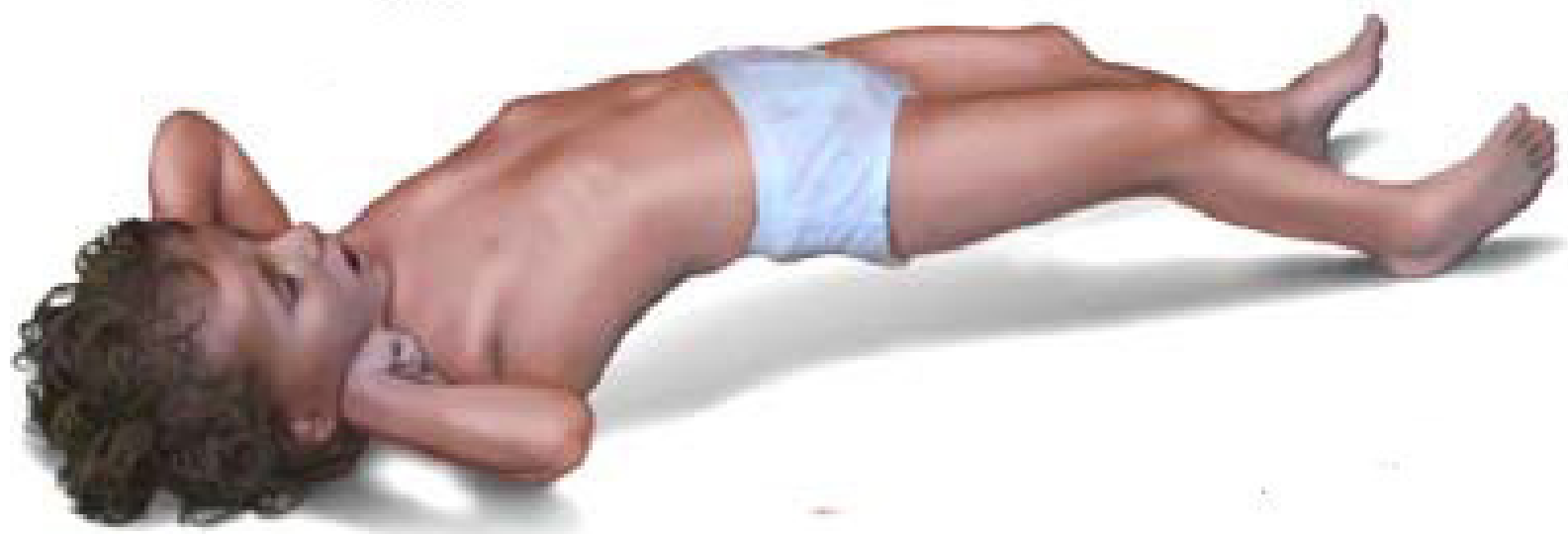




# Medical & Safety

Stay safe  
at Kamp Dovetail 2011



# Seizures

- Seizures are very misunderstood and may be caused by many different types of conditions, such as:
  - Insulin shock
  - High fevers
  - Viral infections of the brain
  - Head injuries
  - Drug reactions
  - Symptom of a specific handicap
- When seizures recur with no identifiable cause, the person is said to have epilepsy.

