

# Common Camper Health Issues

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Is there any such thing  
as a 'common' camper  
health issue?

## Know your camp:

Is it an:

- Adventure camp?
- Equestrian/horse camp?
- Outdoor adventure/Tripping camp?
- Performing Arts camp?
- Visual Arts & Crafts camp?
- Watersport/Sport camp?
- Special Needs camp?

Why is this important to know?

## Illness vs Injury:

- A health issue can be either an illness or an injury
- Do you think your camp is at more risk of camper injury than illness? Why?
- Do you think the illness is or could be contagious?
- Do your campers have a health check on arrival?
- Do you have a doctor or nurse on site?
- How close is the nearest clinic/doctor/hospital?

# Sprained Ankle:

- Definition:
  - *an injury that occurs when you roll, twist or turn your ankle in an awkward way. This can stretch or tear the tough bands of tissue (ligaments) that help hold your ankle bones together.*
- Causes:
  - A fall that causes your ankle to twist
  - Landing awkwardly on your foot after jumping or pivoting
  - Walking or exercising on an uneven surface
- Symptoms:
  - Pain, especially when you bear weight on the affected foot
  - Swelling and, sometimes, bruising
  - Restricted range of motion

## Sprained Ankle (day 1)



## Sprained Ankle (day 2)



## Conjunctivitis (Pink Eye)

- Causes:
  - bacterial, viral, or allergic
- Symptom
- Both bacterial and viral are highly contagious
- Treatment for bacterial infection requires antibiotics
- Viral infections do not need antibiotics and will clear up in 3-5 days
- Warm, wet compress can remove the yellow/green discharge in the morning
- Provide symptom relief for viral conjunctivitis – cool compresses several times a day

# Conjunctivitis (Pink Eye)

## Bacterial

- **Highly contagious**
- Yellow/green discharge (crusting) in the morning
- Can be associated with a cold
- Can affect 1 or both eyes

## Viral

- **Highly contagious**
- Clear or no discharge
- Can be associated with a cold
- Can affect 1 or both eyes

## Conjunctivitis: Bacterial or Viral?



Bacterial



Viral

# 'Strep' Throat

## Bacterial or Viral Infection?

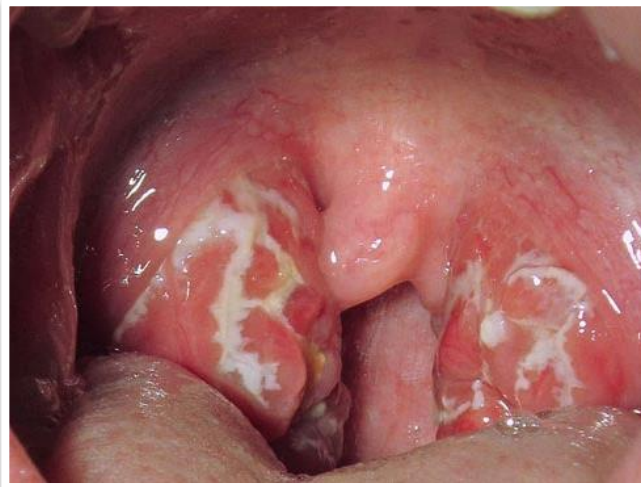
### Bacterial

- Contagious
- Fever (38.5 C or higher)
- Enlarged tonsils/glands
- Visible pus on tonsils
- No cough or runny nose
- Gets worse over time
- Antibiotic therapy needed

### Viral

- Contagious
- Cough
- Runny nose/sinus congestion
- No fever (or low grade fever only <38.5 C)
- Gets better over time
- Not helped by antibiotics

## Strep Throat or Viral Pharyngitis?



What is the difference?

# Impetigo

- **Highly contagious**
- **Causes:** streptococcus pyogenes and staphylococcus aureus
  - skin-to-skin contact with an individual who has impetigo
  - Touching things an individual with impetigo has had contact with, such as towels, bedding, and toys
  - injury to the skin
  - insect bites
  - animal bites
- **Symptoms:**
  - red sores that pop easily and leave a yellow crust
  - fluid-filled blisters
  - itchy rash
  - skin lesions
  - swollen lymph nodes

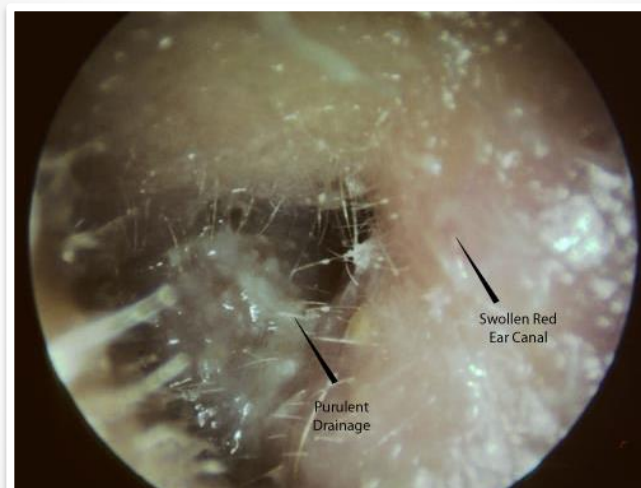
## Impetigo



# Swimmer's Ear Infection

- Definition:
  - Infection of the skin covering the outer ear canal that leads in to the ear drum, usually due to bacteria such as streptococcus, staphylococcus, or pseudomonas
- Causes:
  - Swimming – lake water higher risk than pools
  - Narrow ear canal that traps water
  - Aggressive cleaning of the ear with swabs
  - Prolonged wearing of ear buds
- Symptoms:
  - Pain or itchiness
  - Redness of the ear canal
  - Discomfort that's made worse by pulling on your outer ear (pinna, or auricle) or pushing on the little "bump" (tragus) in front of your ear

## Swimmer's Ear Infection





# Coxsackie Virus (Hand, Foot, and Mouth Disease)

- Causes:
  - Coxsackie A16 virus or Enterovirus 71
- Symptoms:
  - fever
  - reduced appetite
  - sore throat
  - a feeling of being unwell (malaise)
  - One or two days after the fever starts, painful sores can develop in the mouth. They begin, often in the back of the mouth, as small red spots that blister and can become ulcers. A skin rash with red spots, and sometimes with blisters, may also develop over one or two days on the palms of the hands and soles of the feet; it may also appear on the knees, elbows, buttocks or genital area.

## HFMD cont'd

- Transmission:
  - **Contagious – even after symptoms subside**
  - Nose & throat secretions (saliva, sputum, nasal mucous)
  - Blister fluid
  - Stool
  - Can be spread through the air, close personal contact, or contact with contaminated objects/surfaces
- Treatment:
  - OTC medication to reduce pain

## Coxsackie Virus (HFMD)



## Concussion

- Definition:
  - An injury to a soft structure, especially the brain, produced by a violent blow or impact and followed by a temporary, sometimes prolonged, loss of function. A concussion of the brain results in transient loss of consciousness or memory.



Are lice a health issue?



Questions?