!

Whether it's swimming, tie-dying, or aiming for the target on the archery range, GSCWM day camps have so much to offer.

We have been bringing once in a lifetime opportunities to girls at our GSCWM summer camps for many summers. We embrace the 100 year old tradition of camping as a cornerstone of the Girl Scout experience!

We are so glad that your camper will be joining us this summer!

Camp Contact Info

Camp Bonnie Brae

Available June 23-August 15

Camp Cell Phone: 508-450-4721

Email: CBBDirector@gscwm.org

Physical Address: 951 Algerie Rd
East Otis, MA

Mailing Address: P.O. Box 529
East Otis, 01029

Instagram: @campbonniebrae

Camp Green Eyrie

Available June 23-August 15

Camp Cell Phone: 413-387-3789

Email: CGEDirector@gscwm.org

Physical/Mailing Address:

69 Still River Rd
Harvard, MA 01451

Instagram: @campgreeneyrie

Camp Laurel Wood

Available June 23-August 8

Camp Cell Phone: 413-727-5740

Email: CLWDirector@gscwm.org

Physical Address: 63 Buteau Rd
Spencer, MA

Instagram: @camp_laurel_wood

Camp Lewis Perkins

Available June 23-August 8

Camp Cell Phone: 413-387-3413

Email: CLPDirector@gscwm.org

Physical Address:

9 Camp Perkins Rd
South Hadley, MA

Instagram: @campewisperkins

GSCWM Social Media:

Facebook: www.facebook.com/GSCWM

Instagram: @gscwm

TikTok: @gscwm

*Please do not use social media as a way to contact Camp –
please email or call the main camp number.*

If you need a copy of your summer camp expenses receipt for tax purposes, you can log into your CampDoc profile and print receipts at any time, or email info@gscwm.org. The Girl Scouts of Central and Western Massachusetts tax ID # is: 04-2103856.

Please consult with a qualified tax professional for concrete specifics on using your summer camp receipts for any tax purposes. GSCWM is unable to advise on how best to use these credits.

Table of Contents



Greetings from Camp	1
General Camp Information	2
Packing List	3
Camp Life	4
Program Information	6
Meals	8
Policies and Expectations	9
Staying in Touch	12
Health and Safety	13
Getting to Camp	22
Appendix: MA DPH Handouts	30



Greetings from Camp!

Dear Camp Families,

I am truly delighted that you have a camper (or campers) registered for GSCWM Camp. By signing up for camp, you have helped your Girl Scout open a door to unique opportunities and endless possibilities. In today's whirlwind world, filled with social media algorithms, academic pressure, and dramatic events, camp is more important than ever before. Camp is an escape into a world of birdsong, sunlight, the scent of pine, and into a community built on support, nurturing, and taking healthy risks. Campers are encouraged to dive deep into their sense of wonder, curiosity, and adventure. They will have the opportunity to be creative with arts and crafts, athletic with sports and swimming, and brave with archery and the challenge course; but above all, ***camp is about connection***. As Girl Scouts navigate through their camp session, they will deepen their relationships to others, nature, and themselves. Each moment at camp is filled with the potential for a new connection, whether it's working together to care for the camp property, joining voices in harmony around the fire, or bonding together over shared stories amidst the wonder of the woods. Confidence emerges as campers hone new skills and are trusted to design their days with thoughtfulness and care. Responsibility builds as they lean on each other to complete tasks and meet challenges. There really is nothing quite as special as the camp environment. Each week allows campers to participate in tried and true Girl Scout traditions like closing and opening ceremonies, singalongs, hikes, and more. They'll also immerse themselves in unique programs based on their session theme. The program offerings are progressively more advanced, allowing all Girl Scouts age-appropriate skill enhancement and leadership development. We at GSCWM are so grateful that you are entrusting and sharing your Girl Scout with us for an entire session. This handbook has been thoughtfully compiled to address all of your questions in preparation for camp, and we hope that you feel confident and ready for your summer adventure! Our knowledgeable Customer Care Team is available to assist campers and their families at any time during this process. Should you have any additional questions, they can be reached at 508-365-0115/413-584-2602 or by email at info@gscwm.org. Our camp staff is excited and looking forward to seeing you and your Girl Scout at camp!

Happy Camping,
Jessica Gonzalez
Program Manager

General Camp Information

AMERICAN CAMP ASSOCIATION (ACA)



The American Camp Association, or ACA, is the only accrediting body for recreational camps in the United States. ACA's accreditation standards focus on health, safety, and risk management, and are used as benchmarks by government entities. ACA accreditation provides public evidence of a camp's commitment to the well-being of campers and staff. Camp Bonnie Brae, Camp Green Eyrie, and Camp Lewis Perkins are fully accredited ACA Camps, while Camp Laurel Wood follows all ACA standards and guidelines. GSCWM submits annual reports to ACA for review and each camp receives an on-site evaluation from ACA representatives every three years. In addition to maintaining accreditation status, GSCWM staff utilize ACA trainings and research to develop exciting camp programs, maintain up-to-date staffing policies, and uphold industry best practices for participant health and safety.

ABOUT OUR STAFF

Camp staff members are selected on the basis of their skills, experience, ability to serve as role models, and enthusiasm for camp. All staff members go through 5-10 days of staff training including program instruction, first aid, youth development, risk management, behavior management, emergency procedures, camping skills, Girl Scout programs, and more. Most staff members are over the age of 18, many are over 21, and Camp Directors are over the age of 25 (per Massachusetts state regulations and ACA standards).

What You'll Need:

Pack:

- Extra socks
- Swimsuit and swim towel
- Raincoat or poncho
- Rain boots/shoes if needed
- Reusable plastic or metal water bottle
- Sunscreen (SPF 30 or higher) and lip balm
- Bug repellent (DEET strongly recommended)
- Nut-free lunch and snack
- Hat or visor
- Personal medications if needed during the camp day (to be turned in at check in)
- Sweatshirt or light jacket for cool days

Wear:

- Sturdy, closed-toe shoes with socks
- Short-sleeved shirt
- Shorts or breathable long pants

HELPFUL TIP!

IT'S A GOOD IDEA TO SEND A PLASTIC GROCERY BAG TO CAMP WITH YOUR CHILD TO STORE THEIR WET SWIMSUIT AND TOWEL AFTER SWIM TIME!



Additional gear for campers participating in the day camp overnight:

- Sleeping bag, twin-size fitted sheet for mattress, blanket, pillow
- Bug net for sleeping
- Pajamas
- Clothes for the next day (shirt, pants or shorts, underwear, socks)
- Flashlight and extra batteries



Optional Items:

- Water shoes or sandals (no flip-flops)
- Rash Guard for swimming and boating
- Camera (no phones)
- Sunglasses

CAMP LIFE!



GSCWM's summer camp staff strive to provide a fun, exciting, nurturing, and safe space for all campers. Every day, campers are given the opportunity to try new things, make new friends, explore the world around them, and most importantly, have fun outdoors! The following pages contain some general information about daily life at camp. Should you have any additional questions, please email us at camp@gscwm.org.

A TYPICAL DAY AT CAMP

Campers' days are filled with thematic activities based on the specific programs they selected. Activities vary but may include hiking, outdoor cooking, challenge course runs, crafts, songs, outdoor skills, archery, canoeing, and games. We try our best to ensure that all campers experience as many activities as possible.



