

PREVENTING ILLNESSES AT DAY AND RECREATIONAL CAMPS

Last updated May 26, 2022

For a safe and enjoyable camp season, York Region Public Health reminds you to follow proper infection prevention and control practices at camp to prevent the risk of illness.

Monitor for signs and symptoms of illnesses

All campers and staff should be monitored for signs and symptoms of illness to prevent the spread of infectious diseases. Individuals showing signs and symptoms of illness should stay home and not come to camp. If individuals show signs and symptoms of illness after arriving at camp, separate ill individuals from healthy campers and staff and quickly bring them to the attention of a health care provider or camp nurse, if needed, and ensure they leave camp. If ill individuals can tolerate wearing a mask while they are waiting to be picked up to leave camp, they should wear a well-fitted medical mask.

Signs and symptoms of illnesses may include:

- Chills and fever
- Runny nose
- Sneezing
- Cough
- Headache
- Vomiting
- Diarrhea
- Sore throat
- Redness and irritation of the eye(s)

For COVID-19 specific symptoms, please see “Symptoms” in the [Management of Cases and Contacts of COVID-19 in Ontario](#) document by the Ministry of Health.

Encourage campers and staff to be up to date with their immunizations, including COVID-19

York Region Public Health is dedicated to supporting the health, safety and well-being of campers, staff, visitors and operators through the summer of 2022. Public Health strongly encourages all eligible individuals to be up to date with COVID-19 vaccines as soon as possible if they are not already.

Campers who are up to date with their COVID-19 vaccines will help limit the spread of COVID-19 while also keeping kids safe in camp and reducing staff illness and shortages. Currently everyone five years of age and older is eligible to get vaccinated with two doses of vaccine; individuals 12 years of age and older are eligible to receive three doses of vaccine. See the [COVID-19 Vaccine Administration Guide or york.ca/COVID19VaccineInfo](#) for further details on doses and intervals.

PUBLIC HEALTH

1-877-464-9675
TTY 1-866-512-6228
york.ca



In addition, it is also important for campers and staff to be up to date on routine immunizations, including vaccines to protect against infection of measles, mumps, rubella, pertussis and school-aged vaccines. Routine immunizations can be received through primary care providers. Student 'catch-up' immunizations against Hepatitis B, Human Papillomavirus (HPV) and meningococcal disease are available through York Region Public Health by appointment at york.ca/immunization.

Information about COVID-19 vaccinations, booster doses and clinic locations can be found at york.ca/COVID19Vaccine

Preventing illnesses at camp by following proper infection prevention and control (IPAC) practices

HAND HYGIENE

Proper handwashing is the most effective way to prevent the spread of infection. Ensure staff and campers practice proper handwashing throughout the day.

Hands should be washed:

Before serving food, eating, putting on personal protective equipment, and interacting with those who are ill.

After using the washroom, coughing, sneezing, or blowing nose, interacting with those who are ill, handling chemicals, animal wastes, touching dirty surfaces, equipment or tools, removing personal protective equipment, and playing outside.

Proper handwashing steps:

Wash hands frequently for at least 15 seconds using the six-step method.

Hand Sanitizer (Alcohol-based Hand Rub)

Use hand sanitizer that contains 60 to 90 per cent of alcohol when handwashing facilities are not available and hands are not visibly soiled. When using a hand sanitizer, apply enough to wet the entire hand and rub solution into hands until completely dry. If hands are visibly soiled, a moist towelette can be used to remove any soilage before using the hand sanitizer. Ensure to check the hand sanitizer expiry dates and do not use expired products.



RESPIRATORY ETIQUETTE

Proper respiratory etiquette is important to prevent the spread of infectious droplets when coughing or sneezing. Ensure staff and campers practice proper respiratory etiquette such as coughing and sneezing with their mask on or into a tissue/sleeve (not their hands) if they are not masked.

CLEANING AND DISINFECTION

In addition to practicing good hand hygiene, it is important that staff properly clean and disinfect equipment and surfaces to prevent the spread of germs.

Cleaning comes first. Cleaning is the physical removal of visible dirt and organic matter. There are three steps to the cleaning process: **wash, rinse and dry**. All three steps must be done properly, prior to disinfecting. Clean with an all-purpose detergent, water and friction.

Disinfection comes next. Disinfection is a process that destroys most germs. Disinfectants are chemicals used for the process of disinfecting. To work properly, they must be applied to a clean surface, at the proper strength/concentration, for the required contact time. Always follow the manufacturer's directions.

Ensure to check expiry dates of all chemical products and do not use expired products.

Pay attention to the following areas for cleaning and disinfection:

1. Frequently touched surfaces such as door handles, light switches and dining tables
2. Sports equipment and other shared equipment
3. Mattress covers, furniture, and equipment in living and sleeping quarters
4. Toilet seats, urinals, and washrooms
5. Areas that have been contaminated by vomit, feces and other body fluids
6. Garbage collection areas

Please refer to the [Cleaning and Disinfection Poster](#) for additional details.

If you have any questions about IPAC measures, please call Health Connection 1-800-361-5653; TTY (for the deaf or hard of hearing): 1-866-252-9933; or email Health.Inspectors@york.ca

For Recreational Camps:

REPORTING A SUSPECTED OUTBREAK

An outbreak occurs when there is an increase of illness with similar signs and symptoms in a specific location over a period of time.

If there is a suspected or known enteric or respiratory (non-COVID) outbreak at the camp, staff are to immediately notify York Region CID intake line cidintakeline@york.ca or 1-877-464-9675 ext. 73588 (Monday to Friday, 8:30 a.m. to 4:30 p.m.), or at 905-953-6478 (after hours).

Note: *The recommendations provided are subject to change based on updates provided by the Ministry of Health or local guidance documents. Please keep yourself updated on all changes by reviewing york.ca/infectionprevention.*

For any inquiries, please contact [Access York](#) 1-877-464-9675, TTY: 1-866-512-6228 (for deaf and hard of hearing), or email accessyork@york.ca