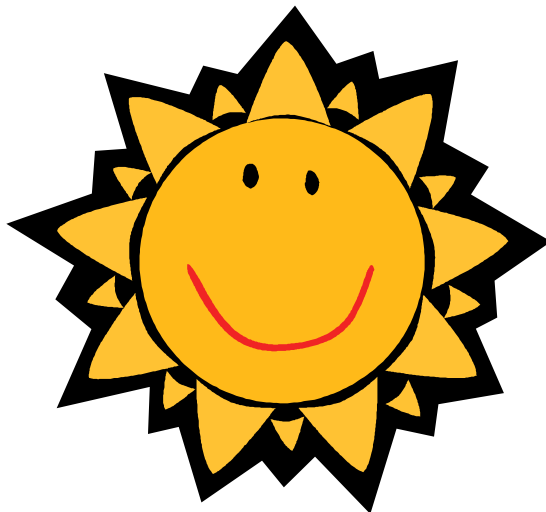


4-H CAMP MIDDLESEX

Parent's Handbook



Middlesex County Foundation, Inc.
1031 Erickson Rd.
Ashby, MA 01431
978-386-7704

www.campmiddlesex.com

Revised May 2023

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Welcome!

Camp is a wonderful place, filled with joy and laughter. Kids and adults alike enjoy the magic of the home away from home.

I would like to welcome you to 4-H Camp Middlesex. As you will soon find out, our staff has a strong commitment to community and the development of the 4-H philosophy in each of our campers. Each camper feels a part of camp the minute they walk over Willard Brook.

This handbook was developed to be a guide to assist your family when coming to camp. It outlines all our current policies, as well as some helpful hints. If you have any questions about any information that you read, do not hesitate to contact us.

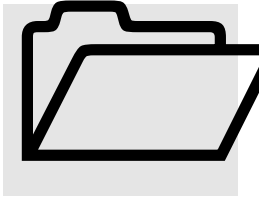
I look forward to another camping season and meeting your family when camp begins in June

Yours Truly,

Steve LaFountain, CAGS



Camper Forms Checklist:



The following is a list of forms that are required before or when you check-in to camp:

- Health History (Completed online through your Document Center)
 - Immunization Records Uploaded
 - Current Physical Uploaded (overnight campers only)
 - Health Insurance Card Uploaded

Code of Conduct

Purple or Blue Camp Store Deposit Form

To Access your online document center, login to your camp account ([Parent Portal](#) or [Register Online](#) link on Camp Middlesex website. . Once there, click on the 3 bars at the top left of the screen and scroll down to Document Center. ***Please Note: Tasks are not complete until a camp representative checks them as complete.**

The screenshot shows the Camp Middlesex website interface. At the top, there is a logo for "4-91 Camp Middlesex SUMMERS TO REMEMBER". Below the logo is a navigation bar with links for "RESERVATIONS", "DONATIONS", and "MAKE A PAYMENT". On the left side, there is a dark sidebar menu with the following items: "MY ACCOUNT", "RESERVATIONS", "MAKE A PAYMENT", "DOCUMENT CENTER", "MESSAGE CENTER", "CAMP STORE", "DONATIONS", and "SIGN OUT". A red arrow points to the hamburger menu icon (three horizontal bars) in the navigation bar. Another red arrow points to the "DOCUMENT CENTER" link in the sidebar menu. The main content area displays the "My Account" page for "Steven LaFountain", showing a "Primary Contact" status and an "Account Balance" of "\$0.00". There is a button labeled "MY RESERVATIONS" and a section titled "Account Members" below it.

Overnight Camper Check-In and Check Out

The following information is to help you understand our check-in and checkout procedure. Please read through it carefully.

Overnight Camper Check-In:

1. Arrival times: To best accommodate the number of families registering at the same time, please try to arrive during the times listed below:

Teen Camper Registration: 2:00 – 3:00
Both Teen Camper & Junior Camper (same family): 2:30 – 3:30
Junior Camper: 3:00 – 4:00
Day Camper: 4:00 – 4:30

2. Campers will be greeted at the bridge where they will receive a checklist for the registration process.

3. Campers will leave their luggage in front of the Recreation Hall to be picked up and brought up the hill.

4. Families that still owe a balance are asked to proceed to Erickson Lodge (main office). **WE WILL NOT ACCEPT PERSONAL CHECKS DURING SUNDAY REGISTRATION.** You will need to pay with a credit card or cash.

