

Novel H1N1 Flu and Camp

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Camp is about enjoying the outdoors, campfires, and new friends. However, campers and staff can get the flu from germs spread by people sick with the flu who are coughing and sneezing. They can also get infected by touching something that has flu germs on it, like a door knob or sink handle, and then touching their mouth or nose.

If your child or someone you know is planning to go to camp, here are some tips to stay healthy, reduce the chances of infection with novel H1N1 flu, and protect other campers:

1. If a child is sick with symptoms of the flu, they should stay home;
2. They should stay away from anyone who is sick;
3. They should cover their nose and mouth with a tissue when coughing or sneezing; and
4. They should wash their hands often, for at least 15 seconds, with soap and water. An alcohol-based hand sanitizer can be used if soap and water aren't available and their hands don't have a lot of dirt on them.

The symptoms of the flu usually include fever and a cough or sore throat. Some people also have a runny or stuffy nose, body aches, headache, chills, fatigue, diarrhea, and vomiting.

If a child is sick with flu-like symptoms *before going to camp*, don't let them attend camp until seven days after symptoms begin or until they've been symptom-free for 24 hours, whichever is longer.

Think about other campers and staff – have the child stay home, recover, and keep others well.

For more information, visit www.cdc.gov/h1n1flu/camp or call 1-800-CDC-INFO.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.