Sample Day Camp Schedule

9:00am Campers Arrive
9:15am All Camp Flag
9:30am Theme Programming with Unit- Example: Swimming
10:15am Theme Programming with Unit- Example: Art Project
11:00am Theme Programming with Unit- Example: Outdoor Skills
11:45am Unit Kapers
12:15pm Lunch
1:00pm Camper Choice
2:15pm Camper Choice
3:00pm Theme Programming with Unit- Example: Team Building
4:15pm All Camp Flag and Closing Announcements
4:30pm Camper Pick Up or Depart on Camp Bus



BUDDIES

If your camper is attending camp with a friend, you can request that two campers be “buddies” in our registration software, CampDoc. Requesting a buddy simply indicates to staff that those two campers should be placed together in the same group; it does not require two campers to do everything together for their entire week at camp. In order for staff to be able to honor a buddy request, both campers must be registered for the same camp program and request each other as buddies in CampDoc. Please note that campers who are at different age levels will not be placed in the same group. Due to space limitations, staff may not be able to accommodate buddy requests of groups of three or more. If you have any buddy questions or unique requests, please email the camp director at least a week before your camper arrives to discuss options.

KAPERS

Girl Scouts always leave a place better than they found it and we are proud to work together with campers to leave camp in tip top shape each day! All campers participate in camp chores, called kapers, every day. Besides making sure their own group spaces are kept tidy, each unit helps with an all-camp kaper. Camp kapers may include running a flag ceremony, helping set tables for meals, sweeping the dining hall, and more. Counselors supervise and assist campers with all kapers. Depending on age and ability, campers may handle nontoxic cleaners in spray bottles to clean counters and other surfaces with paper towels. All campers wash their hands after participating in cleaning tasks.



CAMP NAMES

The use of camp names, which are nicknames staff members use instead of their real names, is a longstanding tradition at Girl Scout camps all over the country. Camp staff, Camp Aides, and Program Aides choose their own camp names based on GSCWM guidelines.

BIRTHDAYS

Birthday at camp? We got you! If a camper’s birthday falls during the camp session, they will receive a special treat from the camp staff and the whole camp will sing “Happy Birthday.” If your camper would be uncomfortable with this experience, please communicate with the Camp Director so that the camp staff can arrange an alternative birthday acknowledgment.



Program Information

Day campers spend quality time in a safe, supportive outdoor setting while making friends and learning new skills. Campers from different backgrounds are drawn together to try new things and learn from each other. Day campers spend their time in cooperation with peers of the same age and interests, while also enjoying the camaraderie of the entire camp community. At camp, Girl Scouts learn to become self-reliant, confident, and caring. In keeping with our values of girl-led programming, campers work together to plan their session activities with the support and guidance of camp staff. With every camper having input into the program, no two days will be the same. Before your child comes to camp, talk with them about what they want to do while they are there.

****Please remember certain activities such as the challenge course, archery, hatchet-throwing, and the axe yard have age restrictions according to Girl Scouts of the USA Safety Activity Checkpoints.***

No matter which session your camper attends, they will:

- Practice valuable life skills such as self-care, relationship building, and environmental stewardship
- Learn outdoor skills like knots, fire building, trail etiquette, and outdoor cooking
- Work toward earning Girl Scout badges and patches (please note that campers may or may not complete an entire badge)
- Help take care of camp by doing camp kapers. For example, working as a team to wipe down tables, sweep the unit spaces, organize supply items, and pick up trash items to protect our nature friends
- Have the opportunity to make independent choices about what they would like to do with their time, like making bead animals, taking an afternoon hike, braving the challenge course, and enjoying extra swim time



BADGES

Some of our camp programs will work towards badges and awards. Other programs do not. Campers may work on Girl Scout Badges depending on their program and the interest of their group. Badge record sheets will be sent home from camp for groups who decide to work on a Girl Scout Badge. If badges are completed, they will be noted on the form and can be purchased by the camper's family at our council stores.

GIRL SCOUTS LOVE THE OUTDOORS

In 2025, every camper will have the chance to complete the Girl Scouts Love The Outdoors Challenge. The challenge calls on Girl Scouts all over the country to complete 25 different tasks, all related to caring for nature and spending quality time outdoors. During their camp session, girls will review the list of possible tasks and work together to design their path to accomplishment as they take on the challenge. If the Girl Scouts Love The Outdoors Challenge is completed successfully, girls will earn and take home their Girl Scouts Love The Outdoors patch. Find out more about the challenge here: <https://www.girlscouts.org/en/activities-for-girls/for-every-girl/girl-scouts-love-the-outdoors-challenge.html>.



At each full week of day camp, your camper will have an opportunity to participate in these exciting Camp Programs:

Theme Days (Tue-Friday)

Each week, camp will have theme days that offer campers the option to dress up and participate in a themed activity. Theme days differ by camp, but examples include PJ Day, Decades Day, or Superhero Day.

Fireflies option (Thursday)

At Camp Green Eyrie, Camp Laurel Wood, and Camp Lewis Perkins, campers have the option for an extended evening camp experience. Campers will stay for a camp dinner, enjoy fun evening programs, and be picked up at 8 PM from camp. This option is not available at Camp Bonnie Brae.

Camp Out option (Thursday)

At Camp Green Eyrie, campers entering grades 2- 12 have the option to stay at camp for an overnight experience. Campers will enjoy dinner at camp, an evening activity, and breakfast Friday morning. Lunch is provided Friday for campers who attend the Camp Out.

Tie-Dye (varies by camp)

Every camper gets a camp t-shirt with a special 2025 design. Campers are able to tie-dye their shirts each week.

All Camp Event (varies by camp)

At least once a week, all campers and staff get together for a camp wide event. Most often this event takes place on Friday and could feature a large all camp game, a dance party in the dining hall, a day at the races event, or a cardboard box regatta. Your campers won't want to miss this memorable camp activity!



Meals at Day Camp



Please do not send your child with any nut based lunch or snack items. If your child comes to camp with these items, a member of our camp staff team will provide them with an alternative nut free snack and/or lunch item to ensure the safety of all campers and staff.

LUNCHESES

Day campers are required to bring their own nut-free lunch each day and are asked to pack a healthy snack daily. Please send items that can last until the afternoon without being refrigerated, as refrigeration is not available at all camps. Please do not pack glass containers.

SNACKS

Snacks are provided to campers throughout the day as needed, and campers are always allowed to ask for extra snacks. You are welcome to pack extra snacks for your camper, too! Please note that if your camper rides the camp bus to and/or from camp, there is no eating allowed on the buses.

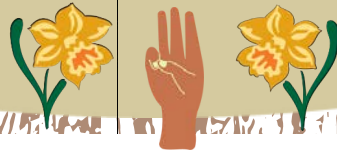
WATER BOTTLES

Campers remain active throughout the day and staying properly hydrated is of utmost importance. Potable water can be found throughout our camps at multiple filling stations. It is recommended to send a refillable water bottle with your camper each day, labeled with their name.

WEEKLY COOKOUT

Each group at day camp will make a cook out snack at least once during their week at camp and all menus are planned and prepared together by campers. All dietary restrictions are considered by the group when determining the cookout meals.

Girl Scout Policies and Participant Expectations



Girl Scouts of Central and Western Massachusetts strives to maintain a camp environment that is safe and fun for each camper. Our programs and camp environments are designed to provide an inclusive experience for all campers regardless of race, creed, or cultural background. Language and/or behaviors that offend or intimidate other campers and staff members are not welcome. Campers are expected to be friendly and considerate to other campers and counselors. Swearing, bullying, hitting, fighting, verbal harassment, or any other disruptive behaviors are not permitted or acceptable at camp.

ELECTRONICS AND CELL PHONE PROTOCOL

Electronic devices like cell phones, tablets, music playing devices, and smart watches are not permitted at camp. If an electronic device or cell phone is discovered with your child after you leave, the items will be stored in a locked cabinet in the camp office and returned to an adult during checkout. GSCWM is not responsible for lost or stolen items at camp.

PETS

Campers are not permitted to bring pets of any kind to camp. In addition, we ask that you please do not bring any animals to camp on incoming or outgoing day.

