



## 12 CONVERSATION TIPS FOR PARENTS

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Take a moment and ask your child if they are excited about camp. This will open the door for a conversation about personal safety and health. Having this conversation will also encourage your child to ask you questions about other issues of concern. The goal is to help your child have a good experience at camp this year.

**Conversation Starter:** “While you are away at camp, promise me that you will take care of yourself.

“My job as a parent is to keep you safe. But when you go to camp, you have to work with your counselor and other campers to keep everybody safe.”

1. One of the first things to remember is that if you are not feeling well, at any time, at camp, please tell your counselor. This will keep the illness from getting worse or others from getting sick.
2. Never drink from the same water bottle or glass. Never share spoons or forks or other utensils. Germs in saliva can spread and make you or other people ill.
3. If you are camping in the wilderness, remember that water from a lake or stream must be purified or disinfected before it is safe to drink.
4. Never share towels or wash cloths or clothing. This can spread skin bacteria and cause rashes or sores and other skin problems.
5. Always remember to cough or sneeze into your arm or sleeve of your shirt; not your hands. Throw away used tissues. Wash your hands after you cough or blow your nose.
6. Remember to wash or sanitize your hands frequently, especially before eating or before preparing food and after using the restroom.
7. Use insect repellent to help avoid mosquito and other bug bites when you go into the woods or weeds. Take a shower after you get back.
8. Stay away from stray animals and wildlife.
9. Never keep food in your tent. This may attract insects and wildlife.
10. Don't overdo it in the heat. Drink plenty of water.
11. While at camp, never swim alone. Never get on a boat without wearing a life jacket.
12. Camp is supposed to be fun. If someone starts hurting you or someone else, tell an adult. Everyone has the right to be treated with respect.