

**WE NEED YOUR HELP TO KEEP CAMP A CLEAN FACILITY
AND TO PREVENT PESTS FROM SPREADING!**

Parasite

Is an organism that lives on or in a host (person or animal). A parasite gets its food from or at the expense of its host. Parasites **can** cause disease in humans. Some parasitic diseases are easily treated and some are not. Pets can carry parasites and pass parasites to people. Examples of parasites are lice, bed bugs, fleas, mites, ticks, and ringworms.

Lice

Lice can infest people of all ages, but children are prone to infestations because of their habit of playing in close contact, taking selfies, and sharing hats, headphones, combs and brushes, sleeping bags, stuffed animals, and clothing. Even if a child does have lice, they aren't as contagious as people think. Lice don't fly or jump. They can live on hairbrushes and hats—but very briefly. It's really head-to-head contact that spreads them. Because head lice live and breed completely in human hair, they only survive for about 1 to 2 days if they drop off a person.

Procedures Prior to Camp

1. Educate and start the conversation with parents.
2. **Screen for lice.** Conduct a lice check of every participant prior to attending camp. Including 1-night stay participants.
3. Have a lice control policy in place.
4. Ensure your counselors and medical team are familiar with what to look for with lice identification and know your group's response protocols.

Procedures At Camp

1. Notify the UCCR liaison.
2. Establish a treatment procedure, according to your lice control policy. If you will be treating a participant with lice at camp, be sure to have products on hand.
3. Check all persons in close contact with confirmed lice participants; those persons with evidence of active lice should be treated according to your policy.
4. Wash the clothing and bedding of the infested person at the time he or she is initially treated. Head lice will be killed if infested articles are washed in hot water (at least 140°F) and dried in a dryer on high heat.
5. Soak combs, brushes, barrettes, hair ties, and any object that might have come in contact with an infested person's head in hot water (not boiling) for 10 minutes.

Bed bugs

There is no specific cause for **bed bugs**. Bed bugs like to travel and are good hitchhikers. They move from one place to another through clothing, luggage, bedding, mattresses and other items. After half a decade bed bugs have resurfaced in the US, infiltrating hotels (even high-end ones), libraries, fire houses, homes and camps. Studies indicate that bedbugs **are not** carriers of any infections or disease.

Procedures Prior to Camp

1. Create a bed bug policy.
2. Educate your counselors and medical team about bed bugs (just like lice).
3. Educate and start the conversation with parents. Send *Letter to Participant* to every participant entering the Camp Arroyo facility prior to camp date. Including 1-night stay participants.
4. Tell participants that hard, traditional-style luggage is not permitted. Participants must use mesh or soft, laundry-style bags or duffle bags.
5. Take precautions if spending the night in a hotel prior to your arrival. Do these recommendations <https://www.youtube.com/watch?v=oWCc3Mngo7E>

Procedures At Camp

1. When a participant has multiple bites (potentially bed bugs), notify the UCCR liaison to examine the cabin. Bites are a poor indicator of bed bugs. Bed bugs can be misidentified because bites can look like those of many other insects (fleas or mosquitoes).
2. Treat clothing and other belongings of **all** participants in cabins with confirmed bed bug activity.
 - a. Give participants large garbage bags to place their belongings in **before** removing from cabin. (Label bags with camper's name)
 - b. Put all laundered items in the drier at the hottest setting for at least 20 minutes (bedding, clothes, pillow, sleeping bag, sheets, stuffed animals, soft-mesh bag, etc).
 - c. Inspect all non-laundered items to ensure there are no bugs (deodorants, flashlights, sunscreen, etc).
 - d. Any untreated clothing or bedding should remain in sealed garbage bags outside the cabin.
3. Any cabin identified with confirmed bed bug activity will need to be vacant and treated as well as its adjacent cabin. Participants will not return to their old cabin. They will be reassigned to join another cabin.

Note: If groups are leaving before treatment, everything should be bagged and participants should go home with information about how to treat at home.

Fleas

Fleabites consist of a small, central, red spot surrounded by a red halo, usually without excessive swelling. They usually cause minor itching but can become increasingly irritating to people with sensitive or reactive skin. Some people do not experience any allergic reactions after a flea has bitten them; this is simply because they have become immune to flea bites.

Procedures At Camp

1. When a participant has multiple bites, notify the UCCR liaison to examine the cabin.
2. Treat participant for bites.

Mites

Scabies is an infestation of the skin by the human itch mite. The microscopic scabies mite burrows into the upper layer of the skin where it lives and lays its eggs. The most common symptoms of scabies are intense itching and a pimple-like skin rash. The scabies mite usually is spread by direct, prolonged, skin-to-skin contact with a person who has scabies. Contact generally must be prolonged; a quick handshake or hug usually will not spread scabies. Scabies mites do not survive more than 2-3 days away from human skin.

Procedures At Camp

1. Notify the UCCR liaison.
2. Wash the clothing and bedding of the infested person at the time he or she is initially treated.
3. Check all persons in close contact with confirmed scabies participant.

Ticks

Ticks are on the rise in the Bay Area and at Camp. Avoid wooded and brushy areas with high grass and leaf litter. Walk on trails and paths at camp.

Procedures Prior to Camp

1. Have a policy for insect repellant storage and use.
2. Educate your counselors and campers on preventative strategies and the importance of tick checks upon arriving home from camp.

Ticks Continued

Procedures At Camp

1. Notify the UCCR Liaison.
2. Frequently inspect your clothing or exposed skin to detect and remove ticks before they have a chance to attach.
3. Examine bedding for the presence of detached, fed ticks.
4. Tick Removal: If you find an attached tick, alert medical staff.