WEAPONS, DRUGS, AND ALCOHOL

Campers are not permitted to bring weapons of any kind to camp (e.g. Swiss army knives, scissors, etc.), nor drugs, tobacco, vaping or alcohol of any kind.

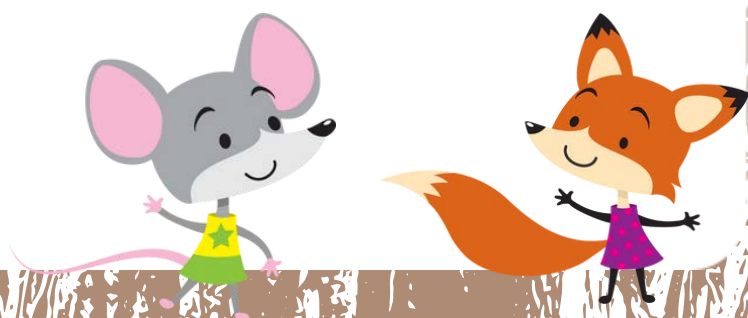


VALUABLES

The following items are not allowed at camp and should be left at home: cell phones, radios, CD players, iPods or other MP3 players, handheld gaming devices, laptops, tablets, and other electronic devices, alcohol, illegal drugs, weapons, pets and animals. If found at camp, they will be confiscated. Any personal sports equipment must be turned over to the Camp Director for safe storage and handling. Jewelry, expensive clothes and items of great sentimental value should also be left home. The camp and Girl Scouts of Central and Western Massachusetts cannot be held responsible for such items.

LOST AND FOUND

Our staff makes every effort to assist your camper in keeping track of personal belongings. Before campers leave on the last day of their session, camp staff display everything in the lost & found in an effort to reunite campers and their belongings. Please label all of your camper's belongings with either their initials or a family name. Labeling items helps not only camp staff, but other parents or guardians who have found an unfamiliar item in their camper's bag. Several times throughout the summer, camp staff will post lost and found items on the camp's Instagram page. Please contact the camp office to claim any items you recognize as yours. If an item is labeled with a camper's name, someone from the camp team will contact the camper's family. Items left at camp will remain at camp for at least 10 days after your camper's session. After that time, they will be sent to GSCWM's office in either Worcester or Holyoke and held until September 30. Craft projects, personal hygiene items, socks, underwear, and other smaller items will not be sent to the office. Items remaining after September 30 are donated to a charitable organization. GSCWM is not responsible for any lost or stolen items at camp.



REASONS FOR A CAMPER TO BE SENT HOME

On occasion, campers experience emotional or behavioral issues that go beyond the camp staff's ability to manage. Each situation is evaluated individually and staff take action depending on what is best for all campers. If at any time a camper's behavior is determined to be unsafe by the camp staff and GSCWM management, the camper's caregiver will be asked to pick up their child from camp.

Girl Scouts of Central and Western Massachusetts will not tolerate any forms of physical violence or hazing. Participating in either of these offenses will lead to immediate dismissal from camp. The possession of drugs, alcohol, illegal substances, tobacco or vaping products, and weapons on Girl Scouts of Central and Western Massachusetts' properties is strictly prohibited. Should there be reason to suspect a camper of possessing or concealing drugs, alcohol, illegal substances, and/or weapons, GSCWM reserves the right to search through and take inventory of the camper-in-question's belongings. If such items are found in the camper's possession, the police will be notified and caregivers will be contacted to pick up the camper.

A camper may also be sent home from camp in situations where their behavior has become unsafe for themselves and/or other campers. These behavioral issues include but are not limited to frequently running away from the group, refusal to participate in activities to the point that it disrupts other campers' experiences, using derogatory language toward other campers and/or staff, and unwanted or inappropriate physical contact with others.

In most cases, the following action steps will be implemented:

- Camper meets with unit counselors
- Camper meets with the Camp Director and parents/guardians are notified
- Removal from program if the behavior does not improve



Staying in Touch



VISITING

For security reasons, visitors are not permitted during camp sessions. Our Open Houses and incoming and outgoing days are designed to give caregivers the opportunity to see camp. In the event of an emergency where you need early pick up of your camper, please call the Camp Director before arriving at camp.

TELEPHONES

You may feel that talking with your camper is the only way to make sure that the adjustment to camp is going well; however, talking with family outside of camp breaks the immersion and usually creates or exacerbates campers' feelings of missing home.

We have the following policies on phone use:

- Campers are not permitted to make or receive phone calls, except in emergency circumstances.
- No cell phones are permitted at camp. If a camper brings a cell phone to camp, we will safely store the phone and return it directly to the parent at the end of the session.

Parents and guardians who have concerns or questions about their camper are encouraged to discuss them with the Camp Director or someone on the camp leadership team, who will be happy to speak with your camper's counselors and report back to you.

INSTAGRAM PAGES

Each GSCWM summer camp has an Instagram page to give families and campers a glimpse into camp life both during camp and the off-season. It's a great way to learn about what is happening at camp! While camp staff strive to post updates frequently, the campers are our first priority and we cannot guarantee that the camp pages will be updated on a regular schedule. Posting frequency and content will vary between camps. Camp staff will not post updates or photos of individual campers. Additionally, if you have designated during the registration process that your camper cannot have their photo taken, they will not appear in photos. Please do not use Instagram as a way to contact Camp – please email or call the main camp number.



Health and Safety

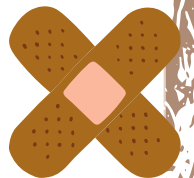


PERSONNEL

The healthcare team at GSCWM summer camps consists of a Health Care Consultant and Health Care Supervisor. The Health Care Consultant for all of GSCWM's summer camps is a licensed physician who assists developing and updating the camp's health care policy, develops and signs written orders for the Health Care Supervisor, and is available for consultation at all times. The Health Care Consultant is not present at camp. The camp Health Care Supervisor is, by regulation, present at camp at all times and has, at a minimum, First Aid and CPR certification in addition to experience providing first aid and dispensing medication to campers. Usually, the Health Care Supervisor is an EMT or RN. The Health Care Consultant authorizes the Health Care Supervisor to be in charge of health matters at camp on a day-to-day basis and to dispense medications.

CARE OF INJURIES OR ILLNESS

Staff members are responsible for reporting any signs of camper illness or injury to the Health Care Supervisor as soon as possible, who then assesses the severity of the situation and determines whether the child may be treated safely at camp or if they need outside medical attention. The Health Care Supervisor may administer over-the-counter medications as needed if they are authorized by the parent/guardian. If a camper is transported out of camp for medical attention, a staff member is sent with the camper along with the camper's health form and signed permission to treat form. The parent/guardian is contacted at every step in this process if possible. Should an injury occur while campers are out of camp, staff contact local emergency services first, then the Camp Director, who will contact the camper's parents or guardians immediately.



GOING HOME SICK

If a camper feels ill during the camp day or has respiratory symptoms, they will be separated from other campers and supervised by the camp Health Supervisor.

The parent/guardian or emergency contact will be notified and instructed to pick up their camper.

SPECIAL ACCOMMODATIONS

GSCWM wants everybody to have the opportunity for a great camp experience and do our best to accommodate all Girl Scout campers. Campers with individual accommodations can have a positive camp experience when these needs are disclosed to the camp administrators and their staff prior to camp. In many cases accommodations can be made, but each camper must be able to function safely in a 1:6 adult-to-camper ratio.

Providing a safe and positive experience to all campers is extremely important to us. We reserve the right to make decisions about participation based on the extent of a camper's needs and our staff's ability to meet those needs. If your camper will require specific accommodations, please contact the camp director from late June–August, or contact Jessica Gonzalez, Program Manager, at camp@gscwm.org or 413-584-2602 prior to registering or coming to camp.



