

# PREVENTING ILLNESSES AT DAY AND RECREATIONAL CAMPS

Last updated July 26, 2023

For a safe and enjoyable camp season, York Region Public Health (YRPH) 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 routine immunizations and when to get a COVID-19 booster vaccine

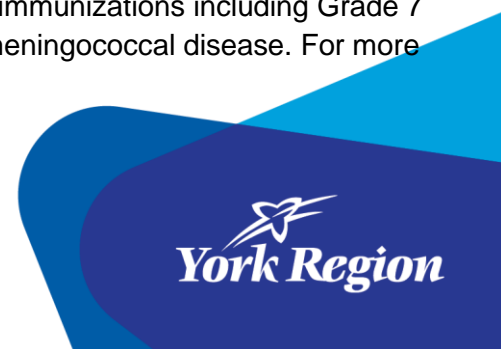
YRPH is dedicated to supporting the health, safety and well-being of campers, staff, visitors and operators through the summer of 2023.

Campers and staff need to be up to date on routine immunizations, including vaccines to protect against measles, mumps, rubella, pertussis and other vaccine preventable illnesses. Routine immunizations can be received through a health care provider or public health clinics.

YRPH offers student catch-up immunization clinics offering routine childhood immunizations including Grade 7 vaccines that protect against Hepatitis B, Human Papillomavirus (HPV) and meningococcal disease. For more information or to book an appointment, visit [york.ca/immunizations](https://york.ca/immunizations).

### PUBLIC HEALTH

1-877-464-9675  
TTY 1-866-512-6228  
[york.ca/InfectionPrevention](https://york.ca/InfectionPrevention)



YRPH also provides COVID-19 vaccination clinics for paediatric and adult COVID-19 vaccines to eligible individuals six months of age and older, including primary series and boosters. For COVID-19 booster vaccines, the Ontario Ministry of Health recently recommended that all individuals 5 years of age and older should consider delaying a COVID-19 vaccine until the fall of 2023. Delaying a booster dose in the fall provides the best chance of protection from serious outcomes of COVID-19 when peak circulation of the virus is expected. For more information about when to get a primary series and/or a booster dose, visit [york.ca/COVID-19Vaccines](https://york.ca/COVID-19Vaccines).

## Prevent 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 70 to 90% alcohol** with Natural Product number (NPN) 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 AND MASK USE

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 into a tissue/sleeve (not their hands).

Masking remains an effective way to protect yourself and others from COVID-19 and other respiratory viruses (such as influenza or RSV), especially in crowded indoor public settings with poor ventilation.

Masking remains a personal choice. Please remember to be kind and respectful of people's choice to mask or not mask.

## 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 disease-causing microorganisms.

**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 disease-causing microorganisms. 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.

***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.**

## 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.

**Report suspected or known enteric or respiratory outbreak at the camp to York Region CID intake line [CIDIntakeLine@york.ca](mailto: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)**

**For more information on infection prevention and control, contact York Region Health Connection 1-800-361-5653, TTY 1-866-512-6228, [Health.Inspectors@york.ca](mailto:Health.Inspectors@york.ca)**

***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](https://york.ca/InfectionPrevention)