Ringworm

Ringworm of the body is a fungal infection that develops on the top layer of your skin. It's characterized by a red circular rash with clearer skin in the middle. It may itch. Ringworm gets its name because of its appearance. No actual worm is involved. Ringworm of the body is closely related to athlete's foot, jock itch, and ringworm of the scalp. Ringworm often spreads by direct skin-to-skin contact with an infected person or animal.

Ringworm typically begins as a flat scaly area on the skin, which may be red and itchy. This patch develops a slightly raised border that expands outward — forming a roughly circular ring. The contours of the ring may be quite irregular, resembling the wavy outline of a snake or a worm. The interior of the ring may be clear, scaly or marked with a scattering of red bumps. In some people, several rings develop at the same time and may overlap.

Ringworm can spread by contact with objects or surfaces that an infected person has recently touched or rubbed against, such as clothing, towels, bedding and linens, combs, and brushes. Ringworm often spreads by direct, skin-to-skin contact with an infected person.

Procedures Prior to Camp

Educate participants on the importance of not sharing clothing, bedding, or towels and washing hands. Suggest flip flops for the shower, bath house and pool area.

Procedures At Camp

1. Notify UCCR liaison
2. Get participant medical treatment
3. Ensure participant avoids contact that could spread the infection.

Wildlife Alert Procedures

Do not approach wild animals, no matter how friendly they seem. Under no circumstances should a staff member or camper touch or pick up a wild animal.

WILD ANIMALS

There is a variety of wildlife in the vicinity of camp. In addition to deer, fox, squirrels, and other relatively docile animals, we will occasionally see mountain lions, coyotes, rattlesnakes, spiders, bats, bobcats and similar animals on and around the camp property. Normally, wild animals will avoid people, unless sick, cornered or protecting their young.

If you see a dangerous animal in the vicinity of campers, do the following:

1. Notify UCCR liaison.
2. Do not touch or disturb wild animals, including small squirrels and other apparently harmless animals.
3. If you see a potentially dangerous animal, keep everyone a safe distance away.
4. Do not turn your back on the animal. DO NOT RUN.
5. If the animal does not retreat, slowly back away from the animal.
6. If the animal is approaching you, make noise, wave your arms, and attempt to scare the animal away.
7. At night, shine your flashlight into the animal's eyes.
8. Directors may implement SHELTER IN PLACE, moving all campers inside until the threat passes.

Rattlesnake Safety:

Rattlesnakes are the only venomous species of snake native to California. Generally not aggressive, rattlesnakes usually only strike when surprised, threatened or deliberately provoked. Given room, they will retreat. Most snakebites occur when a rattlesnake is handled, accidentally touched, or stepped on. If you come across a rattlesnake, keep yourself and any campers clear of the snake. By no means should you approach or corner the snake. Report its presence immediately to the UCCR liaison.

If you or someone else is bitten:

1. Call 911. Alert medical staff and the UCCR liaison immediately.
2. Remain calm and move as little as possible in order to reduce the spread of venom and the onset of shock.
3. Remove constrictive clothing and jewelry.
4. Keep affected area below heart level.

Rabid Animal Policy:

Rabies is carried mainly by wild animals like raccoons, skunks, foxes, and bats. The virus can be transmitted to humans and domestic pets, most often by a bite from the infected animal. If you see an animal acting strangely, report it immediately to the UCCR liaison.

If you are bitten by an animal that may have rabies:

1. Immediately wash the wound **very thoroughly** with soap and warm water.
2. Report the presence of a potentially rabid animal to the UCCR liaison.
3. If possible, keep track of the animal's location so that it can be retrieved. Do not attempt to catch the animal yourself.
4. Report to the UCCR liaison and tell them that you may have come in contact with a rabid animal. (If necessary, dial 911 for emergency help.)
5. The sooner you can begin treatment, the better. However, treatment is typically effective if begun within a week of exposure.

Bat Policy:***In the event that the potentially rabid animal is a bat:***

1. Any contact with a bat should be evaluated by the Medical Director or a Health authority. Bites or scratches from bats may be so small as to be unnoticeable or may be mistaken for insect bites or stings.
2. If a bat is found in a room, leave the room and contain the bat. **Do not try to catch the bat.**
3. Immediately contact the UCCR liaison so that the animal can be retrieved and sent to a health lab for testing. The UCCR liaison will contact animal control to follow all appropriate steps.
4. Post exposure treatment should be given to every person present in any situation where a bat is physically present and a bite or any other contact cannot be ruled out. This is particularly important if one wakes up to find a bat in the same room or cabin.

Note: Post exposure treatment can be postponed until after results of lab testing on the animal have been returned. However, if the bat cannot be captured, treatment must be started as soon as possible.

Black Widow Spiders

Black widow spiders are relatively common in California, though bites are very uncommon. However, a bite from a female spider can cause a variety of painful symptoms, including stomach pains, muscle spasms, difficulty breathing and, in the worst cases, paralysis. Death is extremely rare. A bite may not be noticed immediately, but will later manifest as swelling, redness and two tiny puncture marks. Female black widows can be recognized by their bulbous, shiny black bodies with red or orange hourglass-shaped marks on the undersides of their abdomens.

1. In the case that you do see a female black widow in the buildings around camp, redirect campers' attention and move them to a safe area. Call the UCCR liaison.
2. If you think a participant has been bitten, notify UCCR liaison. Be sure that the site of the bite gets washed thoroughly.