

## Helping Campers Have A Healthy Summer

(NAPSA)—Summer camp memories should include sunny days on the lake and marshmallow roasts around the fire—not cold sores, head lice and foot fungus. Still, experts warn that these and other health conditions are common at summer camps and wherever else communal living is the norm.

“Think about the typical bunking situation at camp, and it can be easy to see how hair brushes, lip balm, towels, sheets and even toothbrushes can get mixed up,” says Amy Lipton, a mother and entrepreneur who’s worked with summer camps to keep kids healthy. “Those mix-ups can lead to all sorts of health issues ranging from rashes to colds.”

To help, Lipton’s company, called Stuck on You, provides personalized labels that campers can use to keep track of their belongings. The colorful, waterproof and durable vinyl labels are great on personal items such as medicines, inhalers, hairbrushes, toothbrushes and footwear, while the iron-on labels can be used on towels, bedding and clothing. And because kids can go online and design the labels themselves, they’re more apt to recognize them later on.

### A Matter Of Safety

But labels don’t just help kids keep track of their things. Parents can also use them to alert camp counselors to a child’s pre-existing health condition. Lipton offers



**Camp Safety—Labels can keep campers from mixing up their toothbrushes, medication and more.**

Allergy Packs with labels that can be stuck on lunch boxes, EpiPens and just about anything else to alert counselors to food sensitivities, bee-sting allergies and more. Camp directors can also use Allergy-free Zone labels to designate Nut-Free Zones, Dairy-Free Zones and Egg-Free Zones. More than 100 vinyl allergy labels and allergy-warning items (wristbands, bag tags and more) are available.

For more information or to access a free camp packing list that can help get kids involved in packing and labeling, visit the Web site [www.stuckonyou.biz](http://www.stuckonyou.biz) or call (888) 236-2800.