



**New York State and Westchester County Department of Health  
Guidance for Camps on H1N1 (Swine Flu)  
June 26, 2009**

**Please read the attached guidance carefully. We have arranged a conference call to review this and answer your questions on Wednesday, July 1 at 1:45 p.m. To participate in the conference call, dial 914-864-5472, follow the voice prompts for the H1N1 Camp Teleconference and use meeting ID: 7109**

Please note that this guidance is also being sent via e-mail to all Camp Operators who are on our camp e-mail list. Future updates will **only** be sent by e-mail. If you did not receive this document by e-mail, please contact Susan Simmons at [sasy@westchestergov.com](mailto:sasy@westchestergov.com) or (914) 813-5122 to be added to our e-mail list. All we need is your name, title, the camp name and your e-mail address.

Administrators and staffers should urge parents to keep ill children home from camp and should urge staffers to stay home when ill, too. This, plus covering coughs, frequent hand washing and sneezing into an elbow, will help reduce the spread of influenza in camps.

We do not advise camp closure in response to a possible or confirmed case of H1N1 (swine flu) or increased absenteeism or illness, unless so many staffers and campers are out that it interferes with a camp's safety or ability to function.

Detailed information on prevention and control, screening, infection control, considerations for high-risk campers and staff, cleaning and disinfecting, food service, restrictions on sick campers, special concerns for overnight camps and reporting and notification requirements follows below.

### **Initial Screening and Reporting**

All camp community members should know the signs and symptoms of flu and should know to notify the camp health director of any evidence of flu.

**Instruct campers to let counselors know if they feel sick and teach counselors to send their campers with a cough or sore throat and possible fever to have their temperature taken by appropriate staff.**

Screen new campers and staff as they arrive for any current illness or flu-like symptoms. These symptoms include a measured temperature greater than 100° degrees and a cough or sore throat. Some people also experience headache, tiredness, runny or stuffy nose, body aches, diarrhea and vomiting.

Ask new campers and staffers if they have been exposed to anyone with flu-like symptoms during the past seven days. Document that information.

**Anyone with flu-like illness should have their temperatures taken by camp staff. Those with a measured temperature greater than 100°F AND cough or sore throat should be considered to have flu-like illness. They should be kept separate from well campers and**

**staff and either sent home or managed on site as described below in Restrictions and Exclusions. Parents should be advised to contact their child's healthcare provider for additional medical advice. Adult staff should be similarly advised.**

Staff should record the child's temperature, and whether he or she has a cough or sore throat, on their daily medical log. Staff should check the medical log entries daily for increased cases of flu-like illness. If you send home 1 percent or more of your total enrollment on any given day with a documented temperature greater than 100° and a cough or sore throat, you should report this to the Westchester County Health Department. Clusters of illnesses also should be reported.

**Subpart 7-2 of the State Sanitary Code requires camp operators to notify their local health department within 24 hours when an illness suspected of being water-, food-, or air borne, or spread by contact is identified.**

Local and state health departments are available to consult on prevention and control of any case or outbreak of illness in a camp. Parents must be notified of illness outbreaks. Please contact the Westchester County Health Department for assistance and for template letters that can be used.

If multiple campers and/or staff have flu-like illness, your camp may be experiencing an outbreak. **You must report these illnesses to the Westchester County Health Department within 24 hours.** Depending on the situation, the Westchester County Health Department may recommend testing for H1N1 (swine flu).

**The number to call for H1N1 (swine flu) on weekdays between 8:30 a.m. and 4:30 p.m. is (914) 813-5159. After hours and on weekends and holidays, call our 24-hour message center at 1-800-957-0963. An employee of the Westchester County Health Department will retrieve messages left at this number around the clock and will respond.**

**To report all other illnesses or injuries please call our routine district office numbers: 914-813-5134 (New Rochelle office), 231-2975 (Yonkers office) or 864-7331 (Mount Kisco office) during normal business hours. To report other illnesses and injuries after normal business hours call 1-800-957-0963. An employee of the Westchester County Health Department will retrieve messages left at this number around the clock and will respond to you.**

If you have an outbreak, keep a log of ill campers and staff. For each ill person, this log should include the name, age, sex, group name, cabin or bunk, date and time of symptom onset, symptom list, duration of symptoms (hours), specimens collected, treatment provided, disposition (went home, etc.), and job duties for staff. A template, Outbreak Case Histories, is attached.

### **Infection Control**

Campers and staff with flu-like illness who are seen by the camp health staff should be asked to wear a surgical facemask, as tolerated, upon entry, while waiting, and while being examined and treated.

Camp health staff who examine or provide direct medical care for campers or staff with flu-like illness should wear a surgical facemask and gloves. Ideally, they should put the facemask on before entering the room.

Camp health staff should be instructed to wash hands thoroughly and put facemask on first, followed by gloves. After caring for a patient, remove gloves first, then facemask, and wash hands thoroughly.

Meticulous hand hygiene should be performed before and after removing gloves and facemask and before and after caring for each patient.

### **High Risk Populations**

Identify campers and staffers who may be at higher risk for flu complications because antiviral medications may be recommended if they are in close contact with someone with H1N1 (swine flu) or regular flu.