All GSCWM Summer Camps comply with Regulations of the Massachusetts Department of Public Health (105 CMR 430) and is licensed by the local Board of Health. Information on these regulations can be obtained at 617-983-6761. Parents/guardians may request acknowledgement of staff background checks and policies on health care and discipline as allowed by law. Please contact camp@gscwm.org with requests or to file any grievances.

SWIMMING

At Camp Bonnie Brae, Camp Green Eyrie, and Camp Laurel Wood, all swimming activities take place in and around roped-off waterfront swimming areas. At Camp Lewis Perkins, campers swim in an in-ground swimming pool. At all four of our camps, camp staff follow Massachusetts state-mandated guidelines for swim checks under Christian's Law. All camp lifeguards undergo yearly training in Christian's Law compliance. All campers are welcome to swim in the shallow area regardless of swimming ability. According to Christian's Law, any camper deemed to be a non-swimmer based on the standards the state has put forth will be required to wear a PFD in any water deeper than two feet. In order to be considered a swimmer under these regulations, campers must be considered an American Red Cross Level 3 or YMCA Minnow swimmer. This means that she will need to demonstrate the following swimming skills:

- Jump into chest deep water, submerge completely, and return to the surface.
- Tread water for one minute without touching the bottom or reaching for the dock/deck.
- Swim 15 yards of Freestyle or Front Crawl stroke, in a horizontal position with rotary or rhythmic breathing and proficient arm strokes and flutter kick.
- Demonstrate successful Elementary Backstroke for 15 yards, also at a horizontal orientation (no 'bowing' in the water).

The Waterfront Director and lifeguards will determine which campers demonstrate enough comfort in the water to complete this swim check in deep water. Campers who do not show comfort in the shallow end of the water and/or campers who cannot complete the requirements for a Level 3/Minnow proficiency level will be deemed non-swimmers. At Camp Lewis Perkins, campers participate in a modified Christian's Law swim test suitable for an in-ground pool setting. Campers have the option to request a re-check of their swimming skills anytime during the camp session based on lifeguard time availability. All campers are required to wear a colored wristband that identifies what swimming group they have been placed in.

For more information on Christian's Law, please visit: <https://www.mass.gov/info-details/christians-law>.



HEALTH HISTORY FORMS & IMMUNIZATIONS

A Camper Information Record and Health Examination Form must be completed in Camp Doc before your camper arrives at camp. A copy of the forms can be found in your online profile, in addition to a Camper Questionnaire. Please make an appointment ahead of time with your family doctor for your camper's physical or to obtain a copy of her current immunization and exam records. Girls will not be permitted to attend camp if completed health information and immunization records (or waiver) is not received prior to the start of camp. Massachusetts State Law, American Camp Association Standards, and Girl Scout Camp Standards require that every day camper furnish a health history. As of March 2024, the Massachusetts Board of Health has updated the required immunizations for children attending camp.

The immunization record for each child must include the following vaccines in the chart (dependent on age/grade):

Kindergarten-Grade 6 (Daisy-Cadette):

DTaP/Tdap	5 doses; 4 doses are acceptable if the fourth dose is given on or after the 4th birthday; DT is only acceptable with a letter stating a medical contraindication to DTaP.
Polio	4 doses; fourth dose must be given on or after the 4th birthday and ≥6 months after the previous dose or a fifth dose is required; 3 doses are acceptable if the third dose is given on or after the 4th birthday and ≥6 months after the previous dose.
MMR	2 doses; first dose must be given on or after the 1st birthday, and second dose must be given ≥28 days after first dose; laboratory evidence of immunity acceptable.
Varicella	2 doses; first dose must be given on or after the 1st birthday and second dose must be given ≥28 days after first dose; a reliable history of chickenpox* or laboratory evidence of immunity acceptable. *A reliable history of chickenpox includes a diagnosis of chickenpox, or interpretation of parent/guardian description of chickenpox, by a physician, nurse practitioner, physician assistant or designee.
Hepatitis B	3 doses; laboratory evidence of immunity acceptable.

Grade 7-12 (Cadette-Ambassador):

DTaP/Tdap	1 dose; and history of DTaP primary series or age-appropriate catch-up vaccination; Tdap given at ≥ 7 years may be counted, but a dose at age 11–12 is recommended if Tdap was given earlier as part of a catch-up schedule; Td or Tdap should be given if it has been ≥ 10 years since last Tdap.
Polio	4 doses; fourth dose must be given on or after the 4th birthday and ≥ 6 months after the previous dose or a fifth dose is required; 3 doses are acceptable if the third dose is given on or after the 4th birthday and ≥ 6 months after the previous dose.
MMR	2 doses; first dose must be given on or after the 1st birthday, and second dose must be given ≥ 28 days after first dose; laboratory evidence of immunity acceptable.
Varicella	2 doses; first dose must be given on or after the 1st birthday and second dose must be given ≥ 28 days after first dose; a reliable history of chickenpox* or laboratory evidence of immunity acceptable. *A reliable history of chickenpox includes a diagnosis of chickenpox, or interpretation of parent/guardian description of chickenpox, by a physician, nurse practitioner, physician assistant or designee.
Hepatitis B	3 doses; laboratory evidence of immunity acceptable; 2 doses of Heplisav-B given on or after 18 years of age are acceptable.
MenACWY (formerly MCV4)	Grade 7–10: 1 dose; 1 dose MenACWY (formerly MCV4) required; Meningococcal B vaccine is not required and does not meet this requirement. Grade 11–12: 2 doses; second dose MenACWY (formerly MCV4) must be given on or after the 16th birthday and ≥ 8 weeks after the previous dose; 1 dose is acceptable if it was given on or after the 16th birthday; Meningococcal B vaccine is not required and does not meet this requirement.



MEDICATION AT CAMP

If your camper has medication that needs to be administered during her stay at camp, please turn in all prescription and over-the-counter medication to the camp staff during check-in and have them listed in the camper's health profile in CampDoc. Per state regulations, all medications must come to camp in their original containers and be stored by the Health Care Supervisor in locked compartments in the camp health center. Emergency rescue medications, like inhalers and epi-pens, can be held by the camper so long as she is capable of self-administrating and the parent/guardian and Health Care Consultant give written approval. Otherwise, a trained staff person will carry and administer any emergency rescue medications.

All medications should be listed in your camper's CampDoc profile and added prior to arrival at camp. **An authorized provider must sign off on all medications brought to camp, including over-the-counter and prescription medications.**

If your camper brings prescription medications to camp, the container(s) must have:

- a pharmacy label showing the prescription number
- patient's name
- date filled
- physician's name
- name of medication
- directions for use

The Health Care Supervisor dispenses medication according to the directions on the prescription label. If a medication should be dispensed differently from the directions on the prescription label, bring detailed written instructions for the camp staff to reference. If a camper refuses to take prescribed medications, their refusal is documented in the health log and the parent/guardian is notified.

OVER THE COUNTER MEDICATION

The Health Center at camp is stocked with common over-the-counter medication that the Health Care Supervisor will administer to campers as needed. These medications include acetaminophen (e.g. Tylenol), antacids (e.g. Tums), allergy medication (e.g. Benadryl), antibiotic ointment and other topical ointments (e.g. triple antibiotic cream and Hydrocortisone), powder (e.g. talc powders and medicated powders), cleanser (e.g. rubbing alcohol and hydrogen peroxide), sunscreen, bug spray, and eye drops. Any restrictions or additions regarding over-the-counter medication must be noted on the camper's health profile in CampDoc.

SUPPLEMENTS AND NATURAL REMEDIES

Please note that supplements containing CBD are not allowed at day camp. If a camper brings essential oils to camp, that must be listed in CampDoc and turned in to staff during check-in.

