



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:

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

TREATMENT:

- If camper has minor reaction, administer benadryl and contact physician
- If the camper experiences **any major symptoms**, call 911 and **administer Epipen**
- Monitor breathing and pulse until EMS arrive, repeat epipen if needed

AMPUTATION

SIGN/SYMPTOMS:

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

TREATMENT:

- Control bleeding
- Treat for shock
- Locate the detached part; wrap in moist dressing, and place in a 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, apply pressure to 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

BLISTERS

SIGN/SYMPTOMS:

- Fluid filled sac on the outer layer of the skin
- Usually form from rubbing on something like a shoe
- May also be caused by a burn - refer to burn section

TREATMENT:

- Wash area of blister thoroughly with soap and water
- Do not intentionally pop the blister as that can increase chance of infection
- Apply ointment like vaseline or neosporin and cover with non-stick bandage or moleskin if available
- Monitor for signs of infection (redness, increased warmth around the area)
- Contact physician if signs of infection
- If caused by burn, refer to burn section

BURNS

SIGN/SYMPTOMS:

- 1st degree – superficial – red dry skin, pain, there may be swelling

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- 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 – keep the area clean and dry
- Contact physician; if severe, call EMS
- ****Do not use cotton, butter, grease, ointment, or paste on a burned area. Do NOT open blisters.**
- If blisters appear, have the camper see a physician.

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, campers should be seen immediately by a physician.
- Itching under cast – discourage scratching with a foreign object

COLDS

SIGN/SYMP TOMS:

- 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.
- Refer to COVID document

COUGHS

SIGN/SYMP TOMS:

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

TREATMENT:

- If at least 6 years old, offer plain hard candy or cough drops to suck on
- Offer a spoonful of honey and repeat as needed
- Offer hot beverages such as tea (peppermint, lemon balm, sage, and/or ginger)
- Contact Physician especially if prolonged, sputum producing, severe, associated with shortness of **breath**, or fever present
- Refer to COVID document

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 the tooth in its socket. If not possible, place the tooth in milk or cool water. Go immediately to the dentist (within 30 minutes, if possible) with the tooth. Contact physician.
- Broken tooth- gently clean dirt/debris from the 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**.

DIABETIC EMERGENCY

SIGN/SYMPTOMS:

- Changes in level of consciousness, including dizziness, drowsiness, and confusion

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- 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
- Low Blood Sugar (<80) - giving sugar will give fast response
- High Blood Sugar (>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/SYMPTOMS:

- 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

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

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.
- Offer chamomile or peppermint tea
- Contact physician as needed

HEAD LICE

SIGN/SYMPTOMS:

- itchy scalp
- red bumps (bites) on scalp or neck
- visible lice eggs (nits - small white ovals that cling to a hair follicle) in the hair

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- visible adult lice which are the size of a sesame seed and are gray

TREATMENT

- Collect all clothes/bedding from the camper in a garbage bag and place in dryer on hot for a minimum of 30 minutes
- Contact parents to discuss options, including the following, and/or picking up the child from camp.
- Apply over the counter lice treatment as directed
- Have camper put on clean clothes and put old clothes in dryer for a minimum of 30 minutes
- Use fine-toothed nit comb to remove all nits from scalp
- Check all other kids in the camp for signs and symptoms of lice
- If adult lice are present 12 hours after treatment and are still active, then treatment did not work. Contact physician

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

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

INSECT BITES AND STINGS

SIGN/SYMPTOMS:

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

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- 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
- AVOID topical Benadryl for stings
- Consider oral Benadryl dose based on weight every 6 hours if swelling/itching is extensive or multiple bites are present. Contact the camper's parent(s) if benadryl is needed.
- Apply either hydrocortisone cream twice a day or use a thick paste of water and baking soda. Cover with a bandage and leave for 15 minutes. May reapply as needed.,
- 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
- Apply antibiotic ointment
- If laceration bleeding is controlled but requires stitches, contact physician
- If severe laceration and bleeding, call EMS

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

MENTAL HEALTH CONCERNS

SIGN/SYMPTOMS:

- Known condition
- Suicidal or self-harm ideation
- Reduced participation or functioning with no observable physical cause
- Concerning interactions or behaviors

TREATMENT:

- Contact parents/guardians to discuss options and decisions.
- If behaviors result in physical injury or threat of physical injury, treat according to the nature of injury, but call the guardian/parents in all cases and call 911 as necessary.

