

Camp Victory Lake Parent Package



Northeastern Conference Youth Director

Parent Information

227 Crum Elbow Road
Hyde Park, NY 12538

(845) 229-8851 Phone/(845) 229-0036 Fax
www.campvictorylakenec.com

Camp Leadership

The Camp Victory Lake staff is chosen on the basis of Christian motivation, maturity, ability to work with boys and girls in a democratic way, and competence in various skilled areas. We endeavor to secure men and women with leadership abilities, and proven competence in camp skills. The campers and staff form a tightly knit organization that fosters a unique spirit. Individual and group activities build a wholehearted sense of fellowship, while the campers grow in physical strength and their skill in the art of getting along together.

Camper Registration and Pick-Up Time

Registration

First and Full Session registration at Camp Victory Lake for Campers and CIT's will be start at 10:00 AM until 5:00 PM Sunday. Parents and/or guardians are responsible for the camper until he/she is registered. Parents and/or guardians must depart the camp grounds by 6:00 pm so that the camp program can begin. Check out time is from 9:00 am until 11:00 am on last Sunday of camp.

Check-in begins at the Irons Motel registration office and a Financial Clearance form will be given to each parent. Please be mindful that no check-out or registration will be done on Saturdays (Sabbath).

Visiting

Parents are welcome to visit the camp on Sundays. Parents and guardians are invited to visit your campers on these days. Parents are required to obtain written permission before taking any camper off the camp grounds. Visiting on any other day is strongly discouraged. All visitors must sign-in at the office and receive a name tag and return the name tag upon departure.

Financial Information and Refund Policy

Financial Schedule

All camp related fees should be paid in full by the date the camper is registered for camp. No personal checks will be accepted. Money orders, credit cards, cashier checks or certified checks only. There are no refunds when a camper's stay is ended before the scheduled time.



Health & Safety

The health and safety of the camper is of paramount concern. Each camper must have a physical examination before attending camp. A copy of the examination must be on file by the day the camper takes up residence at the camp. There is a registered nurse and licensed practical nurse in residence at our dispensary, and a nearby medical doctor is on call. Saint Francis Hospital in Poughkeepsie assures prompt attention in the event of a serious illness. **Please note: campers will not be accepted without a physical examination.**

Immunization: It is required that all campers have a tetanus booster shot. We are not equipped to accept or care for children who have epilepsy. Be mindful also to sign the "parent's authorization" in the application blank.

Medications: The camp nurse is the custodian of all medications; and upon arrival at camp, all medicine is

to be turned in to the nurse. Campers with allergies should bring:

- A two week supply of medication
- A prescription for refills

Note: Allergies are not covered by our insurance. Any doctor's fee or drugs paid for by the camp will be charged to the parent or guardian.

Bed wetting: If your child is a bed-wetter, the camp nurse should be notified at the time of registration and a rubber sheet be brought to camp for protection.

Laundry service: This service is provided for every camper. Please clearly label your child's full name on every piece of your child's clothing with a laundry marker.

Food Service

Wholesome, well-balanced meals, planned in advance, and prepared under the direction of our camp dietician are served. Our kitchen staff is experienced in food preparation for camps. All meals are vegetarian.

What Not to Bring

Campers are not permitted to bring;

- Drugs & Alcohol
- Personal Sports equipment (basketball, baseball, bat,
- Personal Electronic (radios, tape recorders, cell-phones, Ipads, tablets, all mp3 players, hand video games, and television.
- Animals
- Jewelry

Camp Victory Lake will not be responsible for any such loss suffered by a camper. For additional information please refer to camp website.

Care packages

Care packages are boxes of goodies (toys, clothes, magazines, etc.) that families send to campers. Kids feel really special when they get a care package. It can even be something of status symbol. Still, you shouldn't feel obligated to send a package to your son or daughter.

Camp Victory Lake is a huge gift in itself. We provide more than enough fun for each camper.

If you do decide to mail your child care package, here are some tips on what to send and what not to send. Above all, remember to follow the camp's policy about what items campers are allowed to possess.