5. Once in the Recreation Hall, you will check in with the Summer Director and complete any last-minute paperwork.

6. From the recreation hall, you will proceed to the Camp Store, where you will deposit money for the camp store, Wednesday night's band concert, and purchase a group photo, if desired. Families may do this ahead of time using the *Camp Store Deposit Form* and need to check in to verify.

7. Your next stop will be the dining hall. You will check in with the nurse, who will do a head and foot check and review medications/health procedures as needed. Families that have registered for more than one consecutive week of camp only need to check-in with the nurse during their first week registered unless there is a change of medical condition or are dropping off meds for the week.

8. The final step to the registration process is to check-in with your cabin counselor(s) on the green.

9. Registration ends promptly at *4:30 pm*. If you cannot make it before 4:30, please call ahead and let us know. Check-in will be at Erickson Lodge at this time.



Overnight Camper Check Out:

1. Parents should arrive at camp on Friday at 6:00 pm if they wish to watch the Candlelight Ceremony. All closing ceremonies will end around 7:00pm.

6:15-7:00: Candlelight Ceremony

7:00-7:15: End of Ceremonies



2. Bags and camper belongings can be picked up at the Dance Room starting at 5:30 pm. **Luggage will be grouped by unit.** To ensure that all camper belongings are returning, make sure that your camper's name is placed on every piece of luggage that he/she has brought to camp.

3. Once at camp, please be prepared to show your ID and sign your child out. **WE WILL NOT RELEASE CAMPERS TO ANYONE OTHER THAN TO WHOM IS STATED ON THE RELEASE FORM!** You will be presented with a pick-up card. Please present your pick-up card to your child's counselor who will give you a yellow envelope containing:

Camp store refund (if any)
group photo (if any)

4. All families leaving are asked to check out at the bridge by showing their checkout envelopes upon leaving camp.

5. Campers staying over for the weekend are asked to report to the flagpole immediately following the Candlelight Ceremony.

Day Camper Check-In and Check Out

Drop Off:

Extended: 7:30 am

Regular: 8:15-8:30 am

Pick Up:

Extended: 6:30 pm

Regular: 5:30-5:45 pm

Day Camper Check-In:

Day campers are encouraged to check in on Sunday between 4:00 and 4:30. Day campers that have signed up for more than one session need only to attend the Sunday check-in for their first session. See overnight check-in for Sunday check-in procedures.

Morning Check-in:

1. For extended day campers, drop off time is at 7:30 am. At this time, a counselor will greet you at the bridge. If you arrive later, please check-in at the Dining Hall, as the Extended Day Campers will be eating at this time.
2. For regular day campers, drop off time is between 8:15 and 8:45 am. There will be a counselor at the bridge to check you in during these times. If you arrive later, please check your child in at Erickson Lodge (main office).
3. Day campers are invited to stay for Wednesday night's band concert, Thursday night's dance, and Friday's Candlelight Ceremony for an additional fee. Attendance to these events is handled through the camp store. You will be asked to pick your child up at the band concert, dance, or after the Candlelight Ceremony.

Day Camper Check Out:

1. **Check out for regular day campers is between 5:30 and 5:45 pm. It is at 6:30 for extended day campers.** If you plan to pick up your child earlier, please report to Erickson Lodge (main office) to sign them out.
2. When signing your child out, please be prepared to show some form of ID. **WE WILL NOT RELEASE CAMPERS TO ANYONE OTHER THAN TO WHOM IS STATED ON THE RELEASE FORM.**

Facilities

Cabin Assignments

Camp Middlesex has a total of 14 cabins on its site. The cabins allow from 4 to 10 campers each, and all have lights and electricity.

Our cabin assignments are done on a first come/first serve basis. We will do our best to honor all bunkmate requests, but due to the limitation of cabin space and the age grouping of our cabins, it is not always possible to honor all requests.



Campers will be placed in a cabin and identified according to the gender stated on the camper's registration information. Any changes to the gender of a camper will require information provided by the camper's parent/guardian.

Camp Store

Camp Store is open on registration day. Families are invited to purchase different camp items such as t-shirts, hats, etc.

The camp store will be open during rec. swim in the middle of the day. Campers may purchase snacks and camp items from the store at this time. Parents can open an account on registration day.

