



Standing Orders For Camp Illnesses and Injuries

ABRASION

SIGNS/SYMPTOMS:

- Skin scraped/rubbed away
- Reddened area
- Pain

TREATMENT:

- Wash thoroughly with soap and continuously running water
- Cover with clean gauze (apply antibiotic ointment)
- Observe for signs of infection
- If extreme pain or particles embedded, consult physician
- Check tetanus status

ALLERGIC REACTION – ANAPHYLAXIS

SIGN/SYMPTOMS:

- Skin of the area of the body that came in contact with substance usually swells and becomes pink.
- Hives, Rash, Itching
- Itching skin/eyes
- Weakness, dizziness, Nausea/Vomiting
- Restlessness/dilated pupils
- Slurred speech
- Chest discomfort/pain
- Weak or rapid pulse
- Wheezing, Difficulty breathing

TREATMENT:

- Monitor breathing – Call EMS
- Anaphylaxis kit
- Contact Physician

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AMPUTATION

SIGN/SYMPTOMS:

- Detached body part (finger, toe, nose tip, ear, limb etc.)
- Bleeding
- Shock

TREATMENT:

- Control bleeding
- Treat for shock
- Locate detached part; wrap in moist dressing, and place in plastic bag. The bag
- Should be transported with the victim. **DO NOT USE ICE**
- Call EMS immediately
- Contact camp physician

ANIMAL / HUMAN BITES

SIGN/SYMPTOMS:

- Bite Mark
- Bleeding
- Pain

TREATMENT:

- Wash area of bite thoroughly with soap and continuously running water
- Hold under running water for 2-3 minutes if not bleeding profusely
- If bleeding profusely, control bleeding
- Apply sterile absorbent dressing and apply pressure to control bleeding
- Identify type of animal or human
- Check tetanus status
- Contact physician; if wound is severe, call EMS

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BURNS

SIGN/SYMPTOMS:

- 1st degree – superficial – red dry skin, pain, there may be swelling
- 2nd degree – deep burn – red blisters may/ open & weep clear fluid, skin appears wet, pain
- 3rd degree – deeper burn – brown, black/charred look, tissue underneath possibly white if a scald burn, is painless. Deep burns can be life threatening.

TREATMENT:

- Cool burned area to stop burning –
 - Superficial 1st degree – apply running cool water to a small 1st degree burn
 - Deep burns 2nd degree – may use cool moist cloth to cool skin/running cool water
 - Deeper burns 3rd degree – **NEVER** use ice or ice water-may cause chilling/shock
- Cover burned area loosely with sterile dry dressing- keep air out and help reduce pain
- Minimize shock by keeping the victim from getting chilled or overheated, rest
- Prevent infection – (refer to standing orders)
- Contact physician; if severe, call EMS
- **Do not use cotton, butter, grease, ointment, or paste on a burned area. Do **NOT** open blisters.
- If burn is 3rd degree, or blisters appear, have the camper see a physician.
- Do not remove clothes

CAMPER WITH CAST

- Notify director to see if camper may stay in camp or needs to be sent home
- If new cast – Observe: color of skin near cast, odor, numbness, swelling, temperature of skin, movement of exposed toes or fingers and notify physician if concerns arise.
- If there is increasing pain, camper should be seen immediately by a physician.
- Itching under cast – discourage scratching with a foreign object

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COLDS

SIGN/SYMPTOMS:

- Tired, sore throat
- Sneezing, Runny nose
- “Stuffiness” of head
- Cough may be present
- Fever, if present usually slight

TREATMENT:

- Fluids, Rest
- Severe nasal congestion: contact camp physician
- Treat Sore throat with warm salt gargle (refer to standing orders for throat lozenges)
- Non-aspirin products for pain and fever
- Frequent hand washing
- If there is tympanic temperature >101, contact physician.

COUGHS

SIGN/SYMPTOMS:

- Dry, hacking
- Wet, producing sputum
- Uncontrollable, continuous cough

TREATMENT:

- Seek guidance from physician
- Suck plain hard candy
- Cough drops
- Hot Beverages
- Contact Physician especially if prolonged, sputum producing, severe, or fever present

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DISLOCATIONS

SIGN/SYMPTOMS:

- Pain in joint
- Swelling, discoloration of skin
- Deformity – displacement/separation of bone from joint
- Loss of movement, Loss of sensation

TREATMENT:

- Immobilize, Splint in the position found
- Apply ice pack
- Check circulation of affected part
- Treat for shock
- Contact physician and proceed to Urgent care/ER

DENTAL INJURIES

- Toothache- Rinse mouth with warm water to clean out debris. Use dental floss to remove any food particles between teeth. If swelling – place cold compress on cheek, DO NOT use heat, contact physician.
- Knocked out tooth- if an adult tooth is knocked out, rinse gently under running water – do not scrub. Gently insert & hold tooth in its socket. If not possible, place tooth in milk or cool water. Go immediately to dentist (within 30 minutes, if possible) with tooth. Contact physician.
- Broken tooth- gently clean dirt/debris from injured area with warm water. Place cold compress on face to minimize swelling. Contact Physician/Dentist.
- Objects wedged between teeth- Try to remove with dental floss. If not successful- do not use sharp or pointed instruments to try to remove- Contact physician/**dentist**.