# Seizures

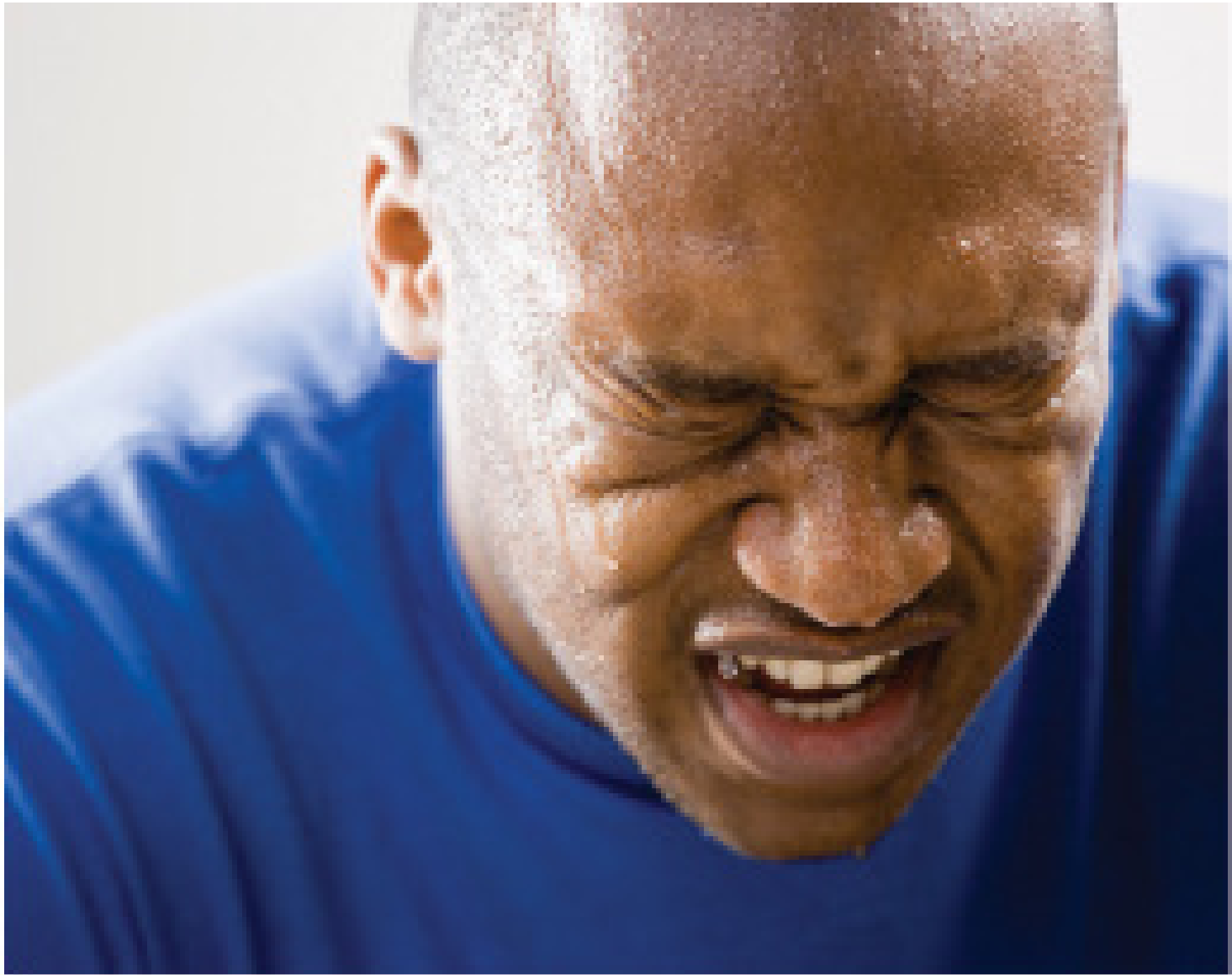
- Many individuals have a warning AURA (or sensation) before the onset of a seizure. Many times, a person about to have a seizure will physically move themselves from danger before the seizure begins.
- Seizures can range from mild to severe. Mild seizures may take place and end in a matter of seconds.
- Severe seizures may involve uncontrollable muscle spasms, rigidity, loss of consciousness, loss of bladder and bowel control, and in some cases, breathing that stops temporarily.

# Seizures

- Treatment:
  - Radio for an EMT
  - Keep track of the time of seizure and time between seizures
  - Prevent the person from injuring themselves by moving potentially threatening items or equipment / other items
  - Do not attempt to restrain a person having a seizure
  - Do not put anything in their mouth!