Families can log on to their online accounts and check the camp store balance, items purchased, and deposit additional money.

Luggage

During Check-in, luggage is to be placed in front of Brown Hall. It will be transported up the hill and deposited in either junior or teen camp.

During the week, campers are asked to keep all luggage either under their beds or at the foot of it in some sort of luggage container (trunk, plastic container, suitcase, etc.). Please remember to place nametags on all your camper's belongings.

On Friday, all luggage is packed up and brought down the hill and placed in the dance room at the Mill. Parents can begin to pick up their children's luggage beginning at 5:30 pm.

Clothing

Campers are asked to bring camp appropriate clothing to camp (shorts, pants, shirts, rain gear, etc.). All day and junior campers are required to take swim lessons in the morning, so they are asked to bring a bathing suit.

There are no laundry facilities available for campers, so families are encouraged to pack enough clothes for their children.

Lost & Found

All clothing that is found is kept in bins in the front of the Brown Hall. Parents are encouraged to go through the bins when picking their children up on Friday night.

At the end of the summer all the lost and found items are donated.

Meals & Snacks

Campers receive 3 balanced meals a day. Meals are prepared by our cook and his/her assistants and are served family style. Menus are available on the website.

Day campers are asked to bring in their own lunches unless they have signed up for the meal plan. Lunches should be packed in their bags and parents are discouraged to pack anything that will spoil, as we do not refrigerate lunches. All campers will receive milk for lunch at no additional charge.

There is a snack served to all campers every day after recreational swim. All food that is brought is to be placed in a cabin box and stored in the Staff Building. Campers are free to access their food during snack time, however, are asked to not bring a lot of food as there is not a lot of time to access it.

Food is not allowed in the cabins, and counselors will place any food brought there in the cabin boxes located in the Camp Store.



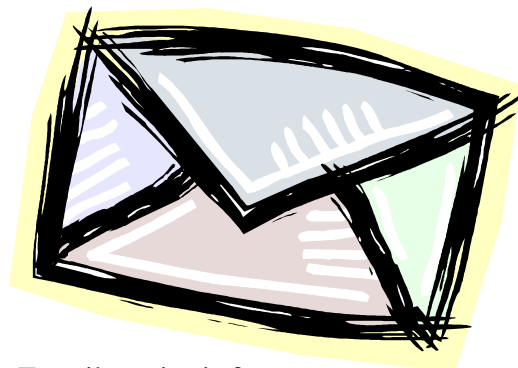
Keeping in Touch

Mail

Parents are invited to write to their campers while they are in camp. Sometimes it is good practice to mail the letters before your son/daughter arrives at camp so that they will receive it on their first day. All letters are passed out to the campers during lunch.

Our mailing address is:

CAMPER NAME
Camp Middlesex
1031 Erickson Rd.
Ashby, MA 01431



E-mail

Parents may wish to send e-mails to their children while at camp. E-mail service is free for any parent. Just send your e-mail to the following address: mail@campmiddlesex.com. In the subject line of the e-mail, please write your camper's name. There is no limit to the number of e-mails that you wish to send, however, we ask that you do not write more than 5 a day.

Online Photo Album

During the summer, there will be an online photo album for parents to access. The photo album will be located on the camper section of the Camp Middlesex site and is free for anyone to access. The album is password protected and the password will be given to parents during registration day.

Phone Calls

Due to possible homesickness concerns, phone calls are not allowed unless in case of emergency. If parents are concerned about their son/daughter, they may call the main office and arrange to speak with their child's counselor.

* Camper families attending our camp for their **first** summer will receive a courtesy call from one of our Unit Directors within the first 48 hours to update you on your child's progress at camp and answer any questions that you may have. So, if you receive a call within these first 48 hours, please do not be alarmed! Returning camper families who wish to check in on their son or daughter may call the office to arrange a phone call.

Twitter

Camp Middlesex's Twitter account is: Campmiddlesex. Throughout the summer we will use the account to post daily updates and notify parents for things such as the band concert getting cancelled or severe weather conditions in the area. A copy of the twitter feed is located on the front page of our website.

Visiting

Visiting by immediate family members is allowed, as long as you call or email ahead and make an appointment.