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DIABETIC EMERGENCY

SIGN/SYMPTOMS:

- Changes in level of consciousness, including dizziness, drowsiness, and confusion
- Irregular breathing
- Abdominal pain/vomiting
- Abnormal pulse (rapid or weak)
- Feeling or looking ill
- Pale appearance, sweaty palms

TREATMENT:

- If person is alert/conscious – give sugar (fruit juice, non-diet pop if juice unavailable)
- Get glucose levels
- Hypo (<80) - giving sugar will give fast response
- Hyper (>200) - giving sugar will not harm any further
- Contact a physician
- If unconscious- **do not** give fluids, monitor breathing, and call EMS

EYE INJURY

SIGN/SYMTOMS:

- Clearly visible foreign object
- Redness, burning, tears (Could be caused by chemical irritant e.g., bug spray, sunscreen)
- Pain/ discomfort
- Headache

TREATMENT:

- If applicable, remove contacts
- Flush eye gently with continuously running water (consider sterile eye wash)
- Do not put direct pressure on the eyeball
- If embedded object – Do **NOT** attempt to remove
- Stabilize embedded object – may use paper cup to support object, apply bandage
- Call physician, take camper to urgent care, or if severe, call EMS

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FAINTING

SIGN/SYMPTOMS:

- Lightheaded or dizzy feeling
- Partial or complete loss of consciousness
- Collapse

TREATMENT:

- Position victim on back or, if nauseated, on side.
- Monitor breathing
- Elevate legs, loosen clothing
- Assess for cause of fainting
- Contact physician; if severe, call EMS

FRACTURES

SIGN/SYMPTOMS:

- Pain, deformity
- Moderate to severe swelling and discoloration
- Victim feels bones grating or heard snap/pop at time of injury
- Inability to move affected part
- Loss of circulation in an extremity, tingling, cold, or bluish in color
- Bone fragments protruding from wound, bleeding
- Cause of injury or impact suggest severe injury

TREATMENT:

- Stabilize affected part- immobilize above and below the joint
- Check circulation in affected part
- Transport victim to urgent care
- If closed fracture – ice pack
- If open fracture do not apply ice or put pressure on fracture sight
- Keep comfortable, Monitor for shock, Contact physician, proceed to Urgent care/ER, if severe call EMS

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FROSTBITE

SIGN/SYMPTOMS:

- Lack of feeling in the affected area
- Skin appears waxy
- Skin is cold to touch
- Skin that is discolored (flushed, white, yellow, and blue)
- Victim may not be aware of injury

TREATMENT:

- Get victim into warm place
- Handle gently – NEVER rub or massage an affected area
- Put affected part in warm (100- 105 degrees) NOT hot water
- If toes and fingers are affected- put dry sterile gauze between them after warming them in water
- Loosely bandage
- If affected part has become thawed and refrozen- warm at room temperature
- Contact physician
- If severe call EMS

HAY FEVER

SIGN/SYMPTOMS:

- Intense bouts of sneezing- after exposure to allergens
- Red, itchy eyes
- Profuse clear discharge from the nose

TREATMENT:

- If camper is unable to participate in activities due to increase symptoms
- Follow parent/caregiver advice on antihistamine use

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HEAD INJURY

It is sometimes hard to decide if there has been a head injury since any or all of the following signs may be present or absent.

SIGN/SYMPTOMS:

- Unusual bumps or depression in head
- Bruising, Cuts/Bleeding
- Changes in level of consciousness
- Nausea or Vomiting
- Persistent headache
- Seizure in person who does not have seizure disorder
- Bleeding or fluid draining from nose or ears
- Inappropriate responses to simple questions, such as “Who are you?” “Where are you?”

