

Greater Tampa Bay Area Council

Boy Scouts of America

Standard Treatment Protocols

If someone needs to be treated:

- If life-threatening:
 - Call 911 first.
 - Immediately after that contact the Camp Director or Ranger so they can guide EMS to your location.
- If not life-threatening:
 - Use the Protocols contained in this guide.
 - If you encounter a situation not in this guide or if you encounter a situation above your training, use your best judgement for the situation and simultaneously:
 - Contact the Camp Director or Ranger to see if there is someone with additional training at the event.
 - If someone with additional training cannot be located, contact the Council Medical Supervisor - Raquel Hernandez - (813) 495-2778.
 - If you cannot locate someone with additional training or reach the Council Medical Supervisor, then contact Jason Borton, Director of Camping at 813-624-9764. He will help find a medical resource for you.
- Make sure to log the treatment in the appropriate log book.
- If someone is transported to the hospital or if 911 is called, when the incident is stable contact the ranger or Jason Borton, Director of Support Services at 813-624-9764. They will notify the Scout Executive.
- Preserve and document the evidence, including taking photos if appropriate.
- Complete an incident report and provide to the Camp Director or Ranger, who will provide the report to Council.

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Universal First Aid Precautions

All Scout leaders should be proficient in first aid procedures and the measures to protect themselves and others from exposure to blood-borne diseases.

First aid equipment should include a waterless hand washing product, gloves, a CPR mouthpiece, and plastic biohazard bags. A mask and shield for face protection should be available during activities that have a greater risk for injury.

Treat all injured persons the same. Assume they are all infected and use the appropriate protective equipment to prevent you from becoming exposed to bloodborne pathogens.

Always wear gloves when providing care to any person. This will protect you as well as the other person (you may have a cut, abrasion, etc. on your hand or wrist).

Immediately after performing first aid, remove your gloves, using care not to contact any blood-borne pathogens, and wash your hands.

Always wear safety goggles when there is a potential for splash incidents.

If you routinely respond to emergency situations where your personal protective equipment is unavailable, carry your gloves and your pocket mask for CPR with you.

If you are proceeding to an accident with the first aid kit, put on the personal protective equipment, especially the gloves, en route so you can begin providing care as soon as you get there.

If you come in contact with blood without protective equipment, as soon as possible wash your hands and other contaminated areas with soap and water. **REPORT THE CONTACT TO THE CAMP HEALTH OFFICER, CAMP DIRECTOR OR CAMP RANGER.**

Always put all bloody bandages in the red biohazard bag so that they can be disposed of safely. If a red biohazard bag is unavailable, place in a plastic bag and clearly **BIOHAZARD** so that it may be disposed of safely.

Record all treatments in a first aid log. Recurring incidents should be reviewed and a written action plan for reducing the potential for recurrence should be prepared and followed.

How to Use this Resource

These Protocols are the protocols approved for use at Greater Tampa Bay Area Council activities and camps. This guide was developed to empower a volunteer with First Aid / CPR training to manage the most common first aid issues that occur at activities and camps. These guidelines are not intended to diagnose or treat illnesses.

The Protocol for each issue is divided into the following sections:

- Symptoms – This section lists the common symptoms associated with the condition.
- Basic Protocol – This section describes protocols that are allowed for all qualified activity or health officers.
- Advanced Protocol – This section describes protocols that are only allowed for individuals with current training/licensure as a First Responder or higher level of training and only if the protocols are consistent with their training.
- When to call Health Supervisor for Help – This section describes situations where you need to consult with a licensed and trained medical professional immediately. The Council Medical Supervisor is Dr. Raquel Hernandez - (813) 495-2778. If the patient is a youth, you also need to contact the parents immediately and inform them of the situation.
- Extra Information – This section, if applicable, contains extra details that may assist you in helping the patient.
- Call 911 For These Symptoms – This section describes symptoms that can indicate severe conditions. Unless you are a licensed medical practitioner with experience in this area, if any one or more of the symptoms occur you are to call 911 immediately.

This guide is meant to be used by approved Camp Health Officers during council events.

Always use the materials and supplies found on the GTBAC Medical Lodge Supplies List.

Before using any medication not found on that list contact the Council Medical Supervisor or the patient's parents or physician.

Symptoms

- Complains of pain from diaphragm to pelvic bone region

Basic Protocol

- Take these steps, one at a time, to see if they help the patient's belly pain:
 - Have the patient lay down quietly and rest.
 - Try to obtain a bowel movement (can sit on toilet).
 - Avoid eating solid foods for a few hours. During this time, only give clear liquids like broth, watered-down fruit juice, or water. Then, if patient feels better, try small amounts of mild foods like rice, applesauce, and crackers.
 - Offer 4 or 5 small meals a day (instead of 3 large meals a day).
 - Don't offer foods and drinks that may bother the stomach. These include soda, caffeine, orange juice, milk, cheese, fried or greasy food, high-fat foods, and tomatoes.
 - Limit foods and drinks that cause gas, like beans, broccoli, hard candy, and carbonated drinks like soda.

Advanced Protocol

- Verify that the health form gives permission for the medications and/or contact the patient's parents for permission before dispensing any medication,
- A medicine from the GTBAC Approved Medical Supply list may help patient's pain.

When to call Health Supervisor for Help

- Abdominal pain that worsens, lasts more than 24 hours, or moves to one area of the belly
- Can't have a bowel movement
- Develops fever, nausea (feeling sick to the stomach), pain when urinating, or vomiting (throwing up)
- Has a hard or swollen belly
- Appears dehydrated. Signs include dizziness, drowsiness, a dry or sticky mouth, sunken eyes, crying with few or no tears, or peeing less often.
- Has diarrhea which is continuous and non-stop

Extra Information

Call 911

For These Symptoms

Pain and tender to touch in the lower right abdomen with a fever or vomiting

Vomiting blood

Difficulty breathing

Pregnant with belly pain or vaginal bleeding

Bee, Wasp, Yellow Jacket, Hornet, or Fire Ant Stings

Symptoms

- Instant, sharp burning pain at the sting site causing a red welt in the sting area
- Slight swelling around the sting area

Basic Protocol

- If you can, remove the stinger as soon as possible by scraping it off with a fingernail or removing it with tweezers.
- Wash the affected area with soap and water.
- Apply topical Sting Eze or other ointment for sting.
- Apply hydrocortisone cream or calamine lotion to ease redness, itching, or swelling.
- Apply a cold compress and if the sting is on a leg or arm.
- Diligently observe patient for any signs of allergic reaction, including difficulty breathing, flushing, swelling, dizziness or other signs.
- Avoid scratching the sting area.