Many families choose to visit their children at the Wednesday night band concert in the Ashby Town Common. Be aware, however, that some children may become homesick upon seeing their parents for the first time during the week. In the event of inclement weather on Wednesday night, and the camp is not able to attend the concert, please call ahead for acceptable times to visit your children that night.

Any camper not enrolled in the current camp session will be asked to leave.

Program

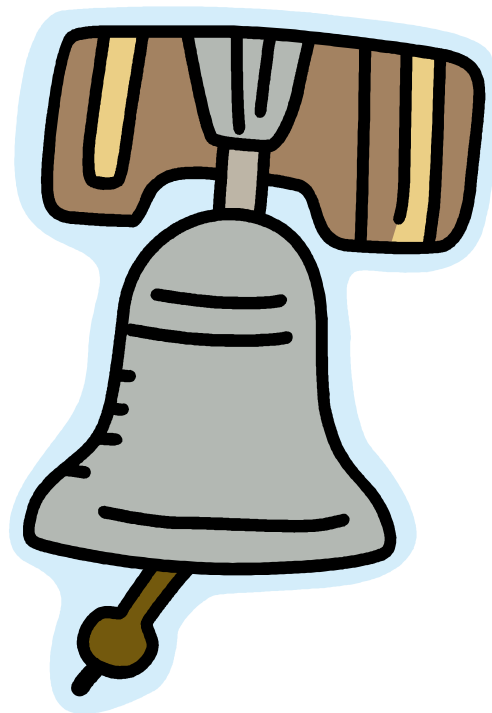
Camp Middlesex offers campers a wide variety of programs to explore and learn more about themselves as individuals. The following programs are offered by camp throughout the week: Archery, Arts & Crafts, Barnyard, Dance, Drama, Fishing, Horse Management, Kayaking & Canoeing, Low Ropes, Nature, Outdoor Living Skills, Science, Sports, and Swim Lessons.

The schedule is broken up with 3 periods of activities in the morning, and 2 choice periods in the afternoon. In between these two times, there is a rest hour and a recreation time. In the evening, the campers participate in evening program, which is a program that lasts for an hour and a half that ties in with the theme for the week. Thursday afternoons, campers participate in a “big event” which is a fun camp-wide program that also ties in with our weekly theme.

Below is our basic schedule:

7:30am - Hoppers
7:45am - Breakfast
8:15am - Clean Up/ Day Camp Arrives
8:45am – Morning Flag
9:00am - Activity 1
10:00am – Snack / Activity 2
11:10am - Activity 3
12:10am - Clean Up/ Hoppers
12:20pm - Lunch
12:50pm – Chores
1:15pm - Rest Hour
2:15pm – Free Swim / Rec. Games
3:15pm – Activity 4 (Choice 1)
4:15pm - Activity 5 (Choice 2)
5:15pm - Flag Lowering/ Hoppers
5:30pm – Day Campers Depart
5:30pm - Dinner

6:15pm - Cabin Time
7:15pm - Evening Program
9:30 Bedtime Junior Camp / Teen Evening Program
10:30 Bedtime, Teen Camp



Weekend Trip Itinerary

Campers staying over the weekend, follow the following itinerary for all trips.

Depart to Location on Saturday:

Water Country trip departs at 8:30am, arrive around 10:00am

Canobie Lake Park trip departs at 9:00am, arrive around 11:00am

Boston Trips depart at 7:30am, arrive around 9:00am

Depart from Location:

Water Country Trip departs at 3:30, arrives to camp at 5:00pm

Canobie Lake Park Trip departs at 4:30, arrives to camp at 6:00pm

Boston Trips depart at 3:30 and arrives to camp at 5:00pm

On Saturday night campers will watch a movie or participate in “low-key” activities at camp.



Health & Wellness

Health History & Physical Examination

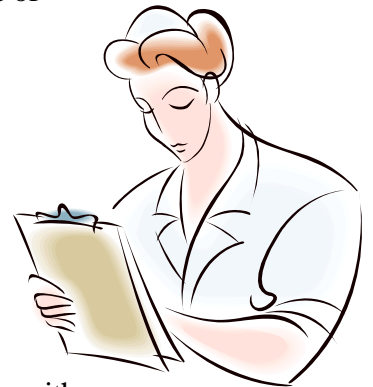
All camper families are required to complete a health history (online). All overnight campers are required to have had a physical examination within the last **18 months**.

