

# APPLETON FARM CAMP



## PARENT HANDBOOK 2021



## WELCOME TO APPLETON FARM CAMP SUMMER 2021

We are excited to have your camper(s) joining us this summer. We look forward to being outside enjoying nature, animals, the gardens, the sun, and the rain. We have maintained many of our COVID-19 related policies and procedures to meet state requirements and prioritize family health.

***PLEASE READ THROUGH THE ENTIRE HANDBOOK to be sure you and your campers understand all of our protocols policies.***

If you have any questions or concerns, please contact us at your convenience.

***Ashley Chapman, Education Manager***

***Emma Huguen, Camp Director***

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### I. COVID-19 RELATED HEALTH & SAFETY

This new section in our handbook is to both assure you that we are closely following government requirements for running a licensed camp and to be sure that families agree as to the important role everyone plays in making camp as healthy as possible. Please know that we will do all that we can to keep campers and staff safe and happy.

***PLEASE NOTE:*** *These procedures are based on guidelines for summer 2020 and will be updated as additional guidance and requirements are received from the CDC and state and local officials for summer 2021.*

#### **Guidelines**

Our COVID-19 protocols and procedures follow the necessary requirements and the Lowest Risk and Best Practices protocols from the following:

- [CDC's Guidelines for Youth and Summer Programs](#)
- [American Camp Association Field Guide for Camps on Implementation of CDC Guidelines](#)
- [Massachusetts Minimum Requirements for Child Care and Youth Serving Programs](#)
- Licensing inspection by the local Board of Health is required before camp opens and will follow any additional guidelines determined by the town.

#### **Mutual Agreements**

We expect that all staff, campers, and camp families commit to the safety and health of their own and other camp families and to the camp and property staff as they prepare for camp this summer:

- The Trustees complete COVID Health & Safety Plan is available on our camp website or by request.
- We ask that families consider their children's ability to comply with all social distancing and hygiene protocols as established by the camps.
- We request staff and campers with underlying health conditions consult with their doctor about their decision to attend camp.

- We request that staff and families do not attend camp if they or anyone in their household exhibits any symptoms of COVID-19.
- Families and staff are requested to prescreen their health status and be conscious of the safety of their social and public activities in the 14 days leading up to camp and during camp itself. (See Prescreening Form and Healthy Camp Begins at Home doc in Appendix).
- Families and staff are required to follow Massachusetts travel restrictions and quarantine requirements as applicable.
- A Trustees Waiver and Release is required to be signed upon registration.

### **Structural Changes**

In the mutual interests of camp staff, campers, and families, we have made the following changes to the organization of camp:

- Creating smaller groups of children who stay with each other and their counselor(s) for the entire week and apart from other groups.
- Grouping siblings together where practical to minimize the mixing of households across camp.
- Modifying the drop-off and pick-up process and location to maintain the self-contained groups.
- Adjusting activities to accommodate social distancing and health recommendations.
- Eliminating large group activities such as whole camp gatherings and family showcases.
- Securing activity spaces and bathrooms exclusive to camp.

### **Camp & Family Health Procedures**

Our COVID-19 protocols follow government mandated guidelines, and are therefore not negotiable:

- Social distancing among all campers and staff to operate camp programs.
- Requiring camp staff to wear masks.
- Requiring campers to wear masks when social distancing is not possible. Campers will not wear masks when it is unsafe to do so such as when eating or during strenuous physical activity.
- Increasing hand washing and sanitizing upon arrival, between activities, before and after bathroom use, before eating, and other times as necessary.
- Sanitizing camp bathrooms regularly and making these bathrooms available only to campers and camp staff.
- Limiting the use of shared equipment and tools and sanitizing tools.
- Screening all campers and staff at the entrance to camp each day through visual checks and inquiries into camper and family health.
- Instituting a special staff training with a health care professional.
- Eliminating shared food or meals.
- Sending home and quarantining all campers who have symptoms of COVID-19 or have been in contact with others who have symptoms.