Advanced Protocol

- Verify that the health form gives permission for the medications and/or contact the patient's parents for permission before dispensing any medication.
- Administer Benadryl, Claritin 24 hour or Tagament for bothersome itching or swelling that doesn't subside with topical treatment.
- Treatment with Epi Pen or Auvi-Q injection containing epinephrine to reduce the allergic systemic response may be indicated. If the subject has a known history of a systemic allergic reaction or anaphylaxis from a sting, and they have or carry epinephrine with them, give the epinephrine injection into the anterior lateral thigh. When in question, epinephrine is safe to give and should be administered.

When to call Health Supervisor for Help

- Sudden onset of difficulty breathing, flushing, swelling or dizziness, which could be signs of an allergic reaction. Assess whether urgent medical transport is needed.

Extra Information

Patient should follow up with a visit to the doctor's office after allergic reaction symptoms subside.

Call 911 For These Symptoms

Any sign of labored breathing or dizziness

Flushing, swelling, or rash that does not subside

Epi-pen Autoinjector is used

Bleeding / Hemorrhage / Impaled Object

Symptoms

- Leakage of blood from any injured part of the body

Basic Protocol

- **Wear gloves to protect yourself from bloodborne illnesses.**
- Apply direct pressure on the cut or wound with a clean cloth, gauze, towel, or tissue until the bleeding stops.
- If blood soaks through the material, do not remove it. Add more cloth and continue to apply pressure.
- If wound is on an arm or leg, raise the limb above the heart while applying pressure to slow the blood flow.
- Severe bleeding that does not stop requires a tourniquet to stop bleeding.
- Once bleeding is stopped completely, gently clean with soap and warm water and try to rinse out all soap.
- Cover wound with sterile bandage.

Advanced Protocol

- Attend to bleeding that is continuous or doesn't stop after 10 minutes of direct pressure.

When to call Health Supervisor for Help

- The wound is deep (can see past skin layer in muscle or fat) or the edges are jagged or gaping open
- The wound is on the person's face
- The wound has dirt or debris and cannot be easily removed with soap and water
- The wound shows signs of infection, such as redness, tenderness, has thick discharge, or the person runs a fever
- The area around the wound feels numb
- Red streaks form around the wound
- The person has a puncture wound or deep cut and hasn't had a tetanus shot in the past five years, or if the injury is not a puncture wound or deep cut hasn't had a tetanus shot in the past 10 years

Extra Information

- Do not use hydrogen peroxide or iodine on a wound, as both can cause tissue damage.
- Do not attempt to remove an impaled object. Call 911.

Call 911

For These Symptoms

Bleeding is severe

Internal bleeding is suspected

There is also an abdominal or chest wound

Bleeding can't be stopped after 10 minutes

Blood spurts out of the wound

The wound shows signs of infection

The wound is the result of an animal or human bite

An object is impaled in body

Bone Deformity or Fracture

Symptoms

- Misshaped bone or bone protruding out of the skin, deformity of arm or leg
- Swelling or bruising over a bone
- Pain in injured area that worsens when it is moved or pressure is applied
- Inability to bear weight on affected limb
- Loss of function in the injured area

Basic Protocol

- If bone is exposed **DO NOT** move the person. Call 911.
- **Contact family member and arrange for transport to emergency room or hospital.**
- Protect the injured area to avoid further damage.
- Place a splint made of wood, plastic, metal, or other rigid material, padded with gauze, against the area to prevent movement.
- If bleeding is present, apply pressure to stop bleeding before splinting, then elevate the fracture.
- Put ice or a cold pack on the area for 10-20 minutes.

Advanced Protocol

- Verify that the health form gives permission for the medications and/or contact the patient's parents for permission before dispensing any medication. Then a medicine from the GTBAC Approved Medical Supply list may be administered to help patient's pain.
- Apply pressure for bleeding around a bone protruding from the skin.

When to call Health Supervisor for Help

- Any open fracture or suspected fracture of the back, neck or hip - call 911.

Extra Information

- Do not attempt to realign a bone or push a protruding bone back under the skin.

Call 911 For These Symptoms

Suspected fractures of the back, neck or hip

Exposed bone

Any difficulty breathing

Suspected broken rib

Symptoms

- **First-degree burn:** red skin with no blisters, minor inflammation or swelling, pain (i.e., sunburn)
- **Second-degree burn:** extreme redness with blisters and some thickening of the skin
- **Third-degree burn:** widespread thickness with waxy, white appearance, raised leathery texture, or charred skin
- **Fourth-degree burn:** Third-degree burn that extends beyond the skin into tendons & bones

Basic Protocol

- Keep the burned areas as clean as possible.
- Use gloves to attend to all burn wounds to prevent infection.
- First-degree: Soak the wound in cool water for 5 minutes or longer, or hold under cold running water. Can clean with soap and water.
- First-degree: Apply lidocaine (an anesthetic) with aloe vera or cream to soothe the skin.
- First-degree: Use loose gauze to protect affected area.
- Second-degree: Hold burn under running cool water for 15 minutes or longer. Can clean with soap and water.
- Second-degree: Cover with sterile gauze.
- Third-degree: Do not treat a third-degree burn. Call 911 immediately. If necessary, clean the wound with soap and water and keep the wound as clean as possible.
- Fourth-degree: Do not treat a fourth-degree burn. Call 911 immediately. If necessary, clean the wound with soap and water and keep the wound as clean as possible.
- **Never intentionally burst any of the blisters.**

Advanced Protocol

- Verify that the health form gives permission for the medications and/or contact the patient's parents for permission before dispensing any medication. Then acetaminophen or ibuprofen may be administered for pain.

When to call Health Supervisor for Help

- Burns that affect a large area of skin, more than 3 inches
- Burns on the face or a joint including knee, ankle, foot, spine, shoulder, elbow, or forearm

Extra Information

- Do not use cotton balls, cotton swabs, or home remedies on any burn.
- Complications can include infection, sepsis, hypothermia, or low blood volume.

Call 911 For These Symptoms

Any burn to a widespread area such as on the face, hands, buttocks, groin or feet

Any third-degree burn

Any fourth-degree burn

Symptoms

- Chest pain in kids is often caused by an injury or strain to the muscles, bones, or cartilage (bendable material that cushions bones).
- This may happen after exercising or carrying something heavy, like a backpack.
- It can also occur after severe coughing.
- Chest pain can happen in some kids who have pneumonia, heartburn, or asthma.