* Note: Overnight campers that do not have a current physical examination uploaded to their online account will not be allowed to stay overnight.

Current Immunizations

Campers are required to have a current immunization record as required by the state of Massachusetts and uploaded to their camp account. For information on the current immunizations required, click on this link: <https://www.mass.gov/doc/required-immunizations-for-children-attending-camp-and-camp-staff-2023-0/download>

The only immunization exemptions allowed are for medical reasons and will need supporting documentation from a medical professional.



Pre-Camp Injuries, Infections & Illnesses

The Camp Nurse shall supervise screening on all campers who arrive to camp. If the nurse finds that the camper has an injury, infection, or illness that would interfere with the camp program, the camper's program will be adjusted until they are free of injury, infection, or illness.

Health Insurance

4-H Camp Middlesex does not provide health insurance to its campers. Thus, all campers are required to present some form of health insurance in case of injury during the camp program. All camper families are required to upload a copy of the health insurance card to their online portal.

Medications (Prescription and Over the Counter)

We ask that all medications (prescription and non-prescription), vitamins, herbs and supplements that the camper is taking be disclosed on the health history. All medications (both prescription and non-prescription), vitamins, herbs, and supplements shall be stored under lock and key in the infirmary (except for a camper being allowed to carry his/her own asthma inhaler [this requires a doctor's order]). Prescription and non-prescription medications include, but are not limited to, all over-the-counter medications such as skin creams, sleep meds, antacids, pain relievers, and allergy medications. The Camp

Nurse, his/her trained assistants, and the Camp Directors are the only personnel allowed to access and distribute medications.

All prescription medication must be given in its original container with the physician’s name, date, camper’s name, and directions. **All non-prescription medications, vitamins, herbs, and supplements must also be given in its original container.** The Camp Nurse will only distribute medication as directed on the label of the container. If a larger dose is requested, it must be accompanied with a doctor’s order.

We ask that all medication be picked up on Friday night, before or after the Candlelight Ceremony. Any medications that are left shall be kept in the infirmary for the remainder of the summer and may be picked up if parents call ahead and make an appointment with the Camp Nurse. Camp Middlesex will not mail any medications (over the counter or prescription) to parents. **Any medications that are not picked up by the end of the summer shall be destroyed.**

Health During Camp

We employ a registered nurse during the summer, and most of our staff are trained in first aid/CPR. Our Camp Nurse is under orders from a local pediatrician, who serves as our camp doctor. When a camper becomes ill, or requests to see the nurse, the camper is taken to the infirmary to receive care. The camp nurse is available from Sunday night until Friday evening. On Saturdays, one of the Camp Administrators serves as our nurse to distribute medications and deliver first aid care. If your son/daughter has a condition that requires the nurse’s attention, they may not be able to stay over the weekend, as the nurse is not on active duty during this time.

At the infirmary, the Camp Nurse will diagnose the problem, and prescribe treatment as necessary. The following is a list of medications that the nurse uses when campers visit the infirmary. All medications are given per directions on the bottle. Any medication that parents do not want their children to have should be listed on the camper’s green health history form. Medications may be in generic form.

Athlete’s Foot/ Jock Itch..... Antifungal Sprays, Powders, or Creams

Headache.....Tylenol, Advil, Motrin

Upset Stomach..... Tums

Diarrhea..... Imodium AD

Menstrual cramps.....Ibuprofen (Advil), Tylenol

Poison Ivy..... Benadryl, Hydrocortisone cream, First Aid Spray

Mild allergic reactions.....Benadryl, First Aid Spray

Colds, congestion..... Sudafed, Dimetapp, Tussin, Chlordimorine

Insect bites.....First Aid Spray, Benadryl



Communication with Parents

During registration, parents will meet the Camp Nurse who will perform a brief interview about the current health conditions of their children. If the camper requires a visit to Urgent Care during the week, the Camp Nurse will make every effort to call parents first to see if they would prefer to take the child to their own doctor. The Camp Nurse is always available if parents wish to call with a concern about their child.



Home Sickness

It is normal for campers to be homesick during a prolonged stay in a new environment. Our counselors, administrative staff, and Camp Nurse all work together to ensure that the environment at camp is welcoming and respectful for all our campers.