Size

The package should be reasonable in size. Sending a refrigerator size crate of treats is going to be expensive for you and embarrassing for your child. Keep the size reasonable, about the

size of a shoebox. The point is not to spoil them; it's simply to say "I love you and I'm thinking about you."

Food and Candy

Send only what the camp allows. We allow campers to receive food and candy in the mail. Remember, food attracts animals and bugs. Also, without proper storage, food rots and becomes a health hazard.



*Mailing Address
(USP, DHL, FedEx)
(Your Child's Name)
Camp Victory lake
277 Crum Elbow Road
Hyde Park, NY 12538*

*Post Office
(Your Child's Name)
Camp Victory Lake
P.O. Box 482
Hyde Park, NY 12538*

Suggestions - Games, Toys, and Books

Games, toys and reading material are excellent additions to any care package. Include some things that your child can share with his/her fellow campers.

You might send:

- Miniature board games like checkers or chess
- Frisbee and other sorts of flying disks
- Age appropriate newspapers and magazines
- Bean bag balls, such as hackey sacks
- *Uno* and other sorts of card games
- *Choose your own adventure* books
- Nerf balls and other sorts of sponge balls
- Comic books or the comics section of the Sunday paper
- Madlibs and other sorts of word games

You also might include an item or two that your child doesn't have to share, such as:

- As small stuffed animal
- Markers and paper for drawing
- A disposable camera
- A novel
- Original paper and instructions
- A t-shirt
- A puzzle
- A baseball cap
- A blank scrapbook or journal to start camp
- Photos of the family



How Do I Write Back to My Child About Homesickness?

You should promptly write a letter back to your child about hi/her homesickness. However, it's not easy to write these sorts of letters. Just like every other letter you write to your child at camp, you want this one to be newsy, upbeat, and encouraging. To this recipe, you must now add empathetic statements – words that show you understand how he/she feels. Once your child knows that you truly understand how upset he/she feels, he'll/she'll start to feel better.

Here's a sample response to the homesick letter:

*Dear Samantha,
I got your letter about how homesick you've been feeling. I could tell, just by reading the letter, how much those homesick feelings bother you. I remember we talked about homesick feelings being normal. In a letter*

you told me how bad you've been feeling. Thanks for letting me know.

Remember when we discussed together that you wanted to go to camp? One of the things we talked about was how long you were going to stay, and we agreed on two weeks. That must seem like a really long time right now. But by the time you get this letter, there will only be one week left of camp. Imagine, you've made it halfway! That's a lot. You must be proud to have made it that far.

Maybe you're not so homesick anymore. I won't know for sure until I get your next letter. If you still are, remember all the things you can think and do to help make things better. Stay busy, write a lot of letters, talk to your counselor, and

look on the bright side. There are lots of fun things to do at camp that you can't do at home. And before you know it, you'll be home. Seven more days is not that much. I know you can do it!

Daddy and I miss you and love you. We'll be there to pick you up on Sunday morning, at the end of the session, just like we planned. Write again soon, sweetheart.



How Do I Write a Good Letter From Home?

A good letter from home is newsy, upbeat, and encouraging. Your goal is to say a cheerful hello and give a positive report about what's being on. You want to instill confidence and support your child's growing independence. Avoid mentioning sad things that your child can't do anything about. Save bad news until you can talk to your child face to face.

Obviously, if there is a major piece of bad news to report, and you need to tell your son or daughter immediately, you wouldn't put that in a letter either. Instead, you'd call CVL and talk to the director first. In a quality letter, it's fine to say that you miss your child, but don't say that you're miserable. Hearing bad news they can't do anything about makes kids feel helpless.

Helplessness leads to homesickness, depression, and anxiety. Here's an example of a good letter from home.

*Dear Peter,
How is camp going? Did you get a change to do archery yet? I know you were pretty excited about that when we dropped you off. I'm sure you're getting to try lots of new activities.*

I'm so happy that you had the chance to go to camp this summer, Matt. What a wonderful experience! I just loved camp when I was your age. My favorite part was singing songs. Have you learned any camp songs?

P.S. I cut out the last three cartoons from the paper and enclosed them. I'll send the Sunday cartoons on Monday. Enjoy!

