



WELLNESS FORM

NAME _____

Dear parents or guardians:

At Camp Ouareau, it is all of our responsibility to help to keep our camp community healthy. Please assure that your child is healthy and does not show signs or hasn't been in contact with anyone who has or shows symptoms of any contagious illness in the last 14 days.

You must complete this form and upload it to Camp Brain 24 hours before arriving to camp.

The intent of our policy & and the reason we ask you to complete this form is to:

- Limit the chance of contagious illnesses from coming into camp, including COVID-19
- Promptly assess and diagnose affected individuals
- Institute infection control practices in camp that will limit the potential spread of contagious illness.

Symptoms to be aware of, so as to NOT bring a contagious illness to camp:

- Fever above 38°C
- Shivering
- Cough
- Difficulty breathing
- Loss of sense of smell or taste
- Muscle Aches
- Diarrhea
- Vomiting
- Sore throat
- Fatigue
- Loss of appetite
- Nasal congestion
- Runny nose

Lice:

As many of you know head lice are an ongoing concern. Make sure you check your camper's hair for head lice before arriving at camp. If you do not know what to look for, please call the camp office (819-424-2662) and we will give you more information.

- I have read the Policy (as stated on the form) and I acknowledge to the best of my ability that my child has not been ill or in contact with anyone in the previous 14 days with the above indicated symptoms. **My camper does not currently have any of the symptoms listed above.**
- I have checked to make sure that my camper doesn't have lice. I understand that my camper may be sent home if she is found to have lice.
- I understand that the above-mentioned precautions have been put into effect to protect the entire camp community.

(Signature)

Date

**If your camper has any symptoms or if you have questions,
please call the camp office at 819-424-2662**