INSURANCE

While at camp, your child is covered by limited health/accident insurance. This limited insurance covers initial treatment for illness or accidents occurring at camp and serves as a supplement to the camper's health insurance. Please note: pre-existing conditions, such as asthma, are not covered by this plan. Camp insurance will cover up to a pre-set deductible, after which the camper's insurance will take over. If you have any questions about this insurance or any medical bills you receive, please call the Camp Information line at (413) 584-2602.

TICKS AND TICK-BORNE ILLNESS

Ticks are a reality in our New England woods, but they do not have to be a fear. Send your Girl Scout to camp wearing thick long pants and socks and carrying extra bug spray to decrease their chance of encountering a tick. Remember, not all ticks carry disease and tick education is key. For more information, go to <https://www.mass.gov/info-details/tick-borne-disease-prevention>. The Department of Public Health asks all caregivers to conduct daily "tick checks" to help prevent infection. If you do find a tick on your camper, visit <https://www.mass.gov/info-details/personal-protection-against-ticks> to learn how to properly and safely remove the tick. For more information, please view the fact sheet on Lyme Disease included at the end of this packet.

BUG SPRAYS, DEET, WEST NILE VIRUS, AND LYME DISEASE

With the emergence of the West Nile Virus and the rise of Lyme disease, an effective insect repellent (something that prevents bug bites and, thus, interrupts the chain of infection) – is a desired option. DEET is the most effective mosquito repellent currently available. It is available in many different formulas and has an excellent safety profile. Products containing 10 – 30 percent DEET are considered sufficient. Manufacturer’s recommendations should be followed for periodic reapplication of the repellent. The American Academy of Pediatrics (AAP) recently reexamined their recommendations on the use of insect repellents that contain DEET. While reports of ill effects from DEET are rare, its use has been associated with skin rashes, respiratory irritation, and seizures. The AAP recommends that repellents containing no more than 30 percent DEET be used in children. Products with lower concentrations can be used for children if caregivers are concerned about the potential risks of DEET and there is little or no concern about the transmission of mosquito-borne diseases. Bug repellent can be applied to skin, clothing, bedrolls, and screens. When possible, wear long sleeves, long pants and socks when outdoors. Mosquitoes may bite through thin clothing, so spraying clothes with repellents containing DEET will give extra protection. Do not spray repellent containing DEET directly on the skin. Bug spray should not be sprayed in or around the canvas platform tents as it results in damage to the material. Don’t use scented soap, perfume or hair spray on your child and avoid dressing your child in bright colors or flowery prints. For more information, contact your own pediatrician, or Center for Disease Control: www.cdc.gov or call 1-888-246-2675, or American Academy of Pediatrics: <https://www.aap.org/>.

NOTE TO PARENTS AND GUARDIANS

At the request of the Department of Public Health we have included a fact sheet on Meningococcal disease at the end of this handbook. Children attending day or overnight camps are not considered to be at an increased risk.

As required by MA DPH 430:190 (C) and (D), GSCWM camps must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health. Parents may request copies of background check, health care and discipline policies as well as procedures for filing grievances. Health care at council camps is administered under regulations established by the Massachusetts Department of Public Health (105 CMR 430.) Complete Health Care policy for council camps is available to a parent or guardian upon request to Girl Scouts of Central and Western Massachusetts, 301 Kelly Way, Holyoke, MA 01040, Attn: Camp.

SAFETY

A camper's general well-being is the primary concern of Girl Scouts of Central and Western Massachusetts. Our camps meet both state health code, American Camp Association, and Girl Scout standards. In addition to healthcare staff for whom it is a requirement, many other staff members maintain current First Aid and CPR certifications. All precautions are taken to provide a safe and healthy experience for each and every camper.

INCLEMENT WEATHER PROCEDURES

Camp keeps going, rain or shine. In the event of severe weather, our first priority is safety. Some activities, such as swimming and archery, may be delayed or canceled due to inclement weather. We will do our best to accommodate unexpected schedule changes, but cannot guarantee participation in an activity if it is not safe for campers and staff.

During severe weather events, it is unlikely that camp staff will be able to answer phone calls since our primary focus and concern is camper safety. If you call and don't get an answer, please do not put yourself at risk by getting into your car and driving to camp. You will be contacted if your camper needs to be picked up. If you leave a message for camp staff, we will call you back as soon as we can.



Getting to Camp



CAR PICK UP AND DROP OFF TIMES

Camp pick-up and drop-off procedures and timing varies slightly by camp. Instructions for your camp program will be included in the confirmation packet you will receive by email approximately a week before your camp session begins.

Older campers who wish to transport themselves to camp must contact the Camp Director via email prior to arrival and will only be allowed to drive themselves and their sibling(s). Parent written permission must be obtained and copies of appropriate license, registration and insurance must be provided. Girl Scouts is not responsible for personal vehicles on camp property.

GETTING TO CAMP BY BUS

Your bus stop choice is identified on your camp invoice. Times are approximate and dependent on traffic, weather, and road conditions. Please plan accordingly. If you'd like to change your bus stop, you can view a full listing of available stops on our website. Notify the camp registrar (413-584-2602) of any changes at least two weeks prior to the first day of camp. If there are changes in the bus schedule, you will be notified by phone or mail in advance. Please arrive at least 5-10 minutes early for drop-off and pick-off. Please note that eating on the bus is not allowed.

BUS SAFETY RULES

- Please review the following with your camper prior to camp:
- Parents/guardians are responsible for supervision of their campers while traveling to and from the bus and while waiting at the bus stop.
- Wait until the driver opens the bus door before approaching the bus.
- Remain seated while on the bus.
- Keep arms, legs, and possessions inside the bus.
- When on the bus, speak or sing using your "inside" voice.
- Camp counselors will be on every bus and will check in every camper. The bus driver and camp counselors are in charge on the bus, please follow their directions.
- If you need to cross the street when leaving the bus, please let the driver know and cross in front of the bus.

BUS PICK-UP/DROP-OFF PROCEDURES

- Parents **MUST** be accompany their camper at the bus stop and remain present until the camper has safely boarded. No camper may be allowed to board or depart the bus without a parent present.
- Campers will only be released to the person who has proper identification and knows the Camper Release Password.
- Campers will be allowed to walk home from the bus stop if a written note giving permission is provided on the first day.
- Campers who are not picked up at their assigned stop will be taken to the next stop and to the last stop where the bus counselor will initiate contact to the parent/guardian or emergency contact and wait until someone authorized to pick up the camper arrives. The police will be contacted if campers are not picked up or arrangements for pick-up are not made within 30 minutes of the end of the bus run.

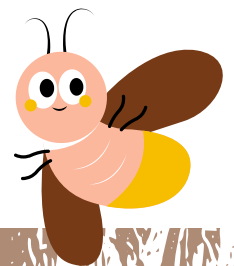


CHANGES IN PICK-UP/DROP-OFF TIMES

Please allow a 20-minute window around pick-up and drop-off times. While the bus company is committed to maintaining a rigorous transportation schedule, situations will occasionally arise which will affect pick-up or drop-off times. If the bus is to be late by more than 15 minutes, every effort will be made to contact the parent/guardian listed at the daytime phone number on the registration form to alert them of the delay. Due to the potential volume of calls required, one call will be attempted to each camper's parent/guardian. In case of emergency, we will contact all families as soon as possible to inform them of the situation.

PICK UP TIMES FOR FIREFLIES PROGRAM

Campers who will be participating in our camp fireflies program, will be staying at CGE, CLP, and CLW until 8:00pm. Campers must be registered for this program by 9am on the Wednesday prior to the start of the program. All normal check out procedures will be in place at the end of the program.