The strength of this sample is that it mentions when the parent will write again, and it contains a lot of questions. This invites the child to write back. (you can at least hope, right?) Finally, the letter includes some newspaper comics. Interesting, age-appropriate newspaper or magazine clippings add interest to your letters. You can also insert photographs or drawings or whatever you dream up that fits in an envelope.

Phone Calls

Be sure you and your child understand the camp's phone policy before opening day. During camp, it's important to respect that policy because it's based on years of experience with what works and what doesn't work at CVL.

The experience at Camp Victory Lake, especially because we have more than 100 campers and sessions longer than one week, is that phone contact between parents and children makes homesickness worse. When a child hears his mom's or dad's voice, it can arouse a deep longing for home. For that reason, and because of gaining independence is a chief goal of overnight camp, we do not allow children to talk to their parents on the phone except in rare emergencies.

Phone calls undermine campers' independence by breaking the continuity required that independence. By contrast, letters take a few days to go

back and forth, so they actually foster independence and offer support at the same time.

We do not allow phone calls. Don't ask the camp director to make an exception just for you, for a routing phone call. Instead, rely on traditional letters, postcards, and care packages for routing, heartfelt messages.

In a true emergency, such as the death of a family member, you will be allowed to talk with your child. However, understand that it may take some time to get your child to the phone. Children can sometimes be involved in activities miles from the camp phone. If children are on an out-of-camp trip, they may even be completely inaccessible. For these reasons, it's common to have to leave a message with the camp staff to have your child call back. This can be frustrating if the news is great and bad, but that's the reality of the situation.

Finally, don't panic if you get an unsolicited phone call from camp. It could be about something positive. Sometimes, camp staff will call to report how well things are going. These are fun phone calls to get. Other times, camp will call parents to enlist their help solving complex behavioral or emotional problem. These are not such fun calls to get, but as a parent, you can offer valuable advice.

Parents who receive a call from camp about some problem their child is having generally feel grateful that the camp cares enough to inform and enlist their assistance. Remember, the person you're talking to is a camping professional, but you are a parenting professional.



It is requested that parents and guardians do not make unnecessary telephone calls to campers. Telephone calls interrupt the camp program.

We strongly encourage and strongly recommend that you write your camper often, and allow him/her to share fully in the activities that have been planned.

Email Messages

Camp Victory Lake is now electronic mail accessible, which allows faster written communication with your child. However, speed comes at the expense of personalizing. Sending your child an e-mail may give him/her the appearance that he/she is more like a business colleague than your own flesh and blood. There is no substitute for a hand written letter.

If you must e-mail, either

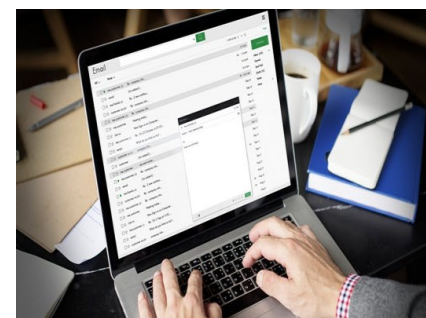
because you're sending an urgent message or because it's all you have time for, then be sure to verify the camp's policy and procedures for electronic message. The philosophy at Camp Victory Lake is that kids should be playing with each other and having fun, not spending long periods of time at a computer responding to e-mails.

Don't have any illusions about how fast your e-mail message will get to your child. Getting e-mail is a privilege not a right.

Please place your child's name in the subject heading so that we will know who to distribute the email to.

To send your child an email send to:

campvictorylakenec@gmail.com



Visiting Camp

Visiting camp can bring your child great excitement, of course. But be sure to come only when the camp allow. We have family day, where parents get to visit their children and see them perform some the skills they've learned.

Arriving unannounced or on a day that has not been scheduled for visitation is a bad idea. More so than phone calls, in-person visits are an immediate form of contact that can provoke homesickness in your child and envy among his/her friends. Unscheduled visits are disruptive to campers' developing a sense of independence. If you have any doubts about the appropriateness of your visits, be sure to call the camp and speak with the director. Be sure to sign-in when you visit.