Basic Protocol

- **Call parents to discuss sending the patient home. Document the contact in the log.**
- Determine vitals including temperature, pulse rate, and general well-being.
- Let person rest as needed.

Advanced Protocol

- Verify that the health form gives permission for the medications and/or contact the patient's parents for permission before dispensing any medication.
- Acetaminophen or ibuprofen may be administered to for pain control.
- You may give acetaminophen (brand names include Tylenol®, Feverall®, and Panadol®) **OR** ibuprofen (brand names include Advil®, Motrin®, and Q-Profen®).
- Do not give aspirin to a child or teen. Aspirin has been linked to a rare but serious illness called Reye syndrome.

When to call Health Supervisor for Help

- Has abnormal vital signs
- Progressively worsening pain without improvement after rest and assessment
- Oxygen saturation <93%
- Has chest pain when exercising
- Has a feeling of fluttering or pounding in the chest
- Feels faint, dizzy, or weak

Extra Information

- Chest pain in children is typically not associated with a heart problem or serious illness
- **If concerned about cardiac issues, AEDs are located at each camp property.**

Call 911

For These Symptoms

Patient passes out while having chest pain

Progressively worsening pain without improvement after rest and assessment

Oxygen saturation is less than 93%

Has chest pain when exercising

Has a feeling of fluttering or pounding in the chest

Feels faint, dizzy or weak

CPR is given

An AED is used

Symptoms

- Dry, hard or difficult to pass stool
- Belly pain or discomfort
- Small amount of blood with stool

Basic Protocol

- If patient has acute abdominal pain, follow abdominal pain assessment and care protocol.
- Offer hydration.
- Offer high-fiber foods such as bran cereal, pears, strawberries, beans (such as pinto, kidney, black, or lima), and sweet potatoes.
- Encourage patient to drink plenty of water. Drinking juices (like prune, pear, and apple) may help too.

Advanced Protocol

- Verify that the health form gives permission for the medications and/or contact the patient's parents for permission before dispensing any medication.
- Acetaminophen or ibuprofen may be administered to for pain control.

When to call Health Supervisor for Help

- Doesn't have a bowel movement within 2 days after making hydration and dietary changes
- Has new or worsening belly pain
- Has diarrhea (watery poop)
- Begins vomiting (throwing up)
- Soils the underpants
- Has a swollen belly
- Has a lot of blood on the toilet paper, in the toilet, or on the stool

Extra Information

- Remind patient to sit on the toilet for 5 to 10 minutes once or twice a day after eating. Bowel movements are more likely after a meal.

Call 911 For These Symptoms

Very severe constipation accompanied by other warning signs, such as sizable blood in the stool

Severe abdominal pain

Symptoms

- Bruise: Reddish discolored unbroken skin: often tender, sometimes painful
- Contusion: Stiffness or swelling, tenderness, trouble bending affected area, longer lasting pain

Basic Protocol

- To reduce the pain and swelling, think RICE. **Immediately and then for 2 days:**
 - R**est: Have the patient take a break from activities so the bruise doesn't get worse.
 - I**ce: While the patient is awake, put ice wrapped in a cloth for 15–20 minutes on the sore spot 3–4 times a day. Do not put ice directly on the skin. Use ice only for the first 24 hours.
 - C**ompression: If the bruise is on an arm, leg, hand, or foot, wrap the injured area loosely in an elastic bandage. **Do not wrap the bruise if it is on the head, neck, chest or abdomen.**
 - E**levation: Keep the injured area above heart level by resting it on a pillow.
- The patient should avoid sports or rough play until feeling better.

Advanced Protocol

- Verify that the health form gives permission for the medications and/or contact the patient's parents for permission before dispensing any medication.
- You can give medicine for pain if your physician or other healthcare professional says it's OK. Use medicine exactly as directed:
 - Acetaminophen (such as Tylenol® or a store brand)
 - OR**
 - Ibuprofen (such as Advil®, Motrin®, or a store brand). **Do not give to babies under 6 months old.**

When to Call Health Supervisor for Help

- Contusion is located on the head
- A broken bone is possible
- A bruise with no obvious cause

Extra Information

- Do not apply heat on a bruise unless directed by a physician or other healthcare professional.
- Do not wrap a bruise of the head, neck, chest or abdomen.

Call 911 For These Symptoms

Loss of function in a joint, limb or muscle

Any period of unconsciousness

Difficulty staying awake or being sleepy several hours after injury

Suspected broken bone

New or increased swelling

Tingling, weakness or numbness in area near contusion

Area is cold or pale near site

Cough / Cold / Upper Respiratory Infection

Symptoms

- Runny or stuffy nose
- Mucus in the nose that may be clear, yellow, or green
- Fever, cough, sore throat, and swollen glands
- Loss of appetite

Basic Protocol

- **If more than a nonproductive coughs or a stuffy nose, call parents to send them home.**
- Cough may be relieved with cough drops or hard candy, teaspoon of honey, warm tea or other drinks.
- To treat a runny or stuffy nose:
 - For older kids: Give 2 sprays of saline nose spray 3 times a day for 4 days.
 - Ask patient if they have a prescribed inhalant and know how to administer it.

Advanced Protocol

- Verify that the health form gives permission for the medications and/or contact the patient's parents for permission before dispensing any medication.
- If directed by a physician or other healthcare professional, medication may be administered to help treat symptoms.

When to call Health Supervisor for Help

- Has a fever that persists
- Can't speak without gasping
- Has audible wheezing, barking cough or high-pitched noise with breathing
- Patient won't drink
- Has ear pain or fluid coming out of the ear
- Has red eyes or yellow fluid coming from the eyes
- Has chest pain
- Is getting sicker

Extra Information

Do not give aspirin to a child or teen. Aspirin has been linked to a rare but serious illness called Reye syndrome.

Call 911

For These Symptoms

Dehydrated appearance. Symptoms include dizziness, drowsiness, dry or sticky mouth, sunken eyes, urinating less often

Has significant difficulty breathing, persistent cough or wheezing, is breathing fast, or has a blue-ish color around the lips

No improvement after prescribed inhalant

Dental, Lip or Gum Injuries

Symptoms

- Pain in the mouth following an injury
- Bleeding in the mouth or lip
- Tooth chipped or knocked out

Basic Protocol

- Apply ice/ice pack or an ice pop to the gums, lip, or tooth that is injured.
- If patient's mouth bleeds, run cold water onto a piece of gauze, then gently apply pressure to the spot that's bleeding. If a child is uncooperative or frightened, use an ice pop instead.
- Injury to the soft tissues of the mouth should be rinsed with water.
- If a tooth is knocked out, gently rinse the tooth with water, keep tooth moist, and reposition it in tooth socket immediately. Proceed to dentist or endodontist within 30 minutes.

