



Infectious Disease Precautions/Procedures **Summer Day Camp 2009**

One of the top priorities of the Morristown-Beard School Summer Day Camp is to keep campers and staff safe and healthy. We are continuing to monitor information released from local and national health organizations including the Centers for Disease Control (CDC), the New Jersey Department of Health and Senior Services (NJDHSS) and the Morris County Department of Health regarding protocols and procedures related to the H1N1 influenza.

The CDC and NJDHSS and Morris County Department of Health no longer recommend closing a school/camp if a case of H1N1 influenza is confirmed at that location, but rather advises that classrooms, toys, games and any common areas be thoroughly cleaned, which is a daily practice at Morristown-Beard School Day Camp.

If a case of H1N1 influenza is diagnosed within our camp, the Morristown-Beard School Day Camp will be required to notify all parents and the Morris County Department of Health. The child's name, age, or group will not be identified. The parent/guardian may choose to keep their child home, should there be a probable/confirmed case of H1N1 at camp. However, we will not provide a refund to those parents choosing to keep campers home who do not exhibit flu-like symptoms.

Only campers exhibiting flu-like symptoms are required to stay home for seven days (fever above 100, cough and/or sore throat). Other ailments do not require this extended absence. If a parent/guardian brings their child to their family physician for these symptoms, a note is required indicating a specific diagnosis for camp re-entry. The physician's note must be more specific than a diagnosis stating "viral illness." If a camper is required to remain out of camp for 7 days due to flu-like symptoms a refund will be considered. If your camper is enrolled for less than 7 weeks of camp and must miss 1 week due to illness, we will offer a mutually agreed upon week for Summer 2009 at no cost to the family. If, however, your camper is enrolled for 7 weeks of camp for Summer 2009, we will credit you 1 week and provide a refund. All refund checks are issued in September 2009.

Morristown-Beard School continues to practice good hygiene by encouraging campers and staff to wash their hands, cough/sneeze into the inside of their elbows, use a tissue followed by hand washing, etc. Morristown-Beard School hopes that you will reinforce these good practices at home. Please remember that using an antibacterial hand sanitizer is fine, however, it does not replace appropriate hand washing.

FACTS ABOUT INFLUENZA A H1N1

What is H1N1 (swine flu) and is it contagious?

H1N1 is a respiratory disease of pigs. People do not normally contract H1N1, but for anyone who has watched/listened to news reports of late, knows that people are contracting this illness. The Centers for Disease Control has determined that the swine flu virus is contagious and is spreading from human to human; however, it is not known how easily the virus is spreading.

What are the symptoms of H1N1 and how does it spread?

The symptoms of H1N1 in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some infected with H1N1 have reported diarrhea and vomiting. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

It is believed that H1N1 is spreading the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of those infected. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Those infected may be able to infect others beginning one day before symptoms develop and up to seven or more days after becoming sick.

Are there medicines available to treat H1N1?

Yes. If you have contracted H1N1, prescription antiviral drugs are available that help fight against the flu by keeping flu viruses from reproducing in your body. Antiviral drugs may also prevent serious flu complications. For treatment, antiviral drugs work best if started within 2 days of getting sick.

How long can an infected person spread H1N1 to others?

People infected with the H1N1 virus should be considered potentially contagious as long as they are symptomatic and possibly for up to seven days following illness onset. Children, especially younger children, might potentially be contagious for longer periods.

What can I do to protect myself from getting sick?

There is no vaccine available right now to protect against H1N1. However, there are everyday actions that you can take to help prevent the spread of germs that cause illnesses like influenza. Those steps include:

- Cover your nose and mouth when you cough or sneeze and wash your hands with soap and water after;
- Wash your hands with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective;
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.

- If you get sick from influenza you should stay home from work or school and limit contact with others to keep from infecting them.

What should I do if I get sick?

If you live in areas where cases of H1N1 have been identified or have recently traveled, and become sick with flu-like symptoms including body aches, runny nose, sore throat nausea, or vomiting or diarrhea, you should contact your health care provider.

If you become ill and experience any of the following warning signs, seek emergency medical care.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing;
- Bluish skin color;
- Not drinking enough fluids;
- Not waking up or interacting;
- Being so irritable that the child does not want to be held;
- Flu-like symptoms improve, but then return with fever and worsening cough; and/or
- Fever with a rash.

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath;
- Pain or pressure in the chest or abdomen;
- Sudden dizziness;
- Confusion; and/or
- Severe or persistent vomiting.

Where can I find additional resources?

Centers for Disease Control and Prevention
New Jersey Department of Health and Senior Services

World Health Organization (WHO)