

STATE OF COLORADO

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Dedicated to protecting and improving the health and environment of the people of Colorado

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Colorado Department
of Public Health
and Environment

June 19, 2009

Subject: CDC H1N1 Guidelines for Day and Residential Camps

Dear Colorado Child Care Provider or Summer Camp Administrator,

The Centers for Disease Control and Prevention (CDC) recently released guidance materials developed specifically for day and residential camps on controlling the spread of human infections of the novel influenza A (H1N1) virus. These guidelines contain valuable information to assist in the preparation and response to influenza-like illness (ILI) that may occur in child care facilities and summer camps. Specifically, the guidelines recommend working directly with local health agencies to develop contingency plans to rapidly address illnesses and health emergencies. Working with your local health agency and nurse or medical consultant before an outbreak occurs is paramount to protecting your staff and campers.

We have provided a snapshot of key recommendations from CDC's guidance below but encourage you to review the document in its entirety at <http://www.cdc.gov/h1n1flu/camp.htm> for additional information on managing illness and outbreaks in the child care setting.

Symptoms of H1N1 – Symptoms usually include fever and a cough or sore throat. These symptoms, often referred to as ILI, also can lead to additional symptoms such as a headache, tiredness, a runny or stuffy nose, body aches, chills, diarrhea and vomiting.

How it spreads – H1N1 mainly spreads through the coughs and sneezes of people who are sick with the virus. People also may become infected by touching something with flu viruses on it and then touching their mouth or nose.

Key Recommendations

- Provide information to campers and staff prior to arrival at the camp stating that they are not permitted to attend camp if they have ILI symptoms.
- Screen campers for ILI symptoms as they arrive.
- Educate campers and staff to recognize the symptoms of ILI and to promptly report illness to camp management. Assure that the camp has mechanisms in place to receive and quickly evaluate illness complaints.
- Identify campers and staff with underlying medical conditions that may place them at high risk for complications of influenza infection.
- Develop a mechanism for contacting parents and guardians on an urgent basis if necessary.

June 19, 2009

Page 2 of 2

- Plan ahead for the need to isolate ill campers and staff, and have procedures in place to transport those with symptoms either home or to receive medical care.
- Teach and reinforce good personal hygiene practices, including covering your cough and hand washing. Have educational materials available in both English and Spanish.
- Make hand washing facilities, including running water and liquid hand soap, readily accessible; alcohol-based hand sanitizers may be used if hands are not visibly soiled (for example, on hikes).
- Clean all areas and items that are more likely to have frequent hand contact (like doorknobs, faucets, handrails) routinely.

We also have included an [Influenza-Like Illness Outbreak Surveillance Form for Camp Settings](#) to assist you with tracking and managing illness.

As a reminder, the Gastrointestinal Illness in Children's Resident Camp Guidelines are available on the State Health Department's Web site at

http://www.cdphe.state.co.us/cp/CPDGuidelines_CC_Camps.pdf

Again, please contact the local health agency in your area at the first sign of an outbreak and in the event you have questions or need assistance.

Sincerely,



Therese Pilonetti
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