### **COVID-19 Exposure & Illness Procedures**

- Campers and staff are asked to stay home if they feel sick or have been exposed to someone with COVID-19 symptoms or has tested positive.
- If a camper or staff has symptoms of COVID-19 or tests positive, we will promptly:
  - Isolate person, if still at camp, and send home immediately

- Immediately notify families and staff who have had *close contact* (defined as within 6 feet for at least 10 minutes) with that group while maintaining camper confidentiality
- All campers and staff who have come into close contact with the infected individual will be quarantined for 14 days.
- All campers and staff who have come into *proximate contact* (defined as being in the same enclosed environment but greater than 6 feet from a person) will be asked to self-monitor for symptoms for 14 days.
- All facilities will be deep cleaned and sanitized
- If a camper or staff tests positive or thinks they had COVID-19, they will not be allowed to return to camp until they have consulted with a health care provider and met the criteria:
  - 3 days with no fever without fever-reducing medicine
  - **and all** symptoms have improved
  - **and** it has been 10 days since symptoms first appeared
- We are required to report positive test cases to the Local Board of Health for contact tracing purposes.
- Back up Camp Director, Camp Educators, and on-site Health Care Supervisor trained in First Aid and CPR are available in the event of possible transmission or illness.
- Prorated refunds for missed days at camp will be issued if absence is due to COVID-19 illness, symptoms, or exposure.

## II. GENERAL INFORMATION

### REFUND POLICY

Our 2021 refund policy provides risk-free selection of all your desired camp weeks during the first three months of registration. We ask you to commit fully by April 15 so that we can free up spots for other campers in the event that your summer plans change.

- January 15 – April 15: 100% refund less \$35 to cover registration and credit card fees, no change fee
- April 16 – June 1: 50% refund, \$25 per week change fee
- After June 1: no refund or credit available, \$25 per week change fee

Refunds are not given for participant dismissal, failure to attend, absence, or sick days that are not COVID related.

Pro-rated refunds will be issued for days that camp is not able to open due to COVID-19 regulations.

### BUDDY REQUESTS

We do the best we can to honor buddy requests but have had to rearrange the typical way we group campers due to the current health situation. Both parties must initiate a buddy request.

### FINANCIAL ASSISTANCE

The Trustees is committed to providing environmental experiences for youth regardless of income status. Financial Assistance Applications are available on our camp website or by request. We will accommodate as many families as our funding allows.

## LICENSING & ACCREDITATION

Our camp must comply with regulations of the Massachusetts Department of Public Health and is inspected and licensed each year by the local Board of Health. Parents have the right to request and review the following policies: background check, health care, discipline policies, and grievance procedures.

## III. GENERAL HEALTH, SAFETY & DISCIPLINE INFORMATION

### A. ADDITIONAL HEALTH & SAFETY INFORMATION

In addition to the COVID-19 specific health and safety requirements above, our camp license is based on the following protocols to keep all campers safe and happy. Our on-site Health Care Supervisors and all Camp Educators are certified in Adult and Child CPR and First Aid as well as trained in COVID-19 signs and protocols.

1. **IMMUNIZATION** All health and medical information must be completed during the online registration process. In addition, we require a record of immunization and a proof of physical within 18 months of camp, signed by your child's physician. **The immunization record and proof of physical are due no less than 2 weeks prior to the start of the camp session.**
2. **MEDICATION** We are required to follow strict protocols in the administration of prescription medication. Medication must be provided in the original container with the original prescription instructions attached. Non-prescription medication must be accompanied by a note from the parent and physician. All medication must be given to the Camp Director and will be locked up during the day. Medications will be dispensed by the Health Supervisor only.
3. **SICK CAMPER** Our staff is trained to handle minor illnesses. In the event that a child becomes sick during camp hours, the parent/emergency contact will be notified and asked to pick up the child. Parents should not send children who are sick or infectious to camp. If your child is sick and will not attend camp, please call the Camp Director to let us know.
4. **LATE CAMPER** Please call the Camp Director to let us know your child will be late.
5. **INJURED CAMPER** We have a local doctor on call and staff members are trained in emergency care and first aid. In the case of serious illness or injury, the Camp staff will utilize appropriate police, fire department or ambulance transportation. If this action is taken, the camper will be taken to the closest hospital. Parents will be notified immediately in all cases.
6. **LOST CAMPER** The camp staff is trained in lost camper procedures. In the very unlikely event that your child goes missing, all available staff will follow a predetermined protocol to locate your child. Our staff is instructed to never leave a child alone. We will not release your child into the care of another adult who is not a medical professional without your written authorization.

### B. BEHAVIOR AND DISCIPLINE

The Trustees strives to connect with children at camp by creating a nurturing, safe, fun environment. Campers are introduced to the basic rules of behavior on the first day and are invited to create some guidelines of their own to create a positive and enjoyable time at camp.

