



JOHNSON COUNTY HEALTH DEPARTMENT

dedicated to the prevention of disease and promotion of wellness for our community.

FOR IMMEDIATE RELEASE:

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GUIDANCE ON CAMPS

(OLATHE, KS – **JULY 1, 2009**) The Johnson County Health Department along with the Centers for Disease Control and Prevention (CDC) is releasing the following recommendations for reducing the spread of H1N1 influenza in day and residential camps in Johnson County.

- Campers and staff should stay home (or away from others) when ill. Camp attendees, staff, and volunteers should immediately tell camp management if they have had an influenza-like illness in the seven days prior to arrival. Those who have been ill should not attend camp for seven days after their symptoms began or until they have been symptom-free for 24 hours, whichever is longer.
- Encourage people to cover their cough or sneeze and to use good hand hygiene. Hand washing facilities including running water and liquid hand soap should be readily available; alcohol-based hand sanitizers may be used if soap and water are not available.
- Campers, volunteers, and staff who develop an influenza-like illness should be immediately separated from the general population and kept away from well campers until they can be returned home or taken for medical care.
- Linens, eating utensils, and dishes used by the sick do not need to be cleaned separately, but should not be shared without thorough washing. Bed sheets and towel should be washed in hot water using laundry soap and tumbled on a hot setting.
- Persons at increased risk for severe illness from flu include: people 65 years and older, children younger than five years, pregnant women, and people of any age with chronic medical conditions, like diabetes, asthma, immune-suppression or chronic lung disease.
- Symptoms of H1N1 influenza are similar to those of the regular flu and include fever, cough, sore throat, headache, tiredness, runny or stuffy nose, body aches, chills, diarrhea, and vomiting.

For more detailed guidance on camps and H1N1 flu, go to <http://www.cdc.gov/h1n1flu/camp.htm>

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