

Highlights of CDC Summer Camp Guidelines Regarding the Identification and Control of Novel Influenza A (H1N1)¹

Developed by the El Paso County Department of Health and Environment in conjunction with the Colorado Department of Public Health and Environment

Initiate Preparedness Steps for Camps

- Review and comply with state health department regulations regarding childcare facilities and residential camps.
- Pre-plan with parents/guardians regarding how illnesses or health emergencies among campers will be handled.
- Train camp staff about communicable disease prevention, including how to recognize influenza-like illness (ILI) and how to report possible cases of ILI to camp leadership.
- Provide information about influenza H1N1 infection to campers and staff, which is age-appropriate and can be understood by both English and non-English speakers.
- Consult with your local health department if you have questions about camp preparation.

Implement Infection Control Measures

- Make hand washing facilities (running water and liquid soap) available. Take time to teach campers and staff the proper method of hand washing and to cover their coughs or sneezes.
- Have alcohol-based hand sanitizers available if hand washing facilities are not available (such as on hikes); alcohol-based hand sanitizers are effective when hands are not visibly soiled.
- Clean all areas and items that have frequent hand contact (such as tables, faucets, doorknobs, handrails, phones). Commercial cleaners and disinfectants routinely used by the facility should be sufficient.

Reduce the Risk of Bringing Novel Influenza H1N1 Virus into the Camp Setting

- Instruct campers and staff who currently have or have had an influenza-like illness in the previous 7 days not to attend camp until 7 days after their symptoms began or until they have been symptom-free for 24 hours, *whichever is longer*.
- Screen for illness among all newly arriving camp attendees and staff by asking if they have had any symptoms of influenza-like illness in the previous 7 days. Persons who still have symptoms should be excluded from camp activities (and potentially asked to return home).
- Record a health history of each camper and staff member. Note any conditions that may place them at high risk for complications of influenza, such as asthma, weakened immune system, chronic heart, lung or kidney problems, diabetes, pregnant women.

Rapidly Detect and Manage Cases of Influenza-Like Illness in the Camp Setting

- Instruct campers and staff to immediately inform camp management if they develop an influenza-like illness (ILI) while at the facility. Maintain a list of ill persons, including name, age, what symptoms are occurring and when symptoms began.
- Educate camp staff to monitor campers for illness.
- Separate any camper or staff who develops influenza-like illness to reduce the risk of spread to others. Arrange for separate sleeping facilities and meals for ill campers or staff should they remain at camp. Talk to local public health for additional guidance on isolating ill persons.
- Monitor ill campers or staff and assess if they need additional medical care. Not all patients with suspected novel influenza H1N1 infection need to be seen by a health care provider. Patients with severe illness and those at high risk for complications from influenza should be evaluated by a medical provider.
- Do not administer aspirin or aspirin-containing products to any person 18 years old or younger with a confirmed or suspected case of influenza virus infection, due to the risk of Reye syndrome.

Report suspected cases of influenza H1N1 infection to your local health department.

Web site References:

Symptoms of novel influenza H1N1

- www.cdc.gov/h1n1flu/qa.htm

The symptoms of influenza usually include fever plus at least either cough or sore throat. These symptoms are often referred to as an influenza-like illness (ILI). Influenza infection can also lead to additional symptoms like headache, tiredness, runny or stuffy nose, body aches, chills, diarrhea, and vomiting. Like seasonal flu, novel influenza H1N1 infection in humans can vary in severity from mild to severe.

Novel influenza H1N1 virus is thought to spread in the same way that seasonal influenza viruses spread, mainly through the coughs and sneezes of people who are sick with the virus. People may also become infected by touching something with flu viruses on it and then touching their mouth or nose.

Camp Preparation and Overview of Influenza H1N1 Infection in Other Languages

- <http://acacamps.org/publicpolicy/regulations/>
- www.cdc.gov/h1n1flu/espanol/
- www.cdc.gov/other/languages/

How to wash your hands

- www.cdc.gov/cleanhands/

FOR CAMP MEDICAL PROVIDERS – Keep a copy of these guidelines with you during camp sessions. Report suspect cases of influenza H1N1 infection to local public health.

- Disease background, how to diagnosis and test patients with possible influenza H1N1 infection
<http://www.cdphe.state.co.us/epr/Public/H1N1/0602HANUpdate.pdf>
www.cdc.gov/h1n1flu/identifyingpatients.htm
- Antiviral use for influenza H1N1 infection
<http://www.cdphe.state.co.us/epr/Public/H1N1/430AntiviralRecs.pdf>
- Taking care of a sick person in the home
www.cdc.gov/h1n1flu/guidance_homecare.htm

Report suspected cases of influenza H1N1 infection to your local health department

¹ Adapted from “Interim CDC Guidance on Day and Residential Camps in Response to Human Infections with the Novel Influenza A (H1N1) Virus”. Available at: www.cdc.gov/h1n1flu/camp.htm