TREATMENT:

- Minimize movement
- Maintain open airway
- Control external bleeding
- Monitor consciousness and breathing
- Keep person from getting chilled or overheated
- Contact physician
- If severe, call EMS

HEADACHE

SIGN/SYMPTOMS:

- Verbal complaint of headache
- Holding of head
- Sensitivity to light

TREATMENT:

- Have camper lay down and rest, observe closely
- Assess level of pain
- Assess activities preceding symptoms
- Follow parent/carer advice on analgesic use.
- Contact physician as needed

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HEAT CRAMPS

SIGNS/SYMPTOMS:

- Severe muscle contractions – legs, abdomen, or any voluntary muscle
- Body temp normal
- Skin moist
- May also indicate early stages of more severe heat-related emergency

TREATMENT

- Get victim out of heat
- Rest in a cool place
- Lightly stretch muscle, then grasp firmly and squeeze
- Provide fluids – cool water
- If persistent, contact physician

HEAT EXHAUSTION

SIGNS/SYMPTOMS:

- Cool, moist, pale skin
- Headache
- Nausea
- Dizziness and weakness
- Exhaustion

TREATMENT:

- Get victim out of heat
- Rest in cool place
- Provide fluids/ cool water
- Elevate legs, loosen clothing
- Contact physician
- If severe call EMS

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HEAT STROKE

SIGN/SYMPTOMS:

- Red Hot skin, which is either dry or moist
- High Body Temperature – often as high as 106 degrees
- Change in level of consciousness
- Rapid weak pulse
- Rapid, Shallow breathing

TREATMENT:

- **Call EMS**
- Get victim out of heat
- Cool the body
- Rest, elevate legs, and loosen clothing
- Drink cool fluids if fully alert
- Contact physician
- Level of consciousness changes, refusing water, vomiting are all signs condition is worsening.

HYPOTHERMIA

SIGNS/SYMPTOMS:

- Shivering, Numbness
- Slow, Irregular pulse
- Glassy stare, Apathy
- Change in level of Consciousness, Impaired judgment

TREATMENT:

- Get out of cold to a warm place if possible
- Warm body gradually with dry clothing, blankets, sleeping bag
- Heat packs if available
- If fully conscious, give warm fluids if available.
- Handle gently
- Monitor consciousness and breathing
- Contact physician
- If severe, call EMS

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INSECT BITES AND STINGS

SIGN/SYMPTOMS:

- Pain
- Stinger may be present
- Local swelling
- Hives and rash
- Nausea or vomiting
- Breathing difficulty

TREATMENT

- Remove stinger; scrape away with card or straight edge instrument
- Wash wound with soap and running water
- Treat local reaction with cold pack and anti-itch ointment, but avoid topical Benadryl
- Observe for signs and symptoms of anaphylaxis (**Administer Epi- Pen**)
- Contact physician as needed
- For more than a local reaction, or anaphylaxis call EMS

LACERATION

SIGN/SYMPTOMS:

- Cut – either jagged or smooth, deep or shallow
- Bleeding
- Pain

TREATMENT:

- Control Bleeding (direct pressure, pressure point, elevate, pressure dressing/bandage)
- After bleeding controlled, gently cleanse with soap and running water
- Align edges of wounds together (steri-strips-butterfly bandage) apply firm sterile dressing/bandage in place.
- Observe for signs of infection
- Check tetanus status
- If laceration bleeding is controlled but requires stitches, contact physician
- If severe laceration and bleeding, call EMS

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LIP, TONGUE, CHEEK INJURY

SIGN/SYMPTOMS:

- Bleeding
- Pain

TREATMENT:

- Apply direct pressure with a clean cloth to control bleeding
- If swelling present, apply cold compress
- If bleeding does not stop quickly – contact physician
- If severe/extensive, call EMS

NOSEBLEEDS

SIGN/SYMPTOMS:

- Bleeding (from the nose)

TREATMENT:

- Control bleeding
- Sit victim down with head leaning slightly forward
- Pinch nostrils together – pressure at least 10 minutes
- Ice Pack to bridge of nose
- Do not allow victim to blow nose for at least 2 hours
- If bleeding does not stop within 10 minutes, contact physician
- If severe, call EMS

POISON IVY, SUMAC, OAK

SIGN/SYMPTOMS:

- Burning, Itching
- Redness, rash
- Small or Large blisters
- An acute attack can cause extreme discomfort

TREATMENT:

- Oils from plants must be washed off from exposed areas with soap and running water
- If water is not available, use dry absorbent cloth material to remove oil (rub skin vigorously)
- Apply anti-itch lotion (1% hydrocortisone solutions or creams)
- If extreme local reaction contact physician
- In severe allergic reactions, call EMS
- Give Benadryl for itching.