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

PINK EYE

SIGN/SYMPTOMS:

- Red or pink appearing eye
- Discharge from the eye

TREATMENT:

- Will need to be evaluated by their physician or urgent care
- Camper will need to isolate and cannot return to camp until cleared by a physician
- Other campers' families should be notified of exposure to pink eye

POISON IVY, SUMAC, OAK

SIGN/SYMPTOMS:

- Groups or streaks of redness and vesicles (small fluid filled sacs) that appear 24-48 hours after coming in contact with poisonous plants
- Itchiness
- An acute attack can cause extreme discomfort
- Note: The vesicles are not contagious once the area is cleaned

TREATMENT:

- Train counselors and campers to identify the plants and avoid exposure if possible
- Once exposure is realized, thoroughly clean off oils with antibacterial or dish soap

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- If water is not available, use dry absorbent cloth material to remove oil (rub skin vigorously)
- Apply anti-itch lotion as instructed on the box/tube (1% hydrocortisone cream, calamine lotion, benadryl gel, or combination product like “Ivarest”). Hydrocortisone should not be used on the face without talking to a physician
- Consider oral benadryl if itching is not controlled by topical ointments
- If extreme local reaction contact physician
- In severe allergic reactions, call EMS

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:

- Identify agent that was swallowed
- Call poison control (800) 222-1222
- Follow advice of poison control
- Activated charcoal is available if directed by poison control

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

RASHES

There are many rashes and they can be difficult to identify. Common rashes at camp are listed here. If there is any question of what the rash could be, then contact the physician for guidance.

SIGNS/SYMPTOMS:

- **Poison Ivy/Oak/Sumac** - see section on Poison ivy above
- **Sunburn** - area of pain and redness after exposure to the sun

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- **Contact dermatitis** - local area of redness that itches, may have scale (skin appears flaky). Usually caused by allergy or irritant (e.g. to soap, plant, metals)

TREATMENT:

- **Poison Ivy/Oak/Sumac** - see poison ivy section above
- **Sunburn** - may apply aloe or calamine lotion to relieve pain. If blistering occurs, refer to blister section
- **Contact dermatitis** - apply hydrocortisone 1% cream or ointment twice a day. Avoid hydrocortisone on the face. May use ointment like vaseline or salve if symptoms are mild.

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 the person gently onto one side. Keep them on their side after seizure until they are awake and alert
- 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 the angle of the jaw forward. Call EMS.

SHOCK

SIGN/SYMPTOMS:

- Pale skin

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- 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

SORE THROAT

SIGN/SYMP TOMS:

- “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 (tympenic temperature)
- Refer to COVID document

SPIDER BITES

SIGN/SYMP TOMS:

- 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 a 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 a physician as needed.

SPLINTERS

SIGN/SYMP TOMS:

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- Foreign body under skin
- Pain

TREATMENT:

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

STOMACH ACHE

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

- Offer tea to drink: Chamomile (except where ragweed allergy is indicated), Peppermint, Lemon Balm and/or Ginger
- Don't give medication
- Let camper rest – observe
- Contact physician

TICK BITES

SIGN/SYMPTOMS:

- Tick visible on skin
- 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 the 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 a physician as needed, or if the tick was embedded greater than 24 hours before removal.

VOMITING


SIGN/SYMPTOMS:

- Vomiting and nausea
- Poor appetite

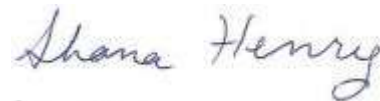
TREATMENT:

- If vomiting occurs after a head injury, contact physician or call EMS
- Give small amounts of plain water (2 tablespoons) every 15 minutes, if able to keep that down, then increase slowly as tolerated
- Initial food after vomiting should be bland such as rice, applesauce, toast
- Offer ginger tea to help with nausea
- If unable to keep fluids down and has not urinated in 8 hours, proceed to the emergency room

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2/2/2024
Emily Soni, D.O.,
Reviewing Physician



3/29/2024
Shana Henry,
Executive Director, Skyline

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