Advanced Protocol

- Verify that the health form gives permission for the medications and/or contact the patient's parents for permission before dispensing any medication.
- If directed by a physician or other healthcare professional, acetaminophen or ibuprofen may be administered to treat symptoms.

When to call Health Supervisor for Help

- Has swollen or red gums, mouth or face
- Develops discoloration of the injured tooth
- Is experiencing pain in the injured area

Extra Information

- Permanent teeth that come out can usually be replaced successfully.
- A dentist can repair chipped or broken teeth with either the broken parts from the tooth or a material that looks like the tooth (called composite resin).

Call 911 For These Symptoms

Bleeding that does not stop

Any efforts needed to save a tooth when a dentist is unavailable

Severe pain that doesn't subside with medicine

Symptoms

- Sudden loss of responsiveness
- Clammy skin
- Extreme, unexplained thirst or hunger
- Profuse sweating
- Drowsiness or confusion
- Weakness or feeling faint

Basic Protocol

- Provide person with something sweet to eat or a non-diet drink (e.g. orange juice, crackers).
- Provide hydration with water as tolerated by person.
- Reassure the person. Most will gradually improve but when in doubt, call 911.

Advanced Protocol

- If blood glucose monitor available, may attempt to measure blood glucose and vital signs.

When to call Health Supervisor for Help

- See reasons to call 911.

Extra Information

- Diabetic emergencies are often related to dehydration. Any diabetic patient should be monitored closely during strenuous activities to prevent a drop in glucose or other health issues.

Call 911

For These Symptoms

Person is a known diabetic and is unresponsive or unconscious

Symptoms

- Loose, watery, or frequent bowel movements usually caused by an infection from a contagious germ, virus, or bacteria, sometimes accompanied by abdominal pain or cramps

Basic Protocol

- **Call parents to send patient home.**
- Keep patient well-hydrated to avoid losing too much fluid.
- Offer oral rehydration solutions. Water initially is okay; however, if continuous diarrhea, give special liquids with the right amounts of water and electrolytes (sodium and potassium). Brand names include Pedialyte® and Enfalyte® and generic store brands.
- Other options also include frozen electrolyte pops, water ice, flavored gelatin, and broth.
- It may take time for patient's appetite for solid foods to return to normal. Offer a regular diet as soon as patient feels comfortable.
- Remove greasy or fried foods from patient's diet.
- If patient is not allergic, give yogurt with probiotics ("good" bacteria), to help with digestion.
- Germs that can cause diarrhea are contagious. Remind everyone nearby to wash their hands often to help prevent spreading germs, especially after using the bathroom and before preparing or eating food.

Advanced Protocol

- Verify that the health form gives permission for the medications and/or contact the patient's parents for permission before dispensing any medication.
- Don't give medicine for diarrhea unless a physician or other healthcare professional prescribes it.

When to call Health Supervisor for Help

- Has diarrhea that gets worse or continues for more than 8 hours
- Develops a fever
- Vomits (throws up) more than once or twice
- Has blood or mucus in the stool or gastric contents
- Is accompanied by severe lower abdominal pain

Call 911 For These Symptoms

Can't drink fluids

Has severe abdominal
(belly) pain

Appears dehydrated.
Symptoms or signs include
dizziness, drowsiness, dry
or sticky mouth, sunken
eyes, or peeing less often

Entangled Hair or Clothing

Symptoms

- The patient is unable to move due to entangled hair or clothing

Basic / Advanced Protocol

- If appropriate, immediately use the emergency shut off to stop the device.
- The first priority is to make sure the patient can breathe.
- Keep the patient calm and, as possible, detach the hair or clothing by force or free the patient by cutting the cloth or hair.
- Clear the area of all unnecessary people.
- Try to release the pressure from the entanglement.
- If necessary to cut clothing, do everything possible to maintain modesty of the patient.
- If hair or clothing is cut, the parents should be notified as soon possible.

When to call Health Supervisor for Help

- Prior to using any lubricants to release the patient from entanglement on the patient to be certain they are safe
- There is a major injury secondary to this type of encounter

Extra Information

Call 911

For These Symptoms

The patient has trouble breathing or you are unable to safely detangle the person

Fall From Heights / Climbing Wall

Symptoms

- Fall is witnessed or patient lying below height

Basic / Advanced Protocol

- **Call 911 Immediately**
- Check the situation to make sure it is safe to approach the patient.
- Unconscious patient:
 - Ensure that an ambulance has been called immediately.
 - Follow CPR guidelines for person with possible neck injury.
 - Place the unconscious patient in recovery position supporting neck and spine in a neutral position at all times to prevent twisting or bending movements.
 - Maintain a clear and open airway.
 - If the ambulance is delayed, apply a cervical collar if trained to do so, to minimize neck movement.
- Conscious patient:
 - Ensure that an ambulance has been called immediately.
 - Calm the patient and loosen tight clothing.
 - Do not move the patient unless in danger.
 - Support head, neck and spine in a neutral position at all times to prevent twisting or bending movements.
 - If the ambulance is delayed, apply a cervical collar if trained to do so, to minimize neck movement.
- Stop bleeding from any wounds.

When to call Health Supervisor for Help

Extra Information

- Immobilizers are located at the camp health lodge and aquatics area.

**Call 911
For These Symptoms**

**A fall from heights is
an immediate
emergency. Patient
should be stabilized
and transported
immediately for
treatment**

Symptoms

Type of measurement	Where you take the temperature	When is the temperature a fever?
Oral	Mouth	100°F (37.8°C)
Temporal Artery	Forehead	100.4°F (38.0°C)
Ear	Ear	100.4°F (38.0°C)
Axillary	Under armpit	99°F (37.2°C)

If true temperature is identified **call parents to send them home.**

Basic Protocol

- If your patient has a fever and is uncomfortable, a medicine may help them feel better and drink better. While waiting for the parents to pick up the Scout:
 - Offer patient plenty of liquids to drink.
 - It is OK if patient does not want to eat much while having a fever.
 - Let patient rest as much as needed.