Directions to Camp Bonnie Brae

Camp Bonnie Brae is located on Big Pond in East Otis, MA
951 Algeria Road, East Otis



FROM SPRINGFIELD

- Take I-91 North just past Downtown Springfield to exit 9B (Route 20).
- Follow Route 20 West through Westfield.
- In the center of Westfield, Route 20 make a right turn.
- Continue to follow Route 20- you will pass under I-90 and come to the top of a large hill. At the flashing yellow light turn left onto Route 23 West (Blandford/Otis).
- Continue on Route 23 for 11.3 miles to Algeria Rd (which is just after a sign for “The Clayground”).
- Turn right onto Algeria Road. Camp Bonnie Brae is a little less than two miles on your left (951 Algeria Rd).
- There will be a green and white Camp Bonnie Brae sign on your right. (If you pass the “Entering East Otis” sign, you have missed the turn). Turn right onto Algeria Road. Camp Bonnie Brae is a little less than two miles on your left (951 Algeria Rd).

FROM NEW YORK (AND OTHER POINTS WEST):

- From the Mass Pike take Exit 2 (Lee exit) to Route 20 East (Jacobs Ladder Rd). Continue on Route 20 East into West Becket.
- At the Jacobs Ladder (Route 20/8)/Otis Rd (Route 8) split in West Becket, follow Otis Rd (Route 8 South).
- Follow Route 8 South into the town of Otis.
- Turn left on Route 23 East. Continue on Route 23 to the Town of East Otis. Go approximately one-half mile out of town.
- Take a left onto Algeria Rd. Camp Bonnie Brae is a little less than two miles down on your left (951 Algeria Rd).

Directions to Camp Bonnie Brae

Camp Bonnie Brae is located on Big Pond in East Otis, MA
951 Algeria Road, East Otis



FROM NORTHAMPTON:

- From I-91 South, get on Mass Pike I-90 West. Take Exit 3 (Westfield exit) to Route 202 South to Westfield Center.
- In the center of Westfield, Route 20 make a right turn.
- Continue to follow Route 20- you will pass under I-90 and come to the top of a large hill. At the flashing yellow light turn left onto Route 23 West (Blanford/Otis).
- Continue on Route 23 for 11.3 miles to Algeria Rd (which is just after a sign for “The Clayground”).
- There will be a green and white Camp Bonnie Brae sign on your right. (If you pass the “Entering East Otis” sign, you have missed the turn!) Turn right onto Algeria Road. Camp Bonnie Brae is a little less than two miles on your left (951 Algeria Rd).

FROM WORCESTER (AND OTHER POINTS EAST):

- Take the Mass Pike (I-90) West to Exit 3.
- Follow the directions above from Northampton.



Directions to Camp Green Eyrie

Camp Green Eyrie is located on Bare Hill Pond in Harvard, MA.
69 Still River Rd, Harvard, MA



FROM I-290

- Take I-290 to I-190 North. •Take Exit 7 off of I-190 towards Leominster/Lancaster—Rte. 117
- Turn east towards Lancaster.
- Continue on Rte. 117 approximately 4.2 miles to a stoplight at Rte. 110 (Bolton Orchards will be in front of you on the right).
- Turn left onto Rte. 110, heading east approximately 4.5 miles.
- A green and white Camp Green Eyrie sign will be on your right.

FROM ROUTE 2

- Follow Rte. 2 to exit 38A, Rte.110 towards Harvard/Worcester.
- Head west on Rte. 110 to the center of Harvard.
- Rte. 110 takes a right hand turn in Harvard Center. Follow Rte. 110 for just under .7 miles from Harvard center.
- A green and white Camp Green Eyrie Sign will be on your left.

FROM THE MASS PIKE (I-90):

- Take the Mass Pike (I-90) to Exit 10 and follow signs to I-290 North.
- Follow directions above from I-290.



Directions to Camp Laurel Wood

Camp Laurel Wood is located at 34 Buteau Rd Spencer, MA



FROM I-290

- Follow I-290 to Exit 6
- Take Route 20 towards Sturbridge. Follow Route 20 to the light at the intersection of Route 56 in Oxford and turn right.
- Follow Route 56 to Stafford St and turn left.
- Follow Stafford St to the 4-way stop and turn right onto Pleasant St.
- At the “Y” bear left onto River St.
- Travel about .75 mile to Baldwin St and turn left.
- Continue over the reservoir causeway about 1.25 miles and turn left onto Buteau Rd.
- Camp Laurel Wood will be on your left.

FROM ROUTE 9:

- Take Route 9 to the center of Leicester. At the traffic light, turn south onto Pleasant St/ Route 56 South.
- Travel on Pleasant St just over 2.5 miles to a stop sign and turn right onto River St.
- Travel about .75 mile to Baldwin St and turn left.
- Continue over the reservoir causeway about 1.25 miles and turn left onto Buteau Rd.
- Camp Laurel Wood will be on your left.

FROM ROUTE 31

- In Spencer, turn east on Bacon Hill Rd (if you are coming from the north go left, coming from the south go right).
- Follow for 2.8 miles (the road will become Clark Rd) and turn right onto Buteau Rd.
- Camp Laurel Wood will be on your left.

Directions to Camp Laurel Wood

Camp Laurel Wood is located at 34 Buteau Rd Spencer, MA



FROM THE WEST VIA THE MASS PIKE (I-90):

- Take the Mass Pike (I-90) to Exit 9, I-84, toward US-20/ Sturbridge/Hartford.
- Merge onto Route 20 East via exit 3A toward Charlton.
- Follow Route 20 to the light at the intersection of Route 20 and Route 56 in Oxford and turn left.
- Follow directions above (under “From I-290”, beginning with “Follow Route 56 to Stafford St and turn left.”)



Directions to Camp Lewis Perkins

Camp Lewis Perkins is located off Woodbridge St. on Camp Perkins Road, just north of the center of South Hadley.



FROM THE NORTH

- Take Rte. 116 South towards South Hadley.
- At Gagne's Package Store, turn right onto Pearl St then left onto Woodbridge St.
- Cross the bridge at the bottom of the hill and turn left onto Camp Perkins Rd.
- Camp is at the top of the hill on the left.

FROM THE SOUTH

- Take Rte. 116 through the center of South Hadley.
- At the second fork, where Rte. 116 veers right, go around the island onto Woodbridge St. to the left. Continue .8 miles.
- At the bottom of the hill, before a bridge, turn right onto Camp Perkins Rd.
- Camp is at the top of the hill on the left.

FROM ROUTE 9

- Take Rte. 47 south towards South Hadley. •Turn left on Pearl St. (.5 miles after the sign indicating that you are in South Hadley), then take the first right onto Woodbridge Rd.
- Cross the bridge at the bottom of the hill and turn into Camp Perkins Rd.
- Camp is at the top of the hill on the left.



Respiratory Illnesses

Camp is more important than ever right now and we want to see as many girls as possible have the opportunity to attend camp this summer. At GSCWM the top priority is always the health and safety of our campers and staff. We are working with the guidance provided by CDC and the ACA to develop protocols for handling respiratory illnesses at camp. We are in communication with the local and state health departments, the state legislature and the governor's office here in Massachusetts. We are combing tirelessly through hypotheticals to ready necessary modifications to our programs and procedures. We will have well trained staff in place to take great care of our Girl Scouts and create an unforgettable and safe summer. You are always welcome to reach out to us at camp@gscwm.org for any respiratory illness related questions as they relate to summer camp.

If you have any questions about respiratory illnesses in general, please refer to the Massachusetts Department of Health fact sheets: <https://www.mass.gov/fact-sheets-on-infectious-diseases>

Meningococcal Disease and Camp Attendees: Commonly Asked Questions

What is meningococcal disease?