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POISONING (swallowed)

SIGN/SYMPTOMS:

- Nausea, Vomiting
- Heavy, labored breathing, slow pulse
- Drowsiness or Unconsciousness
- Unusual breath or body odors
- Pupils that are very large or very small

TREATMENT:

- Look for evidence of opened container or parts of plants nearby
- Contact poison control center and camp physician
- Use activated charcoal according to directions if person is alert
- Monitor breathing
- Continue to communicate with camper until they can be transported to urgent care
- Phone poison control and take the advice of poison control regarding transport to emergency center
- Poison Control: 1-800-222-1222

PUNCTURES

SIGN/SYMPTOMS:

- Skin pierced by pointed objects
- Bleeding – may be slight externally – may be more severe internally
- Pain

TREATMENT:

- Control bleeding
- Do not dig or squeeze wound
- Clean thoroughly with soap and continuously running water
- Cover with sterile dressing
- Contact physician; if severe, call EMS
- Check Tetanus status

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SEIZURES

SIGNS/SYMPTOMS:

- A sudden rise in body temperature
- A change in level of consciousness
- Rhythmic jerking of head and limbs
- Urination or Defecating
- Confusion
- Crying out
- Becoming rigid
- Holding breath
- Upward rolling of eyes

TREATMENT:

- Stay calm - assess situation – act quickly
- Move victim to ground level
- Turn head to the side, if possible (gently)
- DO NOT hold or restrain the person- may cause injury
- DO NOT put any object in mouth
- Protect person from injury- move sharp or hazardous objects
- Protect head – put thin padding under head (i.e., folded clothing)
- Loosen clothing if possible
- Position person on side after seizure to help drain fluid from mouth
- Monitor Breathing
- Re-assure person and provide privacy
- If febrile seizure, contact physician
- Contact physician
- If seizure lasts more than 5 minutes, call EMS
- If breathing is labored or compromised, gently pull angle of jaw forward. Call EMS.

SHOCK

SIGN/SYMPTOMS:

- Pale skin
- Moist Clammy Skin
- Rapid weak pulse
- Nausea, Dizziness

TREATMENT:

- Keep victim lying down, elevate legs, loosen clothing
- Comfort, quiet and sooth victim
- Provide protection from weather extremes
- Do not give fluids
- Monitor Breathing
- Call EMS and Notify Physician

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SORE THROAT

SIGN/SYMPTOMS:

- “Scratchy” throat
- Pain when swallowing
- May have elevated temperature

TREATMENT:

- Monitor temperature and isolate camper if temperature >101
- Gargle with warm salt water
- Encourage fluids
- Throat Lozenges (refer to standing order)
- Contact physician if persists more than 2 days or fever over 101 degrees (tympanic temperature)

SPIDER BITES

SIGN/SYMPTOMS:

- Bite mark or blister
- Burning, Itching
- Pain, Cramping
- Nausea, Vomiting
- Difficulty breathing/swallowing
- Profuse Sweating, Irregular Heartbeat

TREATMENTS:

- Identify spider- if black widow or brown recluse. Call EMS for antivenin
- If bitten by spider without venom/no severe symptoms- Wash bite with soap and water.
- Apply anti itch/antiseptic/antibiotic ointment as needed
- Administer Benadryl if itching is a symptom
- Watch for signs of infection
- Contact physician as needed.
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SPLINTERS

SIGN/SYMPTOMS:

- Foreign body under skin
- Pain

TREATMENT:

- Wash with soap and running water
- Remove splinter if sticking out above skin surface
- Cover with dressing

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- If splinter is large and below surface, Contact physician

SPRAINS

SIGN/SYMPTOMS:

- Pain at joint
- Tenderness when touched
- Discoloration, swelling

TREATMENT

- Immobilize
- Apply Ice Pack
- RICE = Rest, Ice, Compression, Elevation
- Contact physician
- If severe, call EMS

STRAINS

SIGN/SYMPTOMS:

- Sharp Pain
- Stiffness
- Possible swelling

TREATMENT:

- Immobilize
- Apply ice pack
- RICE= rest, ice, compression, elevation
- Contact physician
- If severe, call EMS

STOMACHACHE

SIGN/SYMPTOMS:

- Verbal complaints of “stomach hurts”
- Holding stomach

TREATMENT:

- Have camper lay down, observe closely
- Find out where the pain is and how long the camper has had it
- Question regarding eating habits and bowel movements
- Take temperature
- Don't give medication
- Let camper rest – observe
- Contact physician

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TICK BITES

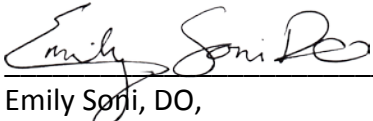
SIGN/SYMPTOMS:

- Bull's eye, rash spotted or black and blue area around bite or on other body parts
- Pain sometimes
- Fever and chills
- Flu-like aches

TREATMENT:

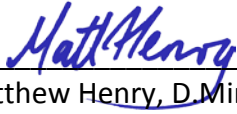
- "Remove tick with tweezers, grasping the tick close to the skin in order to remove it completely, if possible.
- Apply antiseptic/antibiotic ointment to the wound
- Watch for signs of infection
- Contact physician as needed, or if tick was embedded greater than 24 hours before removal.

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 Emily Sonji, DO,
 Reviewing Physician

4/20/2014
 Date



 Matthew Henry, D.Min,
 Executive Director, Skyline.

4/20/2014
 Date

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