



Dear Parents,

Camp Arroyo is an outdoor facility maintained by the East Bay Regional Park District. It was built with an ecologically friendly design that not only uses sustainable building practices but also preserves natural features including trees and wildlife habitats. In addition to the birds, mammals, reptiles, mice, and mosquitos, who all make their home here, our facility is used by nearly 8,500 participants annually. This potentially exposes us to lice, fleas, bed bugs, and other parasites- just like a hotel or any other public facility.

In order to keep camp and all of us pest free, the following has been put into place. Prior to your arrival the cabins are cleaned and inspected. In addition to the cleaning process, a licensed exterminator inspects monthly to ensure a clean facility and guarantee we are not spreading pests.

We need your help to remain pest free. Please do the following.

- Wash and dry on high heat all bedding and clothing before packing. Once packed, place items directly into the car.
- Use appropriate bags to pack in, such as mesh, soft-laundry-style or duffle bags. **The hard, traditional-style luggage is not permitted and will not be allowed in cabins.**
- Upon returning home, take your clothing, duffle bag and bedding directly from your vehicle to the washer and dryer.

We know these are not cure-all steps but we want to be as proactive as possible to keep our camp facility and your home pest free. Thank you so much for helping us in this endeavor.

#### ***Couple of Facts:***

\*\*\*\* Lice has been most common among pre-school children attending child care and elementary schoolchildren; however, pediatricians are warning that taking "selfies" is causing an infestation of head lice among older children.

\*\*\*\* Bed bugs are a nuisance, but contrary to common belief cleanliness is not the cause. They can leave flea-like bites on the body and can live up to 400 days without feeding. Studies indicate that bedbugs are not carriers of any infections or disease.

\*\*\*\* Ticks can ride into the home on clothing, then attach to a person later, so carefully examine yourself, coats, and day packs upon returning home.

\*\*\*\* Ringworm is a common infection of the skin and nails that is caused by fungus. Avoid sharing clothing, towels, or other personal items with other participants at camp.

\*\*\* By ensuring the above procedures are done going and coming home from camp, you nearly illuminate your chances of bringing pests to your home.