# Seizures

- Post-Seizure:
  - Some people may have some memory loss
  - Some people may be violent
  - Some people may be very tired
  - Some people may have wet / soiled themselves



# Heat Emergencies

- There are 3 types of heat emergencies:
  - Heat Cramp
  - Heat Exhaustion
  - Heat Stroke



# Heat Emergencies

- Heat Cramps are muscular pain and spasms due to heavy exertion. Although heat cramps are the least severe, they are the first signs your body will give you that it is having trouble dealing with the heat.
- Heat Exhaustion is caused by fluid loss which in turn causes blood flow to decrease in vital organs, resulting in a form of shock.
- Heat stroke occurs when the body's heat regulating mechanism fails. The body temperature rises so high that brain damage --and death-- may result unless the body is cooled quickly.

# Heat Emergencies

- Signs & Symptoms:
  - Heat Cramps
    - Muscular pain
    - Muscle spasms – generally in the abdomen or legs
  - Heat Exhaustion
    - Cool, pale, moist skin
    - Heavy sweating
    - Headache
    - Nausea
    - Dizziness
    - Vomiting

# Heat Emergencies

- Signs & Symptoms:
  - Heat Stroke
    - Skin is hot, red, and usually dry
    - Body temperature is very high
  - This condition is VERY life threatening!
  - Do not give anything to drink

# Heat Emergencies

- Treatment:
  - Heat Cramps & Heat Exhaustion
    - Seek medical help
    - Get into a cool place
    - Loosen clothing
    - Offer sips of water
    - Use cool towel or ice to help cool body

# Heat Emergencies

- Treatment:
  - Heat Stroke
    - Remember, heat stroke is a life-threatening emergency and requires prompt action!
    - Seek immediate medical help
    - Get into a cool place

# Cold Emergencies

- Hypothermia
- Signs & Symptoms:
  - Shivering
  - Dizziness
  - Numbness
  - Confusion
  - Weakness
  - Impaired judgment
  - Impaired vision
  - Drowsiness
- Treatment (discussion)



# Dehydration

- Dehydration is a condition that occurs when someone loses more fluids than they take in.
- Causes (discussion)



# Dehydration

- Signs & Symptoms:
  - Headache
  - Dry mouth / thirsty
  - Infrequent (or no) urination
  - Dark or smelly urine
  - Dizzy / light-headed
  - Skin “tenting”
- Prevention / Treatment:
  - Drink lots of clear fluids
  - Stay in a cool place