What else is important to remember about visiting day?

- Be on time. Stick to what you promise on opening day. Your son or daughter will be counting on it.

- Take a tour. Your child would love to show you around camp.
- Keep any critical comments to yourself – this is your child's time to shine, not defend himself.
- Keep an open mind. You'll wonder about certain aspects of camp. Ask gently for an explanation before passing judgment. Praise all of our child's accomplishments.
- Prepare for strong feelings. Visiting day can be a wonderful emotional time, but it's often hard for kids to say goodbye. Resist the temptation to offer your child a ride home. Instead, be understanding and encouraging. You'll see him/her again soon.
- Share any sad news early and in person. Telling your child about the death of a pet or sharing any other bad news is best done in person when you're there to provide comfort, not in a letter or a phone call. Break any bad news to your child early on visiting day to give both of you time to talk about it.

Debriefing Your Child's Counselor

Regardless of how your child acts on closing day, it's always good to get an experienced adult perspective. The counselor is the best place to start. This conversation can be insightful, but you may have to probe to get the information you want. Most counselors tend to smile a lot and tell parents that the session went well. Part of their jobs is to have a positive attitude nevertheless; all counselors mentally evaluate the kids with whom they work. How could they not have some opinions based on a week or more of living with your child?

If you want a more thorough picture than what your child may tell you, experiment with some of the questions that follow. In some cases, the answers may not be ones you want to hear, but don't hold it against the counselor if you as or an honest response and he/she give it to you. Most parents appreciate the candor of another

adult's opinion because they are always looking for way to help their kids improve.

However, if you don't want to know, don't ask. Some counselors, especially the young ones, may have difficulty telling you that your child was lazy, disrespectful, aggressive, or defiant. If you feel as if you're only getting sugarcoated pleasantries, but you suspect other wise, try to make the counselor feel at ease. Tell him/her why you are interested in any observations or suggestions that she might have about your child.

Good questions to ask counselors:

- How did the session go?
- What did you enjoy of the biggest challenges you faced?
- What were some of the biggest challenges you face?

- I'm always looking for pointers. How did my child interact with the other kids in the cabin? What do you see as her strengths and weaknesses?
- Which activities did my child like best? How did her skills improve?
- Were there any discipline problems with the child? How ere they handled?
- Was my child polite? Did she have good table manners? Did she eat and sleep well?
- Is there anything that you suggest we work on before next year at camp?



Arrival Check List



Checklist

At Camp:

- Register, check-in
- Meet Camp Director
- Allocate spending money
- Talk to medical staff
- Meet child's counselor
- Ask about visiting policy
- Verify camp closing day and pick up time

Write down:

- The pick up date and time
- The counselors name
- The exact mailing address of camp

SEE YOU SOON AT CAMP VICTORY LAKE!

Camp Victory Lake

DAILY SCHEDULE

6:30 AM	Staff Meeting
7:00	Campers Wake Up Call
7:30	Flag Raising/ Prayer Band
7:45	Breakfast
8:45	Camp Capers
9:15	Unit Inspection
9:45	Camp Council
10:10	Classes I
11:15	Assembly at Maplewood Chapel
11:30	Classes II
12:40	Dinner Line Call *
12:45 PM	Dinner
1:30	Camp Store Opens
2:00	Assembly at Maplewood Chapel
2:15	Organized Activities
4:15	Assemble at Maplewood
4:30	Rest Period
5:45	Flag Lowering
6:00	Supper
7:00	Camp Store Opens
7:25	Line Call **
7:30	Vespers
8:00	Prepare for Evening Activities
8:15	Evening Activities
9:30	S.S. Lesson/ Cabin Devotion
10:00	Lights Out (Quiet Hours begin)

Camp Victory Lake

FRIDAY SCHEDULE

6:30 AM	Staff Meeting
7:00	Campers Wake Up Call
7:30	Flag Raising/ Prayer Band
7:45	Breakfast
8:45	Camp Capers
9:15	Unit Inspection
9:45	Camp Council
10:10	Classes
11:15	Assembly at Maplewood Chapel
11:30	Class II
12:40 PM	Dinner Line Call*
12:45	Dinner
1:30 - 2:00	Camp Store Opens
2:00 - 4:00	Sabbath Preparation
4:00	Unit Inspection
5:30	Prepare for Supper
5:45	Line Call/ Flag Lowering
6:00	Supper
7:25	Vesper Line Call**
7:30	Vesper
9:30	Lights Out

