

H1N1 TIPS FOR WASHINGTON STATE 4-H CAMPS  
TO ACCOMPANY  
CDC H1N1 Flu Interim CDC Guidance on Day and Residential Camps in Response to  
Human Infections with the Novel Influenza A (H1N1) Virus  
<http://www.cdc.gov/h1n1flu/camp.htm>

All camp administrators should thoroughly review the above link from the CDC regarding the Novel Influenza A (H1N1) Virus.

Below is a brief list of steps that should be taken PRIOR to camp:

- Notify camp attendees and staff to remain at home if they have experienced the flu or flu-like symptoms as described on the attached (headaches, tiredness, runny or stuffy nose, body aches, chills, diarrhea, and vomiting).
- Develop screening techniques for staff and campers to follow to identify anyone that should not stay at camp.
- Develop a plan to provide hand washing facilities with liquid hand soap.
- Determine if any of your camp activities will be held away from hand washing facilities; if so, plan to provide hand sanitizer that does not require water.
- Provide training for camp staff on how to identify flu-like symptoms and strategies for teaching campers how to reduce disease transmission (hand washing; cleaning door knobs, faucets, handrails, etc.; sneezing into elbow; keeping hands out of their mouths, etc).
- Develop a plan to isolate anyone exhibiting flu-like symptoms; communicate to parents prior to camp that their child may be sent home if they become ill.

During camp:

- Ask all attendees to notify camp administration if they become ill or exhibit any flu-like symptoms.
- Keep all common areas clean (doorknobs, handles, faucets, handrails)
- Act swiftly to segregate suspected flu cases

Above all, spend some time reading the attached. It gives much greater detail and can help you in your planning for your camp. Please feel free to give me a call if you have any questions. I can be reached at [ferrisj@wsu.edu](mailto:ferrisj@wsu.edu) or 425-357-6044.

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