*If you know that your child is challenged by staying socially distant from friends or caregivers, wearing a mask, or proper hygiene, please provide us with the tools and language that you use to assist in the situation.*

**Basic rules of behavior** include, but are not limited to:

- Stay with the group
- Follow directions
- Listen to others
- Use appropriate language
- Refrain from rough or violent actions
- Respect fellow campers and staff alike
- Treat all living things with respect

### **DISCIPLINARY ACTIONS**

If a situation should arise in which a child is unable to follow the above rules, or the group is unable to function normally due to behavioral problems, or a camper displays inappropriate behavior that jeopardizes the health and safety of an individual or the camp as a whole, we will take the following steps:

1. The Camp Educator will verbally remind the child of proper behavior and seek to resolve whatever issue is causing the behavior in the first place.
2. The Camp Director will meet with the child to review the incident(s) and review the camp's rules and expectations.
3. If the behavior is especially egregious, the Camp Director will contact the parents and review the documented incidents. At this point, the camp reserves the right to remove the child from the program or seek an alternative solution, as the situation allows.

Corporal punishment, including spanking, is prohibited. No camper will be subjected to cruel or severe punishment, humiliation or verbal abuse. No camper shall be denied food or shelter as punishment. No child shall be punished for wetting, soiling or not using the toilet.

If the Camp staff feels that a child is not adjusting to camp life, we reserve the right to withdraw the child from camp after consultation with and consideration from the parents. Any fees paid in advance will be refunded on a pro-rated basis. Please feel free to contact the Camp Director regarding any problems in your child's adjustment to our camp program.

### **MEETING DIVERSE NEEDS**

We welcome campers of all abilities and backgrounds. To give your child the best possible experience at camp please provide us with the tools necessary by informing us of any and all special considerations prior to your child's first day of camp. This includes information on allergies, accessibility concerns, behavioral, psychological, or emotional conditions or other special needs. Details of any Individualized Education Plans (IEP) or Behavior Plans used with your child at school can often be helpful. The information you provide will be shared only with the camp staff who will have direct contact with your child. While we will make every effort to accommodate all considerations, it is not possible for us to offer 1:1 attention. If your child requires an aide at school or other assistance, he or she must be accompanied by them at camp. At least two weeks advance notice of the need for an aide is required. Aides must follow all camp staff protocols. Please inquire as early as possible.

## **BULLYING PREVENTION POLICY**

During the first day of the camp program we discuss all the stated rules of camp. We repeatedly stress the importance of treating each other with respect. We discourage behavior that is aggressive, purposely embarrassing, physically or emotionally abusive. We train staff to be observant of signs that a child is in distress and to report any incidents to the camp director. We encourage campers to share with staff any acts of bullying towards them or another camper. We also ask that if a parent notices any indication that bullying has occurred that they report it to our camp director immediately so that it can be addressed. If behavior is deemed to be disrespectful to another camper, it will result in a disciplinary course as stated in our discipline policy. Parents of all campers involved will be contacted.

## **IV. PLANNING FOR CAMP**

### **DAILY SCHEDULE**

All campers will arrive at 9AM and be picked up at 3PM.

Our days will be spent around the barn, fields, gardens, and trails, and utilizing the farm and all its hidden gems. The farm's 1,000 acres of pastures, forests, wetlands, and ponds will be additional space for campers to expend energy and explore. We will learn about the farm and wild animals who call Appleton Farms home, cultivate our own gardens, and discover new things about our natural surroundings. We will enjoy snack and lunchtime together, play games, and do crafts.

### **ARRIVAL, SCREENING, AND DEPARTURE**

The week before camp begins for your family, you will receive specific instructions on where your group will be dropped off and picked up, preferably by the same parent/guardian each day. There will be several locations to avoid the mixing of groups. You will also receive details about the required daily screening protocol so that everyone in the family is prepared.

### **WHAT TO BRING**

We want your child to be prepared – but not over-burdened! Please remember to send **each** of the following in a **comfortable** backpack:

- A water bottle(s)
- Two nut-free snacks
- Nutritious nut-free Lunch
- Sunscreen
- Bug repellent
- **Two clean face masks each day** to have one as a backup. Face masks will be required when social distancing is not possible.
- Hand sanitizer in a small container. There will be sanitizing stations around the farm, but please send your child with enough for each day to use around meals, on the trails, etc.

*Shoulder bags, duffle bags, rolling suitcase, etc. are not functional for use on nature trails, please make sure your child has a comfortable backpack that is not too heavy for walking distances.*

### **WHAT TO WEAR**

Please dress your child in clothes appropriate for the outdoor farm environment and prepared for all kinds of activities and weather - check the weather forecast daily.



- Wear sneakers or other comfortable closed-toe shoes, and boots on rainy days as needed.
- Pack a sweatshirt and/or raincoat on cool, wet, or windy days.
- Please send along a hat for sun protection.
- **Flip flops, Crocs, and sandals are not allowed** on the farm or trails.
- Label everything!