* Earle Cafeteria

** Earle Auditorium

Camp Victory Lake

SABBATH SCHEDULE

7:00 AM	Staff Meeting
7:15	Campers Wake Up Call
7:45	Devotion & Flag Raising
8:00	Breakfast
9:10	Line Call
9:15	Song Service
9:30	Sabbath School/ Divine Service
12:15 PM	Line Call
12:30	Dinner
1:45	Rest Period
3:15	Rising Whistle
3:30	Afternoon Activity
4:30	Youth Program
5:45	Line Call/ Flag Lowering
6:00	Supper
7:00	Vesper
7:45 - 8:15	Store Open
7:30	Store Open
8:00 - 9:30	Evening Activity
10:00	Lights Out

Camp Victory Lake

SUNDAY SCHEDULE

7:00 AM	Staff Meeting
8:00	Campers Wake Up Call
8:30	Flag Raising
8:45	Breakfast
9:30	Camp Capers
10:15	Unit Inspection
10:30	Camp Council
11:00	Activity I
12:55 PM	Line Call*
1:00	Lunch
2:00–3:35	Activity II
3:40	Assemble at Maplewood
3:45–5:20	Activity III
5:45	Flag Lowering
6:00	Supper
7:00	Vespers
8:00	Camp Store Opens
8:15	Evening Activities
9:30	S.S. Lesson/ Cabin Devotion
10:00	Lights Out (Quiet Hours begin)

* Earle Cafeteria
** Earle Auditorium

NB: CAMP STORE WILL BE OPEN DURING THE ACTIVITY II.

CAMP VICTORY LAKE

Telephone Numbers

MAIN OFFICE	(845) 229-8851
FAX MACHINE	(845) 229-0036
MEDICAL BUILDING	(845) 229- 8851 ext. 206

LOCAL EMERGENCY NUMBERS

AMBULANCE	(845) 471-3533
FIRE DEPARTMENT	(845) 229-2119
POLICE	(845) 229-9340
STATE POLICE	(845) 677-6321
MIDHUSON REGIONAL HOSPITAL	(845) 471-2000
VASSAR BROTHERS HOSPITAL	(845)454-8500
DUTCHESS COUNTY DEPT OF HEALTH	(845) 486-1000
NORTHERN DUTCHESS HOSPITAL	(845) 876-3001
EMERGENCY ONE URGENT CARE	(845) 229-2602



Directions to Camp Victory Lake

Directions from various locations are as follows:

From Brooklyn

Take the Triborough Bridge to Major Deagan expressway to I-87 North (New York State Thruway). I-87 North to exit 17 (Newburg exit) . take 84 east to exit 13 (Poughkeepsie/route 9 exit). Follow Route 9 north to Hyde park. After entering the town of Hyde Park look for County Route 41 East. Follow 41 East approximately 4 ½ miles to CVL. (the camp is located on the Left going East)

From Queens

Take the Whitestone Bridge (keep Left to Hutchinson River Parkway North). Hutchinson River Parkway North to Interstate 684 North. I-684 North to 84 West. 84 West to Exit 16 North (this will be Taconic State Parkway Exit). Take the Taconic State Parkway to the Salt Point Turnpike Exit. Follow County Route 115 West to County Route 41 West (approximately 6 miles to the camp). The camp is located on the right.