Advanced Protocol

- Verify that the health form gives permission for the medications and/or contact the patient's parents for permission before dispensing any medication.
- **If patient has an ongoing medical problem** (for example, a kidney, liver, or blood problem) check with a physician or other healthcare professional before giving any pain or fever medications. Also check for any allergies.
- Otherwise, you may give acetaminophen (brand names include Tylenol®, Feverall®, and Panadol®) OR ibuprofen (brand names include Advil®, Motrin®, and Q-Profen).
- Do not give aspirin to a child or teen. Aspirin has been linked to a rare but serious illness called Reye syndrome.

When to call Health Supervisor for Help

- If unable to contact parents and any of the following symptoms occur, call the Health Supervisor:
 - Refuses to drink
 - Still has a fever after 24 hours
 - Develops a new symptom or specific problem, such as vomiting or diarrhea, pain when peeing (urinating), belly pain, ear pain, sore throat, or rash
 - Seems to be getting sicker

Call 911 For These Symptoms

Is very upset and can't be calmed down, or is difficult to wake up

Appears dehydrated. Signs include dizziness, drowsiness, a dry or sticky mouth, sunken eyes, crying with few or no tears, or peeing less often

Develops bruising or tiny red dots on the skin that look like broken blood vessels

Has a stiff neck or severe headache

Has trouble breathing or swallowing

Has a seizure

Headache

Symptoms

- Pain in any part of the head
- Band-like pressure on the front and sides of the head that last a few hours or less
- Eye pain and sensitivity to light and sound, dizziness, vertigo, tenderness of scalp, sensation of tightness in head, nausea, vomiting or stroke

Basic Protocol

- If patient's headache is due to nasal or sinus congestion, saltwater (saline) nose drops or nasal flushing may help.
- Encourage patient to take a nap. Getting some sleep may soothe the pain.
- Apply cold compresses to patient's head or use gentle massage on the head and neck.
- If the headaches continue, begin a headache diary (record headaches, their timing, symptoms, & triggers).
- Encourage patient to drink plenty of fluids, 5 to 8 glasses of water a day, and eat regular meals.
- Provide a calm environment with reduced bright lights, loud noises, or other sources of stress.
- Suggest relaxation techniques to reduce headaches.

Advanced Protocol

- Verify that the health form gives permission for the medications and/or contact the patient's parents for permission before dispensing any medication.
- If directed by a health care professional, acetaminophen or ibuprofen may be administered for headaches.

When to call Health Supervisor for Help

- Has pain that doesn't improve with medicine or the comfort measures described above
- Develops headaches that are frequent and severe
- Throws up
- Develops a fever
- Has a headache accompanied by other systemic signs and symptoms, i.e., nausea, blurred vision, lack of vision, etc.

Extra Information

- Do not give children aspirin. Aspirin has been linked to a rare but serious illness called Reye syndrome.

Call 911 For These Symptoms

Sudden headache that prevents patient from doing daily tasks, is significantly debilitating, or is accompanied by fever or difficulty walking, vision problems, slurred speech or loss of balance

Headache after any head injury

Headache with fever, stiff neck or vomiting

Recently sick or is taking immunosuppressants

Blurry or double vision

Difficult to awaken

Seems confused or has irregular speech

Symptoms

- Pain caused by fall or blow to the head
- Bleeding from cut skin in scalp or neck region
- Swelling or bruise, sometimes called a “goose egg”
- Vomiting, nausea, or dizziness in the first few hours
- Sudden onset of irritability, confusion or sleepiness

Basic Protocol

- **Call parents to discuss sending them home. Document the contact in the log.**
- Watch person closely for 24 hours to see if new symptoms develop.
- Apply an ice pack or instant cold pack (wrapped in a washcloth or sock) to the injured area for up to 20 minutes every 3–4 hours for the first 1–2 days, or as directed by a physician or other healthcare professional.
- Offer clear liquids, ice, or gelatin if patient feels nauseous or has vomited.

Advanced Protocol

- Verify that the health form gives permission for the medications and/or contact the patient’s parents for permission before dispensing any medication.
- If person has an ongoing medical problem (for example, a kidney, liver, or blood problem): Check with the physician or other healthcare professional before giving medications. For other children, you may give acetaminophen (brand names include Tylenol®, Feverall®, and Panadol®). Don't give Ibuprofen (brand names include Advil®, Motrin®, and Q-Profen®) unless the physician or other healthcare professional tells you it's OK.

When to call Health Supervisor for Help

- Patient in high degree of distress, pain
- Becomes very sleepy
- Complains of dizziness
- Becomes restless or confused
- Complains of head or neck pain and stiffness
- Vomits, especially after the head injury or within a 24 hour period

Extra Information

- Immobilizers are located at the camp health lodge and aquatics area.

Call 911 For These Symptoms

Severe or worsening headache

Vomiting more than once

Isn't speaking clearly

Is stumbling or not walking normally

Suddenly hard to wake up, passes out, or has a seizure.

Symptoms

- Itching and scratching of the scalp
- Small red bumps or sores on scalp

Basic Protocol

- **Call parents to send patient home.**
- Attempt to limit exposure of person to other individuals in close quarters until infection is treated.
- Check everyone near the patient for lice, and if necessary send them home.
- If at a camp, report it to the Ranger so they can check any housing or bedding the person used and disinfect as needed.

Advanced Protocol

- Verify that the health form gives permission for the medications and/or contact the patient's parents for permission before dispensing any medication.
- Acetaminophen or ibuprofen may be administered to for pain control.

When to call Health Supervisor for Help

- Multiple campers within the same site are noted to have head lice.
- Follow outbreak protocol to limit continued transmission to others within camp site.

Extra Information

- Lice are very contagious and spread through contact from one person to another.
- Head lice are very small, wingless parasites that live on the scalp and feed on small amounts of human blood. Adult lice are grayish-white or tan and about the size of sesame seeds. The eggs of lice, called nits, attach to the hair shaft and may resemble dandruff and are not easily removed.

Call 911 For These Symptoms

This is not an emergency situation

Heat Exhaustion/Heat Stroke

Symptoms

- **Heat Exhaustion** symptoms include muscle cramps; heavy sweating; cold or pale, clammy skin; weakness; confusion; dizziness; headache; nausea or vomiting; fast heartbeat; or dark color urine.
- **Heat Stroke** symptoms include all heat exhaustion symptoms plus these warning signs: Fever of 104° or higher, flushed or red skin, lack of sweating, trouble breathing, fainting, and seizures.

Basic / Advanced Protocol

- Have patient rest indoors in a cool environment.
- Have patient drink cool or cold water.
- Give Pedialyte or a sports electrolyte drink in a 1:3 ratio of water to help replenish/rehydrate.
- Remove as much clothing as practical and possible. If the physician or healthcare professional says it is all OK, patient can slowly return to normal activities in 24–48 hours.