To help ease the transition to camp for your child it is recommended that parents read the advice contained on <https://www.acacamps.org/parents-families>. This site contains expert advice for parents to help ease their children's transition to camp.

Special Diets

Camp Middlesex's cook prepares well-balanced meals each week. Menus are located on our website under our forms section.

Camp Middlesex's cook can accommodate most food allergies (peanuts, nuts, seafood, or fruits). However, if your son/daughter requires a meal that requires a different menu, please contact the camp director before camp begins. We may ask that you prepare meals ahead of time, freeze them, and send them with your camper to camp. Please notify the Camp Director or Nurses for all gluten allergies prior to attending camp.

All camper parents that are registering a camper with a specific food allergy need, are asked to meet with the camp nurse on Sunday to develop an allergy plan for the duration of their stay at Camp Middlesex.

Additional Camp Policies

Camper Discipline Policies

All campers and families are required to sign the “Camper Code of Conduct” form. It lists the acceptable behavior required of all campers during their stay at camp. Any camper that is found to not follow the “Camper Code of Conduct” will meet with the Director who will determine if dismissal from the program is necessary.

Tobacco products, alcohol, and drugs are not permitted at Camp Middlesex. Such use is grounds for dismissal. Visitors violating this rule will be asked to leave the premises.

Campers will be charged for any damage they are found responsible for.

All campers and staff are expected to help with daily chores.

Campers are expected to dress appropriately for all camp events. This includes wearing appropriate footwear around camp and avoiding clothing that may offend other campers/staff. Swimwear worn shall be appropriate to the age/sex of the camper. Camp Middlesex administration reserves the right to deem any clothing worn inappropriate. Campers that are wearing inappropriate clothing will be asked to change into more appropriate wear.

Under suspicions of theft and possessing camp banned substances, Camp Middlesex *administration* reserves the right to search through camper’s belongings.

Equipment Policy

Only equipment used in camp programs may be brought. However, if a camper wishes to bring any type of equipment (including personal sports equipment), they must have permission to do so by the Director. **Aerosol cans, skateboards, water guns, electronic devices, cell phones, etc. are prohibited from camp and camp reserves the right to confiscate these items for the duration of the camper’s stay.** A complete list of these items will be sent with the confirmation packet. Further discipline may be warranted for prohibited items brought to camp.

Weapons or anything that can be considered a weapon is not permitted to be brought to camp.

Vehicles

Campers/CIT’s may not bring their personal vehicle to camp. Parents are asked to park their vehicles in the designated parking lot next to the Thurston Barn. Parents are asked to not park their vehicles along the road, and instead keep them in the designated lot.

Digital Media Policy

Camp Middlesex's logo is property of the Middlesex County Foundation, Inc. Use of the logo outside of camp activities requires written permission from our director. Any website or other media created surrounding Camp Middlesex by either staff or campers will require the following disclaimer to be inserted:

“This site is for private use only and is not an official site of Camp Middlesex. The opinions, views, and communications on this site are not sponsored by Camp Middlesex and do not necessarily reflect the opinions, views, or values of Camp Middlesex.”

Any website, video, slide show, etc. that has been created without the disclaimer will be asked to be removed from the Internet or destroyed.

Cancellation Policy

In order to reserve a space in camp for a camper, families must pay the \$100 deposit upon registration. From June 1st until the camp session begins, families will forfeit the \$100 deposit. **Once a camp session begins, families may only receive a refund for medical reasons (doctor's note is required).**

Switching Weeks

Families can switch their weeks at camp any time before a session begins. To switch your weeks, please call or e-mail the camp office.

Grievance Procedures

All camp parents may request copies of background check, health care, and discipline policies for Camp Middlesex staff and campers. To request a copy, please call or e-mail our office (office@campmiddlesex.com).

If, at any time, a situation arises where a parent is unhappy with the outcome of a decision made by the Camp Middlesex Executive Director, parents have a right to grieve to the Camp's Board of Directors.

Grievances must be written and addressed to the Board President at the camp (1031 Erickson Rd., Ashby, MA 01431). The board president will decide the course of action to be taken on any grievance filed.

Gratuities

Staff members are prohibited from accepting gratuities from any camp family. Alternatively, families are encouraged to donate to our endowment or campership programs in appreciation of outstanding service.

Meningococcal Disease and Camp Attendees: Commonly Asked Questions

What is meningococcal disease?