From New Jersey

Take the Garden State Parkway to 87 North (New York State Thruway). New York State Thruway (towards Albany) to Exit 17 (Newburg Exit). Take 84 East to Exit 13 (Poughkeepsie/Route 9 Exit). Follow Route 9 North to Hyde Park. After entering the town of Hyde Park look for County Route 41 East. Follow 41 East approximately 4 ½ miles to CVL. (the camp is located on the Left going East)

From Bronx

Bronx River Parkway to Sprain Parkway North to Taconic State Parkway North (approximately 50 miles) to Salt Point Turnpike Exit. (you will see signs for Hyde Park). Exit to Left, go to the stop sign and make a Left on Route 115 (you will be traveling West). Follow Route 115 West approximately three (3) miles to Jct. 41. Make a Left on Jct 41 (will be traveling 41 West) approximately five (5) miles to CVL on the Right. Note: as soon as you come to the first traffic light on Route 41, continue through the light. The camp entrance is immediately on the Right.

From Albany, Upstate New York and Points West

New York State Thruway to Exit (Kingston exit). Take Route 32 East to the Rhinecliff/Kingston Bridge. Continue straight after crossing the bridge (will be Route 199 east) to Route 9G. Take 9G South to County Route 41 East. 41 East to CVL (approximately 2 ½ miles to camp).

From Massachusetts, Rhode Island, Connecticut and Points East

Take Massachusetts Turnpike (i-90) West to 87 South (new York State Thruway). New York State Thruway to Exit 19 (Kingston Exit). Take Route 32 East to Rhinecliff/Kingston Bridge. Continue straight after crossing the bridge (will be route 199 East) to Camp Victory Lake (approximately 2 ½ miles to camp).

Location of camp:
CVL is located at
277 Crum Elbow Road
(County Route 41),
Hyde Park, New York
12538

Dear Parent,

I am writing to inform you about meningococcal disease, a potentially fatal bacterial infection commonly referred to as meningococcal meningitis. New York State Public Health Law (NYS PHL) §2167 and Subpart 7-2 of the State Sanitary Code requires overnight children's camps to distribute information about meningococcal disease and vaccination to all campers who attend camp for 7 or more consecutive nights.

Meningococcal disease is rare. However, when it strikes, its flu-like symptoms make diagnosis difficult. Meningococcal disease can cause serious illness such as infection of the lining of the brain and spinal column (meningitis) or blood infections (sepsis). The disease strikes quickly and can lead to severe and permanent disabilities, such as hearing loss, brain damage, seizures, and limb amputation, in as many as one in five of those infected. Ten to 15 percent of those who get meningococcal disease will die.

Meningococcal disease can be easily spread from person-to-person by coughing, sharing beverages or eating utensils, kissing, or spending time in close contact with someone who is sick or who carries the bacteria. People can spread the bacteria that cause meningococcal disease even before they know they are sick.

Anyone can get meningococcal disease, but certain people are at increased risk including teens and young adults 16 – 23 years old and those with certain medical conditions that affect the immune system.

The single best way to prevent meningococcal disease is to be vaccinated. The meningococcal ACWY (MenACWY) vaccine protects against four major strains of bacteria which cause meningococcal disease in the United States. The Centers for Disease Control and Prevention (CDC) recommends a single dose of MenACWY vaccine at age 11 through 12 years with a booster dose given at age 16 years. Children are not routinely recommended to receive MenACWY vaccine prior to the recommended ages, unless they have certain underlying medical conditions which increase their risk of disease. The meningococcal B (MenB) vaccine protects against a fifth strain of meningococcal bacteria which causes meningococcal disease. Young adults aged 16 through 23 years may be vaccinated with MenB vaccine and should discuss the MenB vaccine with a healthcare provider.

I encourage you to carefully review the attached Meningococcal Disease Fact Sheet. It is also available on the New York State Department of Health website at: <http://www.health.ny.gov/publications/2168.pdf>.

Information about the availability and cost of meningococcal vaccine can be obtained from your healthcare provider or your local health department.