**Camp directors may want to pre-screen staffers and campers to identify high risk individuals before camp begins or during the first days of camp to make it easier to notify them of the need to consult a physician.**

### **High risk populations include:**

- Children under age 5
- Adults age 65 and over
- People with asthma, diabetes, chronic pulmonary disease, cardiovascular disease (except hypertension); renal, hepatic or hematological disorders (including sickle cell disease), neurologic, neuromuscular or metabolic disorders; or immunosuppression (including that caused by medications or by HIV)
- Pregnant women
- Anyone under age 19 who receives long-term aspirin therapy

### **Prevention and Control**

All staffers and campers should be taught to:

- Cough and sneeze into their elbow and to limit handshakes, hugs and kisses.
- Wash hands frequently, especially before eating or preparing food. Lather up with soap and warm water for 20 seconds after using the toilet. Staff should monitor campers' hand washing.
- Hands should be washed with soap and warm water prior to performing ceremonial hand washing (*Asher Yatzar or Netilat Yadayim*)
- Consider making alcohol-based hand sanitizers available throughout the camp. These should be used where soap and water is not available, but should not substitute for soap and water when hands are visibly soiled or potentially contaminated with body fluids.
- If campers are at high risk for complications from H1N1 and have been in close contact with campers or staff with flu-like illness, parents should be alerted to contact their child's physician to see if their child should be given antiviral medication as a precaution.
- Staffers who are at high risk of complications of H1N1 should also be alerted to contact their physician to see if they should be given antiviral medication as a precaution.

### **Cleaning and Disinfection**

Bathrooms and sleeping areas used by sick campers and staff and high-touch surfaces require increased housekeeping emphasis.

Regularly clean and disinfect bathrooms and high touch surfaces. These include toys, sports equipment, tabletops, faucets, door handles, computer keyboards and the handles of communal

washing cups. Disinfect hard, non-porous surfaces with chlorine bleach, at 1 part household bleach to 50 parts water. Always follow label precautions.

Educate staff on the use of gloves and masks and disposable cleaning products.

Staff should thoroughly wash hands and be encouraged to change to clean clothes after cleaning “sick” areas and before resuming other activities.

### **Food Service**

If ill campers or staffers are identified, discontinue self-serve salad and sandwich bars, family-style service and buffets. Use only servers.

Tables and all dining areas should be wiped down after each use using a bleach solution of 1 part household bleach to 50 parts water. Allow surfaces to air dry.

Do not allow use of shared eating utensils, drinking cups, etc.

**All single service items are to be individually wrapped or dispensed in a sanitary manner.**

Consider replacing salt, pepper, ketchup and other condiments with single service packets.

### **Restrictions and Exclusions**

Campers and staffers with flu-like illness should be excluded from camp activities and should not go into the community, except to seek medical care, until 24 hours after the symptoms subside.

Ill campers and staff must be isolated from other well campers in the infirmary or in a location apart from uninfected campers and staff. Ill day campers should be sent home or isolated from others until their parents or guardians pick them up. Once sent home, ill campers should remain at home and should not attend alternative childcare or gather with groups of people.

Flu may result in a residual cough. If seven days have passed, the camper is fever free and otherwise feels well for at least 24 hours, the camper or staff member can resume activities even if he or she has a residual cough.

If a camper or staff member is unlikely to have flu and an alternative diagnosis, such as strep throat, is made by a health care provider, the camper or staffer can resume activities as appropriate for the diagnosis.

**Campers who have been excluded for fever and respiratory symptoms do not need a doctor’s note to resume camp activities.**

### **Reporting and Notification**

#### **Special Considerations for Overnight camps**

- Do not overcrowd bunks. Maintain at least six feet separation between the heads of beds in sleeping quarters.
- Arrange beds so that campers lay head-to-toe or toe-to-toe, whichever will provide the greatest distance between faces.
- Use sheets or curtains to create temporary barriers between beds.
- Avoid housing sick campers with others.
- When ill campers or staffers are identified, handle their linens, sleeping bags, mattress covers and clothing as little as possible. Promptly clean, disinfect, remove or discard these items. These soiled items should be laundered with detergent in hot water (at least 140 degrees F) t maximum cycle length and then machine dried on the highest heat

setting. If on-site laundry cannot reach 140 degrees F, soiled items should be double bagged in plastic and taken offsite for proper washing and drying. If soiled items are sent home, instruct parents or caregivers on proper washing and drying.

- Camp directors can consider sending home campers and staff with flu-like illness or managing ill individuals at camp.
- **If individual rooms for people with flu symptoms are unavailable, consider designating a large room, cabin or tent as a sick room, with beds at least six feet apart. Consider erecting temporary barriers between beds and providing separate bathrooms nearby for those who are ill.**
- **Designate staff to care for those who are ill and limit their interaction with other campers to decrease the risk of spreading flu to other campers.**
- Do not house new arrivals with sick or recovering campers and staff.
- Consider placing limits to entry and exit from camp and postponing or restricting inter-camp activities and visitors when campers or staff experience flu-like symptoms.

#### **ADDITIONAL INFORMATION**

- **NYSDOH Public Web Site, H1N1 Flu (Swine Flu)**  
<http://www.health.state.ny.us/diseases/communicable/influenza/h1n1/>
- **H1N1 Frequently Asked Questions and Answers**  
[http://www.health.state.ny.us/diseases/communicable/influenza/h1n1/questions\\_and\\_answers.htm](http://www.health.state.ny.us/diseases/communicable/influenza/h1n1/questions_and_answers.htm)
- **Clinical Guidance for Assessment, Testing, and Treatment of Novel Influenza A (H1N1) Virus**  
[http://www.health.state.ny.us/diseases/communicable/influenza/h1n1/clinical\\_guidance\\_for\\_children.htm](http://www.health.state.ny.us/diseases/communicable/influenza/h1n1/clinical_guidance_for_children.htm)
- **“Be a Good Hand Washer” poster**  
<http://www.health.state.ny.us/environmental/docs/handwashing.pdf>
- **"Your Health is in Your Hands" poster**  
[http://www.health.state.ny.us/diseases/communicable/influenza/your\\_health\\_is\\_in\\_your\\_hands\\_poster.htm](http://www.health.state.ny.us/diseases/communicable/influenza/your_health_is_in_your_hands_poster.htm)

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DEPARTMENT OF HEALTH