COUNTY OF ORANGE
HEALTH CARE AGENCY

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**To: Parents of Campers, Chaperones and School Staff**

**Re: Preventing Illness at Camp**

**Camp is a fun, exciting and educational time for all. However, the close living arrangements for extended periods of time sometimes allows contagious illnesses such as influenza or norovirus to spread rapidly. Here are some tips to prevent illnesses at camp.**

## *Before going to camp . . .*

- Persons should NOT attend camp if they are ill with fever, vomiting, and/or diarrhea. Campers may be asked to stay home for other symptoms (such as "pink eye", etc.) as well, similar to school exclusion policies.
- Persons recently ill must be symptom-free for at least 24 hours prior to attending camp. This means the fever must be gone for at least 24 hours without the use of fever-reducing medications, and any vomiting or diarrhea must also be gone for at least 24 hours. During an outbreak situation, people may be asked to stay home longer.
- If family members have recently been ill, please let camp staff know so the health of your camper can be monitored closely.
- Make sure your child is up-to-date on all recommended vaccinations, including influenza.
- If you have any questions about policies and procedures at the camp, your best source of information is the school organizer or camp director.
- Review the "At the camp…." recommendations with your camper prior to departure.

## *At the camp . . .*

- **Wash your hands often**. Hand washing is one of the best ways to prevent the spread of infections. Make sure to wash hands for at least 15 seconds with soap and water. Always wash your hands before, during, and after preparing food; before you eat; and after you use the bathroom. Also, wash hands after handling animals. Alcohol-based hand rubs can be used when hands are not visibly soiled or contaminated and soap and water are not available.
- **Cover your cough**. Cover your cough and sneezes in your elbow or with a tissue. Put the tissue in the trash right away and wash your hands.
- **Report any illnesses to the camp staff.** If you become ill while at camp, let the camp staff know immediately so as to prevent others from becoming ill.
- **Avoid contact with wild animals**. Do not attempt to feed or pet wild animals. Do not disturb rodents, burrows, or dens.
- **Do not share personal items**. Do not share water bottles, toothbrushes, towels, razors, etc. with others.

For information about influenza, see www.ochealthinfo.com/epi/flu.
For information about norovirus and other viral gastroenteritis, see www.ochealthinfo.com/epi/noro.

***Anyone who goes home ill should be advised that they can spread illness to their families and should take precautions within the household. Ill campers should check with the school nurse prior to returning to school.***

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