Camp Victory Lake is required to maintain a record for each camper, signed by the camper's parent or guardian, which documents the following:

Receipt and review of meningococcal disease and vaccine information;

AND EITHER

Certification that the camper has been immunized against meningococcal meningitis within the past 10 years;

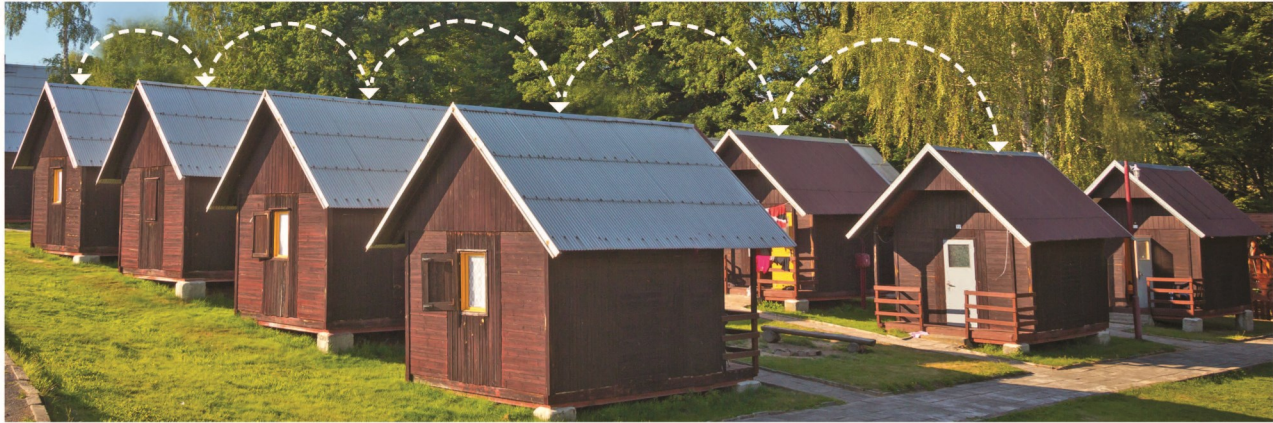
OR

An understanding of meningococcal disease risks and benefits of vaccination at the recommended ages and the decision not to obtain immunization against meningococcal meningitis at this time.

Please complete the enclosed Meningococcal Meningitis Vaccination Response Form and return it to Camp Victory Lake at the time you register your child/children for camp. YOU CAN LOCATE THE FILE ON OUR WEBSITE @ CAMPVICTORYLAKENEC.COM

To learn more about meningococcal meningitis and the vaccine, please feel free to contact your local Department of Health and/or consult your child's physician. You can also find information about the disease at the website of the Centers for Disease Control and Prevention: www.cdc.gov/vaccines/vpd-vac/mening/default.htm.

Sincerely,
Robin Venters



You Can Prevent the Spread of Measles at Summer Camp

Measles is highly contagious and can spread easily at camp. When a person sick with measles coughs or sneezes, the virus gets into the air where it can stay for two hours. Anyone who is not immune can get measles if they are in that area. People who get measles can be very sick, and will not be able to stay at camp.

Protect yourself, your family, and the community by following these 5 steps:

1. Know if you and your family are immune.

You are considered immune if you:

- Were born before 1957,
- Have a written record of 1 or 2 doses of measles-containing vaccine (depending on age), or
- Have a laboratory test showing you are immune.

If you are not sure about immunity, talk to your health care provider before going to camp.

2. If you are not immune, get vaccinated.

Two doses of the MMR (measles, mumps, rubella) vaccine will provide the best protection from the measles. Make sure everyone in the family is properly vaccinated or immune before going to camp.

3. Know the signs and symptoms of measles.

Symptoms appear about 7 to 14 days after exposure but may take as long as 21 days, starting with a high fever, cough, runny nose and red/watery eyes. A rash usually starts 2 to 4 days after the fever begins, spreading from the face and neck to the body, arms, and legs. Any child who feels sick at camp should tell a health or camp director for immediate medical care and to protect other campers.

4. Stay home if you are sick.

Since measles spreads quickly and is contagious even before the rash starts, stay home at the first sign of fever or cough. Do not come to camp. It is important to prevent measles from spreading to other people.

5. Call ahead before seeking medical care.

If you think someone has measles, call before seeking medical care so the office, clinic or emergency room can take steps to prevent other people from being exposed to measles.



Call your health provider or your local health department if you need a vaccine or want to learn more about preventing measles. More information is also available at:

health.ny.gov/measles



Department
of Health

3/19

Personal Reminders

SEE YOU SOON AT CAMP VICTORY LAKE!