



BEYOND CELIAC PRESENTS

SUMMER CAMP WITH CELIAC DISEASE



What is celiac disease?

So you've got a camper with celiac disease. That means they will get sick if they eat even tiny amounts of **gluten**, which is found in **wheat, barley and rye**.

If you've had campers with allergies before, it's the same concept: just keep this camper away from gluten, and they should be able to have a safe and fun camping experience like everyone else!

Accommodating your camper

At meal times, your camper may need to:

- Arrive early and receive their food before others
- Eat food that is different from other campers
- Eat food that they brought from home
- Talk with the food staff
- Sit at a separate table



As their camp counselor, you may need to:

- Remind the camper not to trade food with others
- Read a food label to ensure the product is gluten-free
 - The safest products are **labeled gluten-free** somewhere on the packaging
 - The ingredients list **should not include wheat, barley or rye**
 - Pro-tip: most marshmallows and chocolates are gluten-free, but graham crackers are not!
- Intervene if another camper is bullying your gluten-free camper



What to do if your camper gets sick

Accidents happen. Unfortunately, there's no treatment for celiac disease—if your camper ingests gluten, they'll just have to endure the symptoms. However, there are some ways you can make it easier on them:

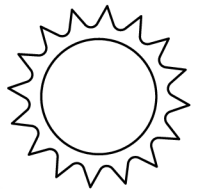
- If your camper is vomiting or having diarrhea, try to get them access to a private bathroom for the duration of their symptoms, perhaps at the nurse's cabin. If possible, wash soiled clothing.
- If your camper has headaches or fatigue, they may need to rest at the cabin for a day or rest in the shade during group activities.
- Campers with dermatitis herpetiformis, an itchy, **non-contagious** skin rash that is a symptom of celiac disease, may have a medication called "dapsone" they can take.

Do **not** give your camper an auto-injector like Epi-Pen or allergy medication like Benadryl. Celiac is an autoimmune disease, not an allergy, so those medications won't have an effect.

Symptoms vary widely, so it's best to come up with a **treatment plan with your camper and their guardian(s) beforehand**. Above all, be understanding. No kid wants to be sick during camp, and no kid wants to feel left out. With your help, your camper can have a wonderful summer!

Letter from the camper to you

Have the camper and/or their guardian(s) write their top tips below



Looking for more resources on celiac and the gluten-free diet? Scan me!