



Office of John G. Mendiburu, Ed.D.
Kern County Superintendent of Schools
Advocates for Children

HEALTH FAQ – KEEP

It is required that the Student Registration & Student Medication Form be utilized to communicate health concerns and relevant information for students attending KEEP who may require medical supports. Please review the form for accuracy prior to submitting. The information on these forms allows our team to support your child. If your child's health changes after submitting the form, please contact KEEP. Once we receive the KEEP forms, we may contact you for clarification or additional information. While your student is attending KEEP, we will call immediately if your child becomes seriously ill or injured. It's important that we can reach you by phone at all times during their stay at KEEP.

Q – What if my student becomes ill or injured while at Camp KEEP?

A – Camp KEEP is equipped with a well-stocked health center for treating most basic injuries and illnesses. All KEEP staff are trained in Basic First Aid and CPR. The KEEP campuses can consult with an off-site school nurse and EMT during regular school hours that are also available on-call overnight for emergency consultation. Basic first aid is administered to students who become injured at KEEP. In some cases, for more complex injuries or illness, parents may be called to pick up their students. For severe injuries, 911 will be called, and students will be transported to the nearest hospital. Minor illnesses are treated with non-medical remedies (Gatorade, warm tea, heat, ice, etc.). KEEP follows guidance from California Department of Public Health and California Department of Education.

Q – What if my student has special meal accommodations/dietary restrictions?

At Camp KEEP, we can accommodate most medically necessary dietary needs and vegetarian diets. Ample time is required to make these accommodations. Please work with your child's school district and reach out to KEEP to notify them of dietary needs. We require a copy of your student's "Medical Statement to Request Special Meals and/or Accommodations" form CNP-92 that is currently on file with the school district your student is attending. If your school does not have a copy on file already, you will need to obtain an order from your doctor and submit a copy to KEEP. Please submit the Meal Accommodation Form to KEEP no later than 2 weeks prior to your child's arrival to ensure that the food accommodations can be met.

Q – My student has seizures; can they still attend Camp KEEP?

A – Yes. We require a signed KEEP Medication Form and a KEEP Physician's Authorization Form (PAF) for any maintenance medication and/or emergency medication that your child requires. Early communication is key, so please be sure to work with your school's nurse. We require the student to be accompanied by a 24 hour/day medical shadow that is familiar with the student's medical condition and any emergency medication or response care that is required in the registration forms. Providing quick care is essential in the event that a seizure turns into an emergency and requires the administration of emergency medication.

Q – My student is Diabetic; can they still attend Camp KEEP?

A – Yes. We require a signed KEEP Medication Form and a KEEP Physician's Authorization Form (PAF) for any maintenance medication and/or emergency medication that your child requires. We require the student to be accompanied by a 24 hour/day medical shadow that is familiar with the student's medical condition and any emergency medication or response care that is required in the registration forms. Please be sure to send your child with plenty of extra supplies. Be aware that in some areas of the KEEP campuses, there is limited cellular service or access to charging for devices. It is a good idea to bring a portable battery charger. It is recommended that students come prepared with manual testing supplies during their stay. Students

tend to experience more hypoglycemic events due to the increase of exercise, so please send plenty of extra strips for testing blood sugar, and some glucose source. Carbohydrate counts for meals are available upon request. We do provide juice for lows, but sending a juice or snack that your child likes ensures that a hypoglycemic event can be managed quickly and efficiently.

Q – My student requires medications. Can they still attend Camp KEEP?

A – Yes. The KEEP Student Medication Form must be fully filled out and signed by a California Physician (M.D., D.O., P.A., or N.P.) for all prescription AND routine over-the-counter (OTC) medication - no other practitioners are accepted. This is required for allergy medications, nasal sprays, ointments, vitamins, sleep aids, supplements, homeopathics, etc. No medication may be added to the form once signed by the physician. All medication must be in the original containers. Medication cannot be sent in baggies, pill boxes, or in combination with other medication in a single bottle. {California Education Code §49423(a)}

Q – My student requires an Epinephrine Delivery System/Epi-Pen. How does that work?

A - We require a signed KEEP Medication Form and a KEEP Physician's Authorization Form (PAF) for the epinephrine delivery system or Epi-Pen. Prescribed epinephrine auto-injectors or Intra-nasal delivery systems remain with an adult that is with that student at all times. KEEP requires that students that require an emergency epinephrine delivery system/Epi-Pen for anaphylaxis are accompanied by a 24 hour/day medical shadow that has been trained on how to administer the Epinephrine Delivery System/Epi-Pen. The KEEP campuses are also equipped with epinephrine auto-injectors for emergency situations for attendees with unknown allergies requiring emergency response. All KEEP staff are trained in the use of Epinephrine auto-injectors.

Q – What if a student has Lice?

A – Camp KEEP follows California Department of Public Health 'CDPH' and California Department of Education 'CDE' guidance regarding students with lice. It is recommended that students attending Camp KEEP are checked for lice prior to attending the residential Camp by their parents/guardians. For effective control of head lice in the residential camp setting, it is recommended that the school district distributes educational materials to parents/guardians on head lice, nit combing, and treatment prior to attending Camp KEEP and assists with early detection of head lice infestations following CDPH guidance and their adopted school district policies.

Q – My child has Asthma; will they be able to attend Camp KEEP?

A - Yes. We require that a signed KEEP medication form for any maintenance medication and/or emergency medication that your child requires is provided including asthma medication and inhalers. If your student requires a nebulizer a KEEP Physician's Authorization Form (PAF) is also required and a Medical Shadow will need to accompany your student to assist in the medical treatment. If your student has physical limitations due to their asthma and the physician has indicated this on the medical paperwork, your student will be accommodated. It is possible that your student may need a medical shadow depending on the severity of their limitations.

Camp KEEP has been able to support students with almost any medical condition. Our team is here to support your student. If your student has a medical need and will be attending Camp KEEP our recommendation is to first, talk with your child's classroom teacher to get an overall picture of the program and activities at KEEP. Second, discuss the trip with your child's physician. Have the physician complete the required KEEP medical forms. This will provide required written physician instructions for medications, special instructions or limitations (if necessary). Next, if there are still questions or concerns about your student's needs at Camp KEEP contact nursing@kern.org. Advanced notice will give the health team time to plan and prepare for your child's stay. They will be happy to discuss the specifics of the program in regard to supporting medical and health needs, in relation to your child.