Meningococcal disease is caused by infection with bacteria called *Neisseria meningitidis*. These bacteria can infect the tissue (the “meninges”) that surrounds the brain and spinal cord and cause meningitis, or they may infect the blood or other organs of the body. Symptoms of meningococcal disease can include fever, severe and constant headache, stiff neck or neck pain, nausea and vomiting, and rash. In the US, about 350-550 people get meningococcal disease each year and 10-15% die despite receiving antibiotic treatment. Of those who survive, about 10-20% may lose limbs, become hard of hearing or deaf, have problems with their nervous system, including long term neurologic problems, or have seizures or strokes.

How is meningococcal disease spread?

These bacteria are passed from person-to-person through saliva (spit). You must be in close contact with an infected person’s saliva in order for the bacteria to spread. Close contact includes activities such as kissing, sharing water bottles, sharing eating/drinking utensils or sharing cigarettes with someone who is infected; or being within 3-6 feet of someone who is infected and is coughing and sneezing.

Who is most at risk for getting meningococcal disease?

People who travel to certain parts of the world where the disease is very common, microbiologists, people with HIV infection and those exposed to meningococcal disease during an outbreak are at risk for meningococcal disease. Children and adults with damaged or removed spleens or persistent complement component deficiency (an inherited immune disorder) are at risk. Adolescents, and people who live in certain settings such as college freshmen living in dormitories and military recruits are at greater risk of disease from some of the serotypes.

Are camp attendees at increased risk for meningococcal disease?

Children attending day or residential camps are **not** considered to be at an increased risk for meningococcal disease because of their participation.

Is there a vaccine against meningococcal disease?

Yes, there are 2 different meningococcal vaccines. Quadrivalent meningococcal conjugate vaccine (Menactra and Menveo) protects against 4 serotypes (A, C, W and Y) of meningococcal disease. Meningococcal serogroup B vaccine (Bexsero and Trumenba) protects against serogroup B meningococcal disease, for age 10 and older.

Should my child or adolescent receive meningococcal vaccine?

That depends. Meningococcal conjugate vaccine (Menactra and Menveo) is routinely recommended at age 11-12 years with a booster at age 16. In addition, this vaccine may be recommended for children with certain high-risk health conditions, such as those described above. Otherwise, meningococcal vaccine is **not** recommended for attendance at camps.

Meningococcal serogroup B vaccine (Bexsero and Trumenba) is recommended for people with certain relatively rare high-risk health conditions (examples: persons with a damaged spleen or whose spleen has been removed, those with persistent complement component deficiency (an inherited disorder), and people who may have been exposed during an outbreak). Adolescents and young adults (16 through 23 years of age) who do not have high risk conditions **may** be vaccinated with a serogroup B meningococcal vaccine, preferably at 16 through 18 years of age, to provide short term protection for most strains of serogroup B meningococcal disease. Parents of adolescents and children who are at higher risk of infection, because of certain medical conditions or other circumstances, should discuss vaccination with their child’s healthcare provider.

How can I protect my child or adolescent from getting meningococcal disease?

The best protection against meningococcal disease and many other infectious diseases is thorough and frequent handwashing, respiratory hygiene and cough etiquette. Individuals should:

1. wash their hands often, especially after using the toilet and before eating or preparing food (hands should be washed with soap and water or an alcohol-based hand gel or rub may be used if hands are not visibly dirty);
2. cover their nose and mouth with a tissue when coughing or sneezing and discard the tissue in a trash can; or if they don't have a tissue, cough or sneeze into their upper sleeve.
3. not share food, drinks or eating utensils with other people, especially if they are ill.
4. contact their healthcare provider immediately if they have symptoms of meningitis.

If your child is exposed to someone with meningococcal disease, antibiotics may be recommended to keep your child from getting sick.

You can obtain more information about meningococcal disease or vaccination from your healthcare provider, your local Board of Health (listed in the phone book under government), or the Massachusetts Department of Public Health Division of Epidemiology and Immunization at (617) 983-6800 or on the MDPH website at www.mass.gov/dph.

Provided by the Massachusetts Department of Public Health in accordance with M.G.L. c.111, s.219 and 105 CMR 430.157(C).
Massachusetts Department of Public Health, Division of Epidemiology and Immunization, 305 South Street, Jamaica Plain, MA 02130
Updated March 2018