*Campers may bring their backpacks with them on hikes, so please only pack what is necessary for that day.*

### **PROTECTION FROM THE ELEMENTS**

Please apply sunscreen and bug spray before camp each day. Staff will remind campers to reapply sunscreen and bug repellent throughout the day. If campers need assistance in reapplying sunscreen and bug spray, staff will do so following safe health guidelines. Staff will also remind campers to do tick checks, but it is still important to conduct a tick check at home each evening.

### **LUNCHES/SNACKS & ALLERGIES**

All campers should arrive each day with snacks and lunch in an insulated bag/box and a refillable water bottle. We cannot heat or cool food. We follow a carry in/carry out procedure, therefore all wrappers, bags, peels, and cores will return home in your camper's lunch box.

**Please alert us** if your child has peanut, nut, shellfish, or any other type of food allergy. Although we will do not use nuts or shellfish in camp recipes, our kitchen is not nut, shellfish, or gluten free. Per camp regulations, we do not allow campers to share food. However, we ask whenever possible that all snacks and lunches must be nut free.

### **WHAT NOT TO BRING**

Electronic devices, such as cell phones, game consoles, and music players, are prohibited. If you feel compelled to send your child to camp with a cell phone, please let him or her know that it is not to be used at camp. If we find children using their devices during camp, our camp staff will hold onto the device for the rest of the day. This summer, campers are also not allowed to bring other toys, tools, or money to eliminate the potential for sharing. Gum is not allowed. Camp staff cannot be responsible for these items should they be brought to camp.

### **EMERGENCIES**

In the case of serious illness or injury, your camper will be taken to Beverly Hospital, 85 Herrick Street. (978-922-3000). Parents will be notified immediately in all cases.

## **IV. Appendices**

Trustees Summer 2021 Camp Waiver & Release

Healthy Camp Begins at Home Information

Meningococcal Disease and Camps





# Trustees Summer Camps

## 2021 Waiver & Release

**PLEASE READ CAREFULLY. THIS DOCUMENT IS LEGALLY BINDING. BY SIGNING THIS AGREEMENT, YOU ARE RELEASING THE TRUSTEES FROM ALL LIABILITY FROM ILLNESS, INJURY, LOSS OR DAMAGE RELATED TO ATTENDING A TRUSTEES SUMMER CAMP.**

**We are committed to following state and local guidelines and reserve the right to update this waiver at any time with notice. Your family's information is kept confidential at all times.**

### **COVID-19 RELATED POLICY AGREEMENTS AS OF 12.1.20:**

- Families must commit to their children's ability to comply with all social distancing and health protocols as established by Trustees camps before sending them. We reserve the right to suspend a camper or cancel a camp group if social distancing or proper hygiene (including mask wearing, handwashing, coughing, nose blowing, etc.) is not possible.
- Screenings of campers and family are required every day upon arrival to camp.
- Campers with underlying health conditions must consult with their doctor about their decision to attend camp.
- Campers may not attend camp if they, anyone in their household, or anyone with whom they have been in contact exhibits any symptoms of COVID-19 or tests positive within 14 days of camp.
- Families are required to prescreen their health status and be conscious of the safety of their family, social, and public activities in the 14 days leading up to camp and during camp itself.
- While we will follow all government requirements to the best of our ability, we are not able to guarantee the health of your child or family.

**2021 Parent Handbook & Refund Policy:** I have read and agree to all of the terms and protocols in the 2021 Parent Handbook and the 2021 Trustees Camps Refund Policy.

**Physical and Immunization Records:** I certify that I will provide The Trustees with documentation of **physical examination** and **immunization** in accordance with MA Department of Public Health requirements for recreational camps at least two weeks prior to the start of the camp session. I understand that a failure to do so will result in my child not being able to attend camp.

**First Aid and Emergency Authorization:** I acknowledge that camp activities come with a risk of injury. I further understand that the staff is trained in basic emergency response. I hereby give permission to

certified staff to provide routine first aid and CPR, to seek emergency medical treatment, and/or to arrange related transportation for my child, as necessary. I agree to hold The Trustees harmless for any loss, damage or injury to person or property that may arise out of my child's participation in this program.

**Non-COVID Related Behavior Policy:** I understand that The Trustees strives to create a safe, fun, and supportive environment. Campers are introduced to the basic rules of behavior at camp on the first day of the session stressing the importance of treating campers and staff with respect. I understand that if a situation should arise in which my child is unable to follow the rules, acts in a manner that makes it impossible for the group to function normally, or displays behavior that jeopardizes the health and safety of an individual or the camp as a whole, we reserve the right to remove your child from the session and will not allow a refund, partial or otherwise.