Meningococcal disease is caused by infection with bacteria called *Neisseria meningitidis*. These bacteria can infect the tissue (the "meninges") that surrounds the brain and spinal cord and cause meningitis, or they may infect the blood or other organs of the body. Symptoms of meningococcal disease may appear suddenly. Fever, severe and constant headaches, stiff neck or neck pain, nausea and vomiting, and rash can all be signs of meningococcal disease. Changes in behavior such as confusion, sleepiness, and trouble waking up can also be important symptoms. In the US, about 350-550 people get meningococcal disease yearly, and 10-15% die despite receiving antibiotic treatment. Of those who survive, about 10-20% may lose limbs, become hard of hearing or deaf, have problems with their nervous system, including long-term neurologic problems, or have seizures or strokes. Less common presentations include pneumonia and arthritis.

How is meningococcal disease spread?

These bacteria are passed from person-to-person through saliva (spit). You must be in close contact with an infected person's saliva for the bacteria to spread. Close contact includes activities such as kissing, sharing water bottles, sharing eating/drinking utensils or sharing cigarettes with someone who is infected; or being within 3-6 feet of someone who is infected and is coughing and sneezing.

Who is most at risk for getting meningococcal disease?

People who travel to certain parts of the world where the disease is very common, microbiologists, people with HIV infection, and those exposed to meningococcal disease during an outbreak are at risk for meningococcal disease. Children and adults with damaged or removed spleens or persistent complement component deficiency (an inherited immune disorder) are at risk. Adolescents and people who live in certain settings such as college freshmen living in dormitories and military recruits are at greater risk of disease from some of the serotypes.

Are camp attendees at increased risk for meningococcal disease?

Children attending day or residential camps are not considered to be at an increased risk for meningococcal disease because of their participation.

Is there a vaccine against meningococcal disease?

Yes, there are 2 different meningococcal vaccines. Quadrivalent meningococcal conjugate vaccine (Menveo and MenQuadfi) protects against 4 serotypes (A, C, W, and Y) of meningococcal disease. Meningococcal serogroup B vaccine (Bexsero and Trumenba) protects against serogroup B meningococcal disease, for age 10 and older.

Should my child or adolescent receive the meningococcal vaccine?

Different meningococcal vaccines are recommended for a range of age and risk groups. Meningococcal conjugate vaccine (MenACWY) is routinely recommended at age 11-12 years with a booster at age 16 and is required for school entry for grades 7 and 11. In addition, these vaccines may be recommended for additional children with certain high-risk health conditions, such as those described above.

Meningococcal serogroup B vaccine (Bexsero and Trumenba) is recommended for people with certain relatively rare high-risk health conditions (examples: persons with a damaged spleen or whose spleen has been removed, those with persistent complement component deficiency (an inherited disorder), and people who may have been exposed during an outbreak). Adolescents and young adults (16 through 23 years of age) who do not have high-risk conditions may be vaccinated with a serogroup B meningococcal vaccine, preferably at 16 through 18 years of age, to provide short-term protection for most strains of serogroup B meningococcal disease. Parents of adolescents and children who are at higher risk of infection, because of certain medical conditions or other circumstances, should discuss vaccination with their child's healthcare provider.

How can I protect my child or adolescent from getting meningococcal disease?

The best protection against meningococcal disease and many other infectious diseases is thorough and frequent handwashing, respiratory hygiene, and cough etiquette. Individuals should:

1. Wash their hands often, especially after using the toilet and before eating or preparing food (hands should be washed with soap and water or an alcohol-based hand gel or rub may be used if hands are not visibly dirty)
2. Cover their nose and mouth with a tissue when coughing or sneezing and discard the tissue in a trash can; or if they don't have a tissue, cough or sneeze into their upper sleeve.
3. Not share food, drinks, or eating utensils with other people, especially if they are ill.
4. Contact their healthcare provider immediately if they have symptoms of meningococcal disease.

If your child is exposed to someone with meningococcal disease, antibiotics may be recommended to keep your child from getting sick.

You can obtain more information about meningococcal disease or vaccination from your healthcare provider, your local Board of Health (listed in the phone book under government), or the Massachusetts Department of Public Health Divisions of Epidemiology and Immunization at (617) 983-6800 or on the MDPH website at <https://www.mass.gov/info-details/school-immunizations>.

Head Lice (Pediculosis)

October 2018 | Page 1 of 2

What are lice?

Lice (singular *louse*) are tiny, wingless insects that survive by feeding on human blood. They cannot jump or fly, and they do not burrow under the skin. Adult head lice or their eggs (nits) are found in the hair and are most often found behind the ears and at the base of the neck. Head lice usually lay their eggs on strands of hair about 4 mm or $\frac{1}{4}$ of an inch from the scalp.

Who gets head lice?

Anyone can get head lice, but in the United States, head lice are most common in children 3-12 years of age. Having lice is referred to as an “infestation.” An infestation with head lice does not mean someone is dirty. Head lice have special “claws” on their legs to help them cling to the hair. Washing with plain soap and water does little to disturb them.

How are head lice spread?

Head lice are most commonly spread by direct head-to-head contact with hair of other people who have head lice. Head lice are less commonly spread through contact with an infested person’s personal items, such as hair brushes and combs, hats, unwashed clothing, bedding or towels. Head lice are commonly spread within households. Children often spread head lice to each other during close contact while playing. Head lice can crawl from an infested person or object to a non-infested person. People with head lice can continue to spread head lice to other people until they complete a course of treatment that kills all of the head lice and their eggs. Pets cannot spread head lice.

What are the symptoms of head lice?

A person who has head lice may feel itching caused by a reaction to the louse’s saliva and feces, but many children have no symptoms. Head lice are not known to spread infectious diseases from person to person and should not be thought of as a medical problem. However, there is some risk of skin infection from scratching. Head lice are certainly a nuisance, but they are not generally considered a health hazard.

How are head lice diagnosed?

The best way to determine if someone is infested with head lice is to find a living adult louse. However, adult head lice are rarely seen because they are fast and hide well. Identification of a head lice infestation is usually made by detecting nits attached to the hair close to the scalp. Nits are tiny, grey, oval specks that do not come off of the hair easily like a speck of dandruff would. Behind the ears and near the hairline at the base of the neck are common places to find nits. Nits found within $\frac{1}{4}$ of an inch from the scalp usually mean the nits are alive and treatment is needed. If the nits are more than $\frac{1}{4}$ of an inch from the scalp, you should ask your doctor if treatment is necessary.

How do you prevent head lice?

Children should be checked regularly and treated when head lice are found. Parents should learn to recognize head lice and teach their children not to share hats and scarves or personal hair care items, such as brushes, combs and hair ties.

What is the treatment for head lice?

There are a number of effective treatments for head lice. Treatment for head lice usually consists of shampooing the hair with a medicated shampoo or cream rinse containing one of the following ingredients:



Head Lice (Pediculosis)

October 2018 | Page 2 of 2

permethrin, pyrethrin, malathion, benzyl alcohol, spinosad, or ivermectin. Shampoos containing *lindane* are no longer recommended.

Safety is a major concern and these products should be used with care, under the supervision of a health care provider (even though some of them do not need a prescription) and always according to the instructions on the label. This is especially important for women who are pregnant or nursing, and for infants with head lice. Be sure to follow the package or label instructions very carefully. Permethrin and pyrethrin-based products have a good safety record but resistance has been documented in the United States. For treatment failures, malathion, benzyl alcohol lotion, or spinosad suspension can be used. Hair should be checked daily for the 10 days following treatment for newly hatched head lice. If these are present, an additional treatment may be necessary. Many of these agents require a reapplication of the treatment 7-10 days later to kill immature lice that may have hatched from eggs that were not inactivated during the initial treatment. Data are lacking to determine whether suffocation of lice by application of products such as petroleum jelly, olive oil, butter, or fat-containing mayonnaise, are effective methods of treatment of head lice. Manual removal of nits after successful treatment is a difficult and time-consuming process. It is sometimes desired, though, for aesthetic reasons, to avoid diagnostic confusion, or to satisfy “no-nits” policies at some schools and daycare centers (see below).

