

Novel Influenza A. (H1N1) Swine Flu Policy

Pipsico Scout Reservation

Tidewater Council Boy Scouts of America

- 1) Reference: General Recommendations: Novel Influenza A. Swine Flu Policy
- 2) Health Nurse Will Check in All Scouts with H1N1 Screening Form and provide Camper's Handout if appropriate
- 3) All Staff Will Become Familiar with the Camper's Handout and H1N1 Virus Update
- 4) In The Event Someone Has a Positive Screening Form OR Develops Symptoms the Health Nurse Will Quarantine the Individual in the Health Lodge and notify the camp physician. The patient will then be triaged to Obici Hospital Emergency Room for further evaluation.

References:

1. Novel Influenza A Policy1.doc
2. H1N1screening form2.doc
3. H1N1CampersHandout3.doc
4. H1N1VirusUpdate4.doc

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This guidance will address general recommendations that apply to all programs. At this time, CDC recommends the primary means to reduce spread of influenza in camps focus on early identification of ill campers and staff, staying home (or away from others) when ill, good cough and hand hygiene etiquette, and environmental controls that encourage use of these hygiene practices.

Novel Influenza A (H1N1) Swine Flu

The symptoms of influenza usually include fever plus at least either cough or sore throat. These symptoms are often referred to as an influenza-like illness (ILI). Influenza infection can also lead to additional symptoms like headache, tiredness, runny or stuffy nose, body aches, chills, diarrhea, and vomiting. Like seasonal flu, novel influenza A (H1N1) infection in humans can vary in severity from mild to severe. When severe, pneumonia, respiratory failure and even death are possible.

Novel influenza A (H1N1) is thought to spread in the same way that seasonal influenza viruses spread, mainly through the coughs and sneezes of people who are sick with the virus. People may also become infected by touching something with flu viruses on it and then touching their mouth or