When to call Health Supervisor for Help

- Develops vomiting
- Has a fever higher than 100.4°F (38°C) especially if persistent
- Doesn't seem to be improving after basic protocol

Extra Information

- In heatstroke, body temperature rises, usually during exercise in outdoor hot weather, and the body's "cooling system" fails.
- Heatstroke also happens when a person is left in or becomes trapped in a vehicle.
- In a patient with heatstroke, body temperature can rise to 104°F (40°C) or higher. This can cause damage to the brain or other organs. Prompt medical treatment is needed to lower the body temperature and prevent damage.

Call 911

For These Symptoms

Rapid pulse

Oral fever over 104°

Seems dizzy or confused

Has a seizure or loses consciousness

Altered mental state or behavior

Alteration in sweating

Headache

No urination in 8-12 hours despite drinking plenty of fluids

Has bleeding or a red dot rash that looks like broken blood vessels

Symptoms

- Red spot that is painful, itchy, warm to the touch, or growing rapidly

Basic Protocol

If known to be allergic to stinging insects (bee, wasp, yellow jacket, hornet, or fire ant) and carries epinephrine (EpiPen or AUVI-Q®), administer the injection into the middle of the anterior lateral thigh. See additional protocol for bee, wasp, yellow jacket, hornet and fire ant stings.

- Draw a circle around the edge of the bite so that you can monitor size and color changes.
- Wash the area of the bite with soap and water each day until healed.
- Make sure patient takes any medicines for itching as directed by a doctor.
- Apply an anti-itch ointment as directed.

Advanced Protocol

- Verify that the health form gives permission for the medications and/or contact the patient's parents for permission before dispensing any medication.

When to call Health Supervisor for Help

- Has redness or soreness around the bite that gets worse
- Develops a rash on the body
- Develops a fever

Extra Information

Anaphylaxis can be deadly and must be treated immediately. Patients with anaphylaxis, an acute allergic reaction, may have one or more of the following symptoms:

- **Swelling** of the face, eyes, throat, feet, hands, or inside of the ears
- **Hives** (raised welts on the skin) over much of the body
- **Trouble breathing.** A patient may feel short of breath, have a hoarse voice, wheeze, cough, or have a tight feeling in the throat.
- **Stomach problems** like belly pain, vomiting (throwing up) or diarrhea (watery poop)
- **Feeling dizzy or passing out**

Call 911 For These Symptoms

ANY sign of anaphylaxis. Symptoms include trouble breathing, swelling, hives, diarrhea, vomiting, dizzy or passing out for any period of time

Has redness or soreness around the bite that gets worse

Develops a rash anywhere on the body

Develops a fever

Symptoms

- Thermal burns
- Clothing that is blown off, destroyed, or burned
- Breathing problems, including lack of breathing
- Confusion, disorientation, and memory problems
- Cardiac arrest or irregular heartbeat
- Personality changes
- Loss of consciousness or coma
- Temporary hearing loss
- Numbness, tingling, or pain
- Weakness or paralysis
- Vision problems

Basic / Advanced Protocol

- Determine if the situation is safe enough to proceed with care for the patient.
- Move the patient to a safer area if there is a continued danger from lightning strikes.
- If the patient is not breathing or has no pulse, start cardiopulmonary resuscitation (CPR).
- Cover the person with a jacket or blanket to help prevent hypothermia.
- Always give cardiopulmonary resuscitation (CPR) priority over treating a burn.

When to call Health Supervisor for Help

Extra Information

- The massive electric current from a lightning strike can cause damage to internal organs, burns, and cardiac arrest.
- Around one out of 10 lightning strikes are fatal.
- Always seek medical attention after being struck by lightning. Even if the injury appears minor, lightning strikes can cause permanent injury and disability.

**Call 911
For These Symptoms**

**Lightning strike is an
immediate
emergency. Patient
should be stabilized
and transported
immediately for
treatment**

Symptoms

- Feeling of a sick stomach with urge to vomit or reduced appetite

Basic Protocol

- **Call parents to discuss sending the patient home. Document the contact in the log.**
- If nausea persists for more than 4 hours the patient is to be sent home.
- If regular food makes the nausea worse, encourage the following:
 - Eat plain foods, such as toast, crackers, rice, and mashed potatoes.
 - Avoid greasy, fried, or sugary foods.
 - Eat and drink small amounts slowly.
 - Avoid very hot and cold foods.
 - Avoid activity right after meals.
 - Avoid carbonated drinks (like soda) and drinks with caffeine (like coffee and caffeinated teas, black or green).
 - Encourage plenty of liquids, such as water, diluted juice, soup, ice pops, or gelatin.

Advanced Protocol

- Verify that the health form gives permission for the medications and/or contact the patient's parents for permission before dispensing any medication.
- If directed by a physician or other healthcare professional, medication may be administered to diminish symptoms.
- If vomiting is present and if a health care professional so directs, give oral electrolyte solution.

When to call Health Supervisor for Help

- Vomiting that lasts longer than 24 hours
- Signs of moderate dehydration

Extra Information

- Common reasons for nausea include infections, some medications, motion sickness, food sensitivities, allergic reactions, pregnancy, and dehydration.

Call 911 For These Symptoms

Nausea accompanied by:

Severe belly pain

Pain on the right side of the belly

Vomiting bright green (bile) or red/brown (blood-tinged) liquid

Headache and a stiff neck

Appearance of dehydration including dizziness, drowsiness, a dry or sticky mouth, sunken eyes, making less urine or darker than usual urine, crying with little or no tears

Dark blood in vomit

Otitis Externa/Swimmer's Ear

Symptoms

- Patient develops new onset localized ear pain, drainage, or pain ,with tugging or in external ear area
- Excessive oozing drainage, redness, or partial blockage of the ear canal from swelling
- Muffled hearing
- Developing more intense itching and ear pain
- Feeling of fullness inside ear and/or partial blockage of the ear canal from swelling

Basic Protocol

- Camper/patient should not swim or participate in water sports until evaluated by a physician or other healthcare professional.
- Do not put cotton-tipped swabs or any other objects into the ears.
- To help prevent future infections, after swimming or bathing gently dry the outer ear with a towel, and have the head tilted to the side to help water drain from the ear canal.

Advanced Protocol

- Verify that the health form gives permission for the medications and/or contact the patient's parents for permission before dispensing any medication.
- Acetaminophen or ibuprofen may be administered to for pain control.