Additional precautions:

Household and other close contacts should be examined and treated if head lice are found. Remember, head lice do not survive for long periods of time off of the scalp. Even though head lice are not commonly spread by contact with personal belongings, the following steps can be taken as added precautions to avoid re-infestation by lice that have *recently* fallen off of the head of an infested person.

- ☐ Machine wash and dry clothing, bed linens, and other items that an infested person wore or used during the 2 days before treatment using the hot water (130°F) laundry cycle and the high heat drying cycle. Clothing and items that are not washable can be dry-cleaned OR sealed in a plastic bag and stored for 2 weeks.
- ☐ Soak combs and brushes in hot (128.3°F/53.5°C) water for 5 minutes.
- ☐ Thoroughly vacuum rugs, upholstered furniture, and mattresses.
- ☐ DO NOT USE INSECTICIDE SPRAYS.

What is a “no nits” policy?

Many school departments and child care sites require that children be free of nits before returning to school and parents should be familiar with their own school’s or day care’s head lice policy. However, both the American Academy of Pediatrics and the National Association of School Nurses advocate that “no-nit” policies should be abandoned. Head lice are not a health hazard or a sign of poor hygiene and are not responsible for the spread of any disease. No healthy child should be excluded from or miss school because of head lice.

Where can I find more information?

- ☐ Your doctor, nurse, health clinic, or local board of health (listed in the phone book under “local government”)
- ☐ The Massachusetts Department of Public Health (MDPH) Divisions of Epidemiology and Immunization, (617) 983-6800
- ☐ The US Centers for Disease Control and Prevention: www.cdc.gov/parasites/lice/head/index.html
- ☐ American Academy of Pediatrics: <http://pediatrics.aappublications.org/content/110/3/638.full.pdf>



Lyme Disease

December 2014 | Page 1 of 3

What is Lyme disease?

Lyme disease is caused by bacteria (germs) that are spread by tiny, infected black-legged (deer) ticks. Both people and animals can have Lyme disease.

Where do cases of Lyme disease occur?

In the United States, Lyme disease most commonly occurs in the Northeast and mid-Atlantic regions and in the upper Midwest. In Massachusetts, Lyme disease occurs throughout the state.

How is Lyme disease spread?

Lyme disease is spread by the bite of an infected black-legged tick. The tick usually must be attached to a person for at least 24 hours before it can spread the germ. Black-legged ticks in Massachusetts can also carry the germs that cause babesiosis and human granulocytic anaplasmosis). These ticks are capable of spreading more than one type of germ in a single bite.

When can I get Lyme disease?

Lyme disease can occur during any time of the year. The bacteria that cause Lyme disease are spread by infected black-legged ticks. Young ticks (nymphs) are most active during the warm weather months between May and July. Adult ticks are most active during the fall and spring but may also be out searching for a host any time that winter temperatures are above freezing.

How soon do symptoms of Lyme disease appear after a tick bite?

Symptoms of early Lyme disease, described below, usually begin to appear from 3 to 30 days after being bitten by an infected tick. If untreated, symptoms of late Lyme disease may occur from weeks to years after the initial infection. What are the symptoms of Lyme disease?

Early stage (days to weeks): The most common early symptom is a rash (erythema migrans) where the tick was attached. It often, but not always, starts as a small red area that spreads outward, clearing up in the center so it looks like a donut. Flu-like symptoms, such as fever, headache, stiff neck, sore and aching muscles and joints, fatigue and swollen glands may also occur. Even though these symptoms may go away by themselves, without medical treatment, some people will get the rash again in other places on their bodies, and many will experience more serious problems.

Treatment during the early stage prevents later, more serious problems.

Later stages (weeks to years): If untreated, people with Lyme disease can develop late-stage symptoms even if they never had a rash. The joints, nervous system and heart are most commonly affected.

- About 60% of people with untreated Lyme disease get arthritis in their knees, elbows and/or wrists. The arthritis can move from joint to joint and become chronic.
- Many people who don't get treatment develop nervous system problems. These problems include meningitis (an inflammation of the membranes covering the brain and spinal cord), facial weakness (Bell's palsy) or other problems with nerves of the head, and weakness or pain (or both) in the hands, arms, feet and/or legs. These symptoms can last for months, often shifting between mild and severe.



Lyme Disease

- The heart also can be affected in Lyme disease, with slowing down of the heart rate and fainting. The effect on the heart can be early or late.

Is there treatment for Lyme disease?

People who are diagnosed with Lyme disease can be treated with antibiotics.

Prompt treatment during the early stage of the disease prevents later, more serious problems.

What can I do to lower my chances of getting Lyme disease, or any other disease, from ticks?

Prevention begins with you! Take steps to reduce your chances of being bitten by any tick. Ticks are most active during warm weather, generally late spring through fall. However, ticks can be out any time that temperatures are above freezing. Ticks cling to vegetation and are most numerous in brushy, wooded or grassy habitats. When you are outside in an area likely to have ticks (e.g. brushy, wooded or grassy places), follow these simple steps to protect yourself and your loved ones:

- Use a repellent with DEET (the chemical N-N-diethyl-meta-toluamide) or permethrin according to the instructions given on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30% or less on older children. Permethrin products are intended for use on items such as clothing, shoes, bed nets and camping gear, and should not be applied to skin. Other repellents, such as picaridin, oil of lemon eucalyptus and IR 3535, have also been found to provide protection against ticks. More information on choosing a repellent and how to use repellents safely is included on the MDPH Public Health Fact Sheet on Tick Repellents at www.mass.gov/dph/tick.
- Wear long, light-colored pants tucked into your socks or boots, and a long-sleeved shirt. This may be difficult to do when the weather is hot, but it will help keep ticks away from your skin and help you spot a tick on your clothing faster.
- Stay on cleared trails when walking or hiking, avoiding the edge habitat where ticks are likely to be.
- Talk to your veterinarian about tick control options (tick collars, repellents) for your pets.
- More information on choosing a repellent and how to use repellents safely is included in the [MDPH Tick Repellents fact sheet](#). Contact the MDPH at (617) 983-6800 for a hard copy.

Did you know?

You don't have to be a hiker on Cape Cod to worry about ticks. In Massachusetts, you may be bitten in your own backyard. There are lots of things you can do around your own backyard to make it less inviting for ticks! Visit the [MDPH Tick-borne Disease Website](http://www.mass.gov/mosquitoesandticks) for suggestions:
<http://www.mass.gov/mosquitoesandticks>



Lyme Disease

After spending time in an area likely to have ticks, check yourself, your children and pets for ticks. Young ticks, called nymphs, are the size of a poppy seed. Adult black-legged ticks are the size of a sesame seed. Both nymph and adult ticks can spread the bacteria that cause Lyme disease; however, nymphs are of more concern. They are aggressive feeders and so tiny that it can be difficult to see them on the body, unless you are looking carefully. When doing a tick check, remember that ticks like places that are warm and moist. Always check the back of the knees, armpits, groin, scalp, back of the neck and behind the ears. If you find a tick attached to your body, remove it as soon as possible using a fine-point tweezers. Do not squeeze or twist the tick's body, but grasp it close to your skin and pull straight out with steady pressure.

Know the symptoms of Lyme disease as described in this fact sheet. If you have been someplace likely to have ticks and develop symptoms of any disease carried by ticks, see your health care provider right away.

Where can I get more information?

- ☐ For questions about your own health, contact your doctor, nurse, or clinic
- ☐ For questions about diseases spread by ticks contact the MDPH at (617) 983-6800 or online on the [MDPH Tickborne Diseases website](#) You may also contact your local Board of Health (listed in the telephone directory under "Government").
- ☐ Health effects of pesticides MDPH, Bureau of Climate and Environmental Health at (617) 624-5757



Happy



Camping!