

Preventing Illness at Recreational Camps

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

Signs and symptoms of illnesses

Signs and symptoms of illness may include:

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

In order to prevent the spread of an illness, separate ill individuals from healthy campers and staff, and quickly bring them to the attention of a health care provider.

Preventing illness at camp – Follow Proper Infection Prevention and Control Practices

1. Hand Hygiene

Proper handwashing is the most effective way to prevent the spread of infection.

Hands should be washed:

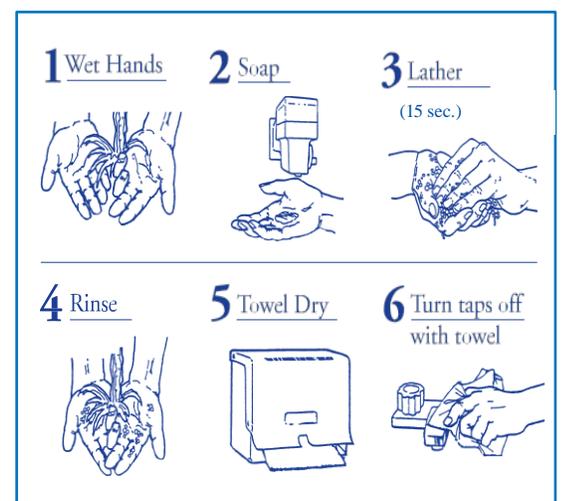
- Before serving food, eating, and interacting with those who are ill
- After using the washroom, coughing, sneezing, or blowing nose, interacting with those who are ill, handling chemicals, animal wastes, touching dirty surfaces, equipment or tools, and playing outside

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.



2. Cleaning and Disinfecting

In addition to practicing good hand hygiene, it is important to 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.

Disinfecting comes next. Disinfecting 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.

Pay attention to the following areas for cleaning and disinfection:

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

Household bleach can be used as a disinfectant and it can be used as a lower or higher level strengths/concentrations				
Disinfectant	Solution Concentration	Mixing Directions	Contact Time	When to Use
Household Bleach	1,000 ppm (correct concentration is to be verified using appropriate bleach test strip)	To mix a 5L solution, add 0.1L of bleach (containing 5.25% chlorine) to 4.9L of water	2 minutes	Daily: to disinfect commonly touched surfaces
	5,000 ppm (correct concentration is to be verified using appropriate bleach test strip)	To mix a 5L solution, add 0.5L of bleach (containing 5.25% chlorine) to 4.5L of water	10 minutes	Outbreak situations and/or areas contaminated with body fluid

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.

Should there be a suspected or known outbreak at the camp, immediately notify York Region Health Connection at 1-800-361-5653 (during 8:30 a.m. to 4:30 p.m.), or at 1-888-335-0111 (after hours).