When to call Health Supervisor for Help

- Has symptoms that get worse or do not improve
- Develops new pain or hearing problems
- Has blood or pus draining from the ear
- Develops a fever
- Develops new redness, swelling, or warmth of the ear or the area around the ear

Extra Information

- Otitis externa is common among swimmers because moisture in the ear canal makes it more vulnerable to infection by bacteria.
- Swimmer's ear is not contagious.

Call 911

For These Symptoms

Has increasing or severe pain

Looks sicker

Develops new symptoms like trouble swallowing, weakness of the face, or a hoarse voice

Symptoms

- An incident in which two or more people experiencing a similar illness are linked in time and place. A greater than expected incidence of **infection** compared to the usual background rate for the particular location. A single case for certain rare diseases (e.g. measles, mumps)
- Common outbreaks include:
 - Gastroenteritis (usually viral caused by norovirus)
 - *Clostridium difficile* infection (CDI)
 - Methicillin resistant *Staphylococcus aureus* (MRSA)
 - Multi-resistant gram negative bacilli
 - Influenza / other respiratory illnesses
 - COVID-19

Basic / Advanced Protocol

- Ensure that infected individuals are stabilized.
- Staff and patient movement will need to be restricted during an outbreak. Once infected persons are identified, they should be isolated in an appropriate location/room from other persons.
- Contact health supervisor.
- Contact appropriate family members.

When to call Health Supervisor for Help

- Call immediately.

Extra Information

Call 911 For These Symptoms

**Report outbreaks to the
Camp Director and
Council Medical
Supervisor immediately.
They will contact the
county department of
health.**

Poison Ivy / Sumac / Oak & Plant Related Reactions

Symptoms

- Redness, swelling, itching, and blisters beginning 24 – 48 hours after touching a plant or something contaminated with the oil from the plant, like clothing or gardening tools
- Rash that looks like a line of blisters

Basic Protocol

- Immediately rinse the skin with lukewarm, soapy water.
- Apply wet dressings, moisturizers, calamine lotion, steroid creams, and/or other creams.
- Lukewarm oatmeal baths may help.
- Wash patient's clothes, sports equipment, and other gear well ASAP to avoid further exposure.
- It's important that patient not scratch the skin. This can lead to a skin infection called cellulitis.
- For younger children, wearing comfortable, light gloves to bed can prevent scratching at night.

Advanced Protocol

- Verify that the health form gives permission for the medications and/or contact the patient's parents for permission before dispensing any medication.
- If directed by a physician or other healthcare professional, medication may be administered to help treat symptoms.

When to call Health Supervisor for Help

- Has a fever above 100.4°F (38°C)
- Develops swelling, tenderness, or warmth of the skin
- Develops pus or soft yellow scabs on the rash
- Can't sleep because of itching
- A rash has been present for over 2 weeks

Extra Information

- Teach patient to avoid these plants by remembering "leaves of three, let them be."
- Stinging nettle causes a sensation of many needles in skin where touched, as well as pain and itching. Wash with soap and water immediately and apply moistened cloth or ice pack. If still experiencing stinging feeling, try using tape, any other than duct tape, to pull out the stings.

Call 911

For These Symptoms

Has trouble breathing

Develops swelling especially if eyelids swell shut

Has a rash on the face, genitals or over a large area of the body

Symptoms

- The person may become unresponsive and won't respond if you wave a hand in their face or shake them. They may suddenly collapse.
- Muscles clench and patient becomes rigid as a board.
- Uncontrolled jerking movements occurring for several seconds or minutes at a time
- Jerking movements may be followed by a period confusion or disorientation until the patient regains consciousness. Patient may be confused or disoriented for a short period.

Basic / Advanced Protocol

- **If person is unresponsive, call 911.**
- Move hard or sharp objects away from the person.
- Don't try to hold person down or stop the movements.
- Place person on his/her side to help maintain a clear airway.
- Look at your watch at the start of the seizure to time its duration.
- Don't put anything in person's mouth. Contrary to a popular myth, you can't swallow your tongue during a seizure. But if you put an object in their mouth, they could damage their teeth or bite you.
- **Call parents to discuss sending patient home. Document the contact in the log.**

When to call Health Supervisor for Help

Extra Information

- **Focal onset seizures** start in a single part of the brain. An arm might start to move or face start to twitch. Even though awake and aware, the patient can't control these signs. Patient might seem to zone out or stare at nothing as the seizure becomes complex. Afterwards, there can be memory impairment.
- **Generalized seizures** involve multiple areas of the brain at once. People are rarely aware of what's happening. The most common type falls into this group: the generalized tonic-clonic seizure, also known as a grand mal seizure. These are frightening to watch and are an emergency.

Call 911

For These Symptoms

This is the first time ever this person has had a seizure

The person is unresponsive

Recurrent/back-to-back seizures or seizures lasting longer than 15 minutes

Symptoms

- Puncture marks at the wound
- Redness, swelling, bruising, bleeding, or blistering around the bite
- Severe pain and tenderness at the site of the bite
- Nausea, vomiting, or diarrhea
- Labored breathing
- Disturbed vision
- Increased salivation and sweating

Basic / Advanced Protocol

- **Seek medical attention as soon as possible and dial 911.**
- If you or someone you know is bitten, try to see and remember the color and shape of the snake, which can help with treatment of the snake bite. If safe and able, take a picture.
- Keep the bitten person still and calm. This can slow down the spread of venom if the snake is venomous.
- Apply first aid if you cannot get the person to the hospital right away.
- Lay or sit the person down with the bite below the level of the heart.
- Tell patient to stay calm and still and take slow deep breaths.
- Wash the wound with warm soapy water immediately.
- Cover the bite with a clean, dry dressing.

When to call Health Supervisor for Help

- Call immediately when you don't know the type of snake or you're certain it was venomous.
- The bite becomes red, swollen, warm to the touch, or more painful, or pus drains from the bite

Extra Information

- Symptoms specific to **coral snake** bites include pain that is not immediate, symptoms that set in hours after the bite, convulsions, drooping eyelids, change in skin color, stomach pain, difficulty swallowing, headache.

Call 911

For These Symptoms

You are not certain of the type of snake

You are certain the snake was venomous

Patient exhibits any difficulty breathing

Symptoms

- Sudden onset pain after contact with wood or other material
- Visible material lodged/trapped under skin

Basic Protocol

- Clean area with soap and water as tolerated.
- With splinters that have a component of material external to skin, attempt to carefully extract material.
- With splinters completely lodged under the skin, do not attempt to extract. Refer patient to a physician or other healthcare professional for extraction.

