



Natural Hazards



LYME DISEASE



Lyme disease is spread by tick bites and is not spread between humans.⁽²⁾

Prevention

- **Cover up** exposed skin in wooded areas (e.g. long sleeves and pants)
- Wear **light-coloured clothing** so ticks are easier to see
- Use **insect repellent** containing DEET
- **Check yourself and others** for ticks/tick bites daily

The most obvious sign of an infection is the bull's eye rash.⁽³⁾



Centers for Disease Control and Prevention, <http://phil.cdc.gov/phil/>

What Does Camp Kawartha Do?

- Counsellors and trip leaders **trained in tick recognition and removal**
- **Head-to-toe** checks are completed pre and post trip
- If infection occurs, campers are taken to appropriate healthcare providers for treatment

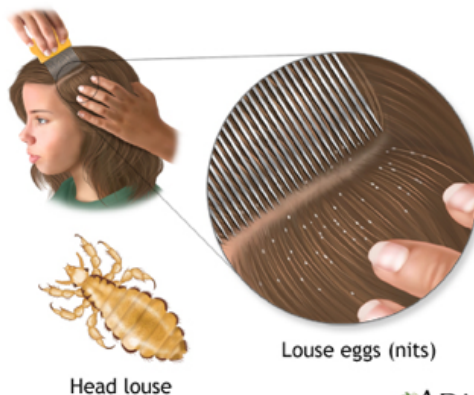
Prevention

- Avoid **head-to-head** contact during play
- Perform **regular head checks**
- **Do not share** clothes, combs/brushes, towels
- Wash and dry clothing and linens **with heat**
- **Vacuum** efficiently

LICE

What Does Camp Kawartha Do?

- Counsellors trained in checking for head lice
- Lice checks occur during pre-camp arrival, registration, and weekly basis
- If found while at camp, treated by counsellor



Head louse

Louse eggs (nits)



Lice is a parasite that infests the head and neck. Common signs are itchiness or tingling in hair. ⁽⁴⁾

POISON IVY

What Does Camp Kawartha Do?

- Encourage campers to **wash affected area** with soap and water
- **Calamine lotion** to soothe itching
- **Monitor** camper
- Further treatment is sought, if necessary



Poison Ivy has three leaves, parallel veins and a longer middle stem. The edges of the leaves are variable. They can be straight, serrated or wavy. (5)

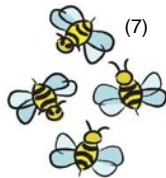


Use Calamine lotion to sooth irritation. (6)

Prevention

- **Avoid skin contact** with poison ivy
- Wear **protective clothing** (e.g. long sleeves and pants)

Bee Stings



What Does Camp Kawartha Do?

Non-Anaphylaxis

- Stinger removed
- Apply cold compress to reduce pain and swelling

Anaphylaxis

- Anaphylaxis protocol followed (e.g. Epi-pen)



(8)

Prevention

- Avoid drinking sweet drinks outside
- Cover food containers and trash cans
- Have hives removed by professionals

West Nile Virus

What Does Camp Kawartha Do?

- **Removes** standing water after rainfalls (which attract mosquitoes)
- **Encourage** campers to use insect repellent and cover up
- Counsellors **trained in first aid** and treatment of bug bites



West Nile Virus is transmitted via mosquito bites. (9)

Prevention

- Use **insect repellent** containing DEET or Icaridan
- Wear **light-coloured, protective clothing**
- **Ensure** door and window screens fit tightly with no holes
- **Empty** standing water

Image References

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- (4) University of Maryland Medical Center. (2014, May 20). *Head lice*. Retrieved from <http://umm.edu/health/medical/ency/articles/head-lice>.
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- (7) Anonymous (n.d.). *Cartoon bees*. Retrieved from <http://lol-rofl.com/cartoon-bees/>.
- (8) Web MD (2012, September 14). *Slideshow: Top items for your allergy relief kit*. Retrieved from <http://www.webmd.com/allergies/ss/slideshow-allergy-medicines>.
- (9) CanStockPhoto (n.d.). *Mosquito vector clipart and illustrations*. Retrieved from <http://www.canstockphoto.com/vector-clipart/mosquito.html>.