



H1N1 (Swine) INFLUENZA PREVENTION TIPS FOR SUMMER CAMPS

Influenza Like Illness (ILI)

- Fever
- Cough
- Sore throat
- Runny Nose
- Stuffy Nose
- Body Aches
- Chills
- Headache
- Fatigue

- ◆ **Wash hands frequently.** Alcohol-based hand sanitizers may be used if no running water is available.
- ◆ **Sanitize all common areas and items** that are likely to be shared by campers and staff.
- ◆ **Persons with ILI should not attend camp** activity for 7 days after symptoms onset or until symptom-free for 24 hours, whichever is longer.
- ◆ **Early recognition of illness and rapid isolation** of those that are experiencing symptoms is essential.

Preventative Measures

- Wash Hands
- Cover Your Cough and Sneeze
- Avoid Touching Eyes, Mouth, Nose
- If You Feel Sick, Stay Home

- ◆ **Plan ahead** including training for staff, educational materials for campers and partnership with your local health department.

For More Information: Call 304-344-KCHD
Visit www.kchdvw.org/h1n1 or www.cdc.gov/h1n1flu/camp.htm

