

# Health & Wellness

The health, wellness, and safety of our students is our number one priority. In an effort to ensure that all of our students and staff stay healthy, we would like to alert you to the Health & Wellness Procedures that we strictly enforce at our Outdoor Project site.

## Sickness Prevention

- We encourage students, their teachers, and Mosaic staff to be fully vaccinated against communicable diseases (including COVID-19, the flu, RSV, chicken pox) before attending The Mosaic Project's Outdoor Project.
- Because the children will live in close quarters in the cabins, **do not send a child with a communicable disease** such as strep throat, flu, chicken pox, head lice, COVID 19, etc. Keep your child at home until at least 24 hours after they no longer have a fever or other symptoms of illness. This should be determined without using fever-reducing medicines (any medicine containing ibuprofen or acetaminophen). Ensure the student has a negative COVID-19 rapid test.
- We encourage respiratory etiquette by providing staff and students with education and reminders about covering coughs and sneezes and easy access to tissues, running water, and soap or alcohol-based hand sanitizers.
- Students will wash their hands and use hand sanitizer throughout the day. All staff keep alcohol-based hand sanitizers on their person and remind students to sanitize their hands often, particularly before eating and after using the bathroom. We frequently sanitize all mattresses, doorknobs, tabletops, and other surfaces.
- There is an air purifier in each cabin. Windows and doors remain open as weather allows.
- The pool is chlorinated regularly, which is an effective sanitizing measure.

## When a Student Develops Symptoms

- Any student or staff who presents concerning symptoms (fever, abnormal aches or pains, hoarse cough, etc.) will be checked on by staff. We partner with the student's teacher to address their needs.
- We have a designated room on site for providing individual medical attention to students as needed. We are equipped with many over-the-counter medications for headaches, stomach distress, and colds, so it is not necessary to send your child to Mosaic with these types of medication.
- If your child needs over-the-counter medication during the week at the Outdoor School, we will administer it **ONLY** with your written permission on the medical information form. Please be sure to fill this out completely, with specific information regarding physical limitations, allergies, and medication.
- All health issues that arise and treatments given are documented by our team, and shared daily with the student's teacher.
- We partner with the student's teacher to communicate with parents. For concerning or potentially contagious symptoms, the student's parent/guardian will be called, informed of symptoms and COVID-19 test results (when applicable), and may be asked to arrange immediate transportation home if necessary.

### Medical Resources Available to Us

- The Mosaic Project lead staff members are trained in First Aid and CPR, and some hold advanced certifications such as EMT and Wilderness First Responder certifications.
- All staff are equipped with walkie-talkies for immediate coordination of any medical or safety issues that arise. Each cabin is equipped with a walkie-talkie for overnight communications. There are always multiple Mosaic Project staff members on-call during both day and night to address medical and safety issues.
- We have a pediatrician and an emergency room physician on call for us 24 hours a day.
- The nearest hospital, Dominican Hospital, is about 20 minutes away in Santa Cruz.

### Regularly Scheduled Medications

- Students with severe allergies and/or asthma should bring two allergy shots/kits, Epi-pens, inhalers, etc. with them. One will be kept on the student at all times and the other with Mosaic staff.
- **All other medication must be given to your child's teacher** who will administer it to the students when needed. Medication sent with your child must be in its original container with complete instructions for administration. Please discuss your child's medication needs with their teacher and include details in your child's online registration. Other than Epi-pens and inhalers, students do not keep their own regularly scheduled medication on them.
- Students must continue to take any medications that they regularly take at home while at the Outdoor Project. This includes ADD/ADHD and any mental-health related medications.
- If your child has any special physical, medical, or dietary requirements, please write them on the medical form and discuss them with your child's teacher so that we can assure your child receives the best possible care.