Advanced Protocol

- Verify that the health form gives permission for the medications and/or contact the patient's parents for permission before dispensing any medication. May administer ibuprofen or acetaminophen for pain control.

When to call Health Supervisor for Help

- If lesions are affecting eyes or face or if severe pain or bleeding is noted with injury, contact a physician or other healthcare professional.

Extra Information

Call 911

For These Symptoms

This is not an emergency situation

Symptoms

- Extreme **back** pain or pressure in patient's **neck, head or back from a fall or impact to the spine/neck regions.**
- Weakness, incoordination or paralysis in any part of patient's body.
- **Numbness, tingling** or **loss** of sensation in Patient's hands, fingers, feet, or toes.
- **Loss of bladder or bowel control.**

Basic / Advanced Protocol

- **Call 911 Immediately**
- Unconscious patient:
 - Ensure that an ambulance has been called immediately.
 - Place the unconscious patient in recovery position supporting neck and spine in a neutral position at all times to prevent twisting or bending movements.
 - Maintain a clear and open airway.
 - If the ambulance is delayed, apply a cervical collar if trained to do so, to minimize neck movement.
- Conscious patient:
 - Ensure that an ambulance has been called immediately.
 - Calm the patient and loosen tight clothing.
 - Do not move the patient unless in danger.
 - Support head, neck and spine in a neutral position at all times to prevent twisting or bending movements.
 - If the ambulance is delayed, apply a cervical collar if trained to do so, to minimize neck movement.

When to call Health Supervisor for Help

Extra Information

- Immobilizers are located at the camp health lodge and aquatics area.

**Call 911
For These Symptoms**

**Spinal Injury is an
immediate
emergency. Patient
should be stabilized
and transported
immediately for
treatment**

Swollen Joints and Sprains

Symptoms

- Swelling or significant pain or aches in joints of the wrist, elbow, knee, ankle, finger or toe
- Pain or difficulty moving joint after sudden twisting or strained movement

Basic Protocol

- Have the patient rest the affected area.
- Apply ice pack or ice wrapped in cloth for 15-20 minutes for 3-4 times for the first 24 hours both swelling and sprains.
- Keep patient from putting weight on any sprain.
- Keep injured joint elevated to reduce swelling, preferably during the first 24 hours.

Advanced Protocol

- Verify that the health form gives permission for the medications and/or contact the patient's parents for permission before dispensing any medication.
- Swollen joints - if patient has no allergies to a non-steroidal anti-inflammatory drug (NSAIDs, aspirin, or ibuprofen) the drug can be administered to reduce inflammation for swollen joints or to reduce pain.
- If directed by a physician or other healthcare professional, ibuprofen or acetaminophen can be administered for sprain pain.

When to call Health Supervisor for Help

- After you call 911, call Health Supervisor for observed swelling in only one leg.

Extra Information

- Swollen joints can become an emergency when accompanied by redness, hot to touch, and high fever or severe pain.

Call 911 For These Symptoms

Joint pain with fever for more than 48 hours along with pain in new areas

A fever accompanied by joint pain, nausea, fatigue, chills and swelling in the joints

Swelling in only one leg

Swelling accompanied by shortness of breath, chest pain, or dizziness, confusion or light-headedness

Symptoms

- Skin is red, painful, warm to the touch, and can also be swollen and blistered.
- Patient may have cold chills after exposure.
- A severe sunburn, called sun poisoning, may cause fever, chills, headache, and nausea.

Basic Protocol

- Apply cool compresses as often as needed.
- A cool bath may soothe sunburned skin.
- Apply moisturizing creams or aloe gels for comfort.
- Make sure the patient drinks plenty of liquids.
- If the patient goes outside, make sure that the sunburned areas are completely covered.
- Never attempt to break blisters.

Advanced Protocol

- Verify that the health form gives permission for the medications and/or contact the patient's parents for permission before dispensing any medication.
- If approved by a physician or other healthcare professional, you may administer acetaminophen or ibuprofen for pain control.

When to call Health Supervisor for Help

- Appears dehydrated. Signs include dizziness, drowsiness, a dry or sticky mouth, sunken eyes, producing less urine or darker than usual urine, changes in personality.
- Has blisters that are draining pus or look infected

Extra Information

- Avoid sun exposure between 10 a.m. and 4 p.m.
- Use broad-spectrum sunscreen with SPF 30 or higher, which protects the skin from UVA and UVB rays.
- Reapply sunscreen every 2 hours.
- Most sun damage occurs in childhood.
- Getting sunburned can cause early aging of the skin and increase the risk of developing skin cancer.

Call 911

For These Symptoms

Has a fever associated with sunburn

Has headache, confusion, nausea, vomiting, dizziness, or fainting

Symptoms

- If the death is obvious, limit access to the patient to one person in order to assess the patient. Once death is confirmed, exit the scene in the same general area as entered. This is to preserve scene integrity for investigative purposes. This individual shall remain at the scene until cleared by authorities. Note the time the patient was assessed and obtain the names of any witnesses for authorities.

Basic / Advanced Protocol

- Upon notification of a suspected death, Health Lodge Director and necessary Health Lodge staff are to report to the scene with jump bag, bag valve mask (BVM), and Automated external defibrillator (AED).
- While en route to the scene, the Health Lodge Director will notify the Camp Director, Medical Director, and Program Director that the Health Lodge is responding to a suspected death. The Camp Director, Medical Director, and Program Director should be updated throughout the incident.
- Upon arrival on scene, the most senior Health Lodge staff member is to check the subject and begin CPR and any rescue procedures unless there are obvious signs of death i.e. (rigor mortis, dependent lividity etc.).
- After the condition of the patient has been checked, the most senior Health Lodge staff member is to follow 911 procedures or designate someone to call 911.
- At least one Health Lodge staff is to remain on scene until EMS arrives and dismisses the Health Lodge staff.

When to call Health Supervisor for Help

- Call immediately

Extra Information

**Call 911
For These Symptoms**

**Suspected Death is an
immediate
emergency. Call 911
immediately.**

Symptoms

- Visible tick on skin following outdoor exposure

Basic Protocol

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth parts easily with clean tweezers, have the patient see their physician or other healthcare professional.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.
- Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.

Advanced Protocol

- Verify that the health form gives permission for the medications and/or contact the patient's parents for permission before dispensing any medication. May administer ibuprofen or acetaminophen for pain control.

When to call Health Supervisor for Help

- If person develops fever, chills, complains of new onset aches/pains within joints or develops diffuse rash.

Extra Information

Call 911 For These Symptoms

This is not an emergency situation