**Photo Release:** I hereby give permission to The Trustees to use my or my child's photographic likeness in any editorial and/or promotional material produced and/or published by The Trustees in any form of printed or electronic media. I agree to contact The Trustees in writing prior to the camp season if I choose not to allow my child's photo, name or likeness to be used. I hereby waive any right to inspect or approve the finished product in which my or my child's photographic likeness appears, or any copy that may be used in connection with it, now or in the future. I waive any right to royalties or other compensation arising from, or related to, the use of any photographic likeness.

***YOU WILL BE ASK TO SIGN THIS WAIVER & RELEASE UPON REGISTRATION. BY SIGNING THIS WAIVER & RELEASE FORM, YOU ARE RELEASING, WAIVING, DISCHARGING, AND CONVENANTING NOT TO SUE THE TRUSTEES FOR ANY ILLNESS, INJURY, LOSS OR DAMAGE RELATED TO ATTENDING A TRUSTEES SUMMER CAMP.***

# HEALTHY CAMP UPDATE

Parent Information from your  
Camp Professional and ACA

2020

## A HEALTHY CAMP BEGINS AND ENDS AT HOME!

*A healthy camp really does start at home. Here are some things you can do to help your child have a great camp experience.*

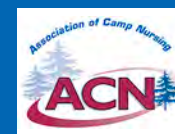
1. If your child is showing signs of illness such as running a temperature, throwing up, has diarrhea, nasal drainage and/or coughing/sneezing, keep the child home and contact your camp director. This greatly reduces the spread of illness at camp but also supports your child's recovery. Know your camp's policy about illness and camp attendance.
2. Teach your child to sneeze/cough in his/her sleeve and to wash his/her hands often while at camp, especially before eating and after toileting. If you really want to achieve impact, teach your child to accompany hand washing with another behavior: keeping their hands away from their face.
3. If your child has mental, emotional, or social health challenges, talk with a camp representative before camp starts. Proactively discussing a camp's ability to accommodate a child can help minimize – if not eliminate – potential problems.
4. Should your child need a particular nutrition plan because of allergies, intolerances or a diagnosis (e.g., diabetes), note these on the Health History form but also contact the camp to make sure (a) they have noted that need and (b) the camp can address it. Discuss how your child will receive appropriate meals and snacks then explain that to your camper. Should your child be uncomfortable with the plan, arrange for a camp staff member to assist/monitor the process until the child is comfortable.
5. Make sure your child has and wears appropriate close-toed shoes for activities such as soccer and hiking, and that your child understands that camp is a more rugged environment than the sub/urban setting. Talk with your child about wearing appropriate shoes to avoid slips, trips and falls that, in turn, can result in injuries such as sprained ankle.
6. Send enough clothes so your child can dress in layers. Mornings can be chilly and afternoons get quite hot. Dressing in layers allows your child to remove clothing as s/he warms while still enjoying camp.
7. Fatigue plays a part in both injuries and illnesses – and camp is a very busy place! If your child is going to a day camp, be sure they get enough rest at night. If the child will be at a resident camp, explain that camp is not like a sleepover; they need to sleep, not stay up all night!
8. Remember to send sunscreen appropriate to the camp's geographic location and that your child has tried at home. Teach your child how to apply his/her sunscreen and how often to do so.
9. Send a reusable water bottle. Instruct your child to use it and refill it frequently during their camp stay. Staying hydrated is important to a healthy camp experience, something your child can assess by noting the color of their urine (“pee”); go for light yellow.
10. Talk with your child about telling their counselor, the nurse or camp director about problems or things that are troublesome to them at camp. These camp professionals can be quite helpful as children learn to handle being lonesome for home or cope with things such as losing something special. These helpers can't be helpful if they don't know about the problem – so talk to them.
11. Should something come up during the camp experience or afterward – you see an unusual rash on your child or the child shares a disturbing story – contact the camp's representative and let them know. Camps want to partner effectively with parents; sharing information makes this possible.

**Want to learn more?** Talk with your director. Build the partnership between you and your child's camp leadership team. It's one way to help your child have the best camp experience possible!

Revision Date: March 2020

Revision done by nurses associated with the Healthy Camps initiative, ACA and ACN: Linda Erceg, Mary Marugg and Tracey Gaslin.

This PDF is intended for camp professionals to distribute to their campers' parents/guardians.



# 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](http://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