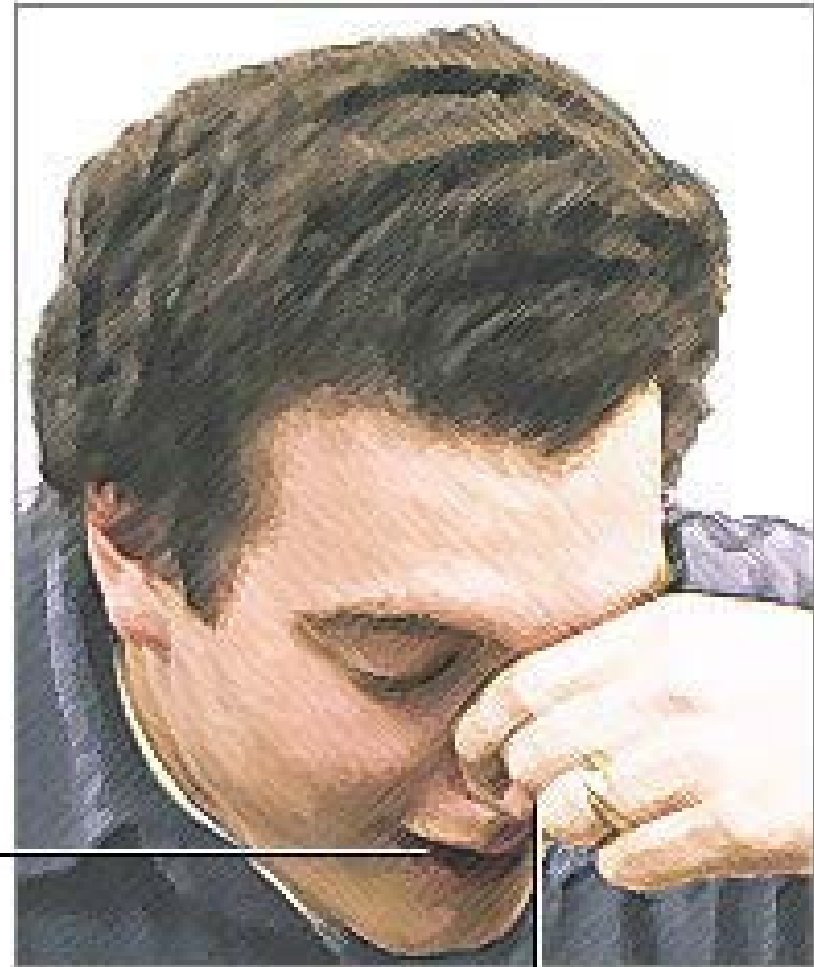




# Nose Bleeds

- Causes:
  - Injury
  - High Blood Pressure
  - Medications
  - Allergies / Infection
  - Dry Weather
  - Nose Obstruction
  - Nose Picking (Recurring)

Sit and lean  
forward slightly



Breath through  
mouth

Pinch nostrils

# Nose Bleeds

- Treatment:
  - Many cases of nosebleed can be controlled simply by having the victim sit down, pinch the nostrils shut and lean forward (to prevent blood from running into the throat).
  - Or use upper lip to press up against nostrils to add pressure and stop bleeding.
  - Ice can also be added to bridge of nose or while holding pressure at nostril area to help stop bleeding.

# Nose Bleeds

- Post-treatment:
  - Once the bleeding has been stopped, moderate to high activity should be avoided. Excessive activity and blowing the nose may disturb blood clots and cause the bleeding to resume.
  - Have the person rest quietly until the bleeding remains stopped for at least an hour.



PHOTO COURTESY OF ERIN R. BLUMH





# Sunburn

- Sunburn is skin damage from the sun's UV rays. Sunburn usually appears within hours after sun exposure and may take several days to weeks to fade.
- First Degree Sunburn: redness, heat to the touch, and mild pain; affects only the outer layer of skin.

# Sunburn

- Second Degree Sunburn: damages deep skin layers and nerve endings, usually more painful, and takes longer to heal; characterized by redness, swelling, and blistering.
  - If blisters form, do not break them – they're a source of moisture and protection. Breaking the blisters may lead to infection.

# Sunburn

- Treatment / Prevention:
  - Always apply SPF 30 or higher at 30 minutes before going out in the sun
  - Reapply every 2 hours
  - Wear a hat
  - Wear loose / light-colored clothing
  - Seek shade
  - Apply appropriate medications if sunburned



© Mayo Foundation for Medical Education and Research. All rights reserved.

# Insect Bites

- **Insect bites and stings can be life-threatening to people with severe allergy to the insect's venom!**

# Insect Bites

- Signs and symptoms of allergic reaction include:
  - Pain
  - Swelling of the throat
  - Redness, swelling, and/or discoloration at the site of the bite
  - Itching
  - Hives
  - Decreased consciousness
  - Difficult or noisy breathing

# Insect Bites

- Treatment:
  - Be alert for signs of allergic reaction or shock
  - Do not scratch the bite
  - Seek medical attention as quickly as possible
- Know your camper's medical history!
- Anything that seems small can turn into something big.





# General Safety

- Footwear
  - Bring at least two pair of gym shoes
    - Flip-flops / sandals are for the showers and beach
  - Bring extra socks (more pairs than days)
    - Do not wear shoes without socks
  - Improper footwear can lead to blisters, foot fungus, foot pain, and stinky feet

# General Safety

- Bounce House:
  - 250 pound weight limit per person
  - 5 person limit (count each volunteer / camper)
  - Do not sit on the outside edge
  - Remember time limits
  - No rough-housing
  - If someone is injured, radio for an EMT, do not move the injured person, and have everyone else exit immediately

# Accident Reports

- Accident Reports should be filled out for **all** accidents, injuries, or bites – no matter how small.
- Remember to casually look over your camper on day of arrival to Kamp Dovetail and document any abnormal conditions not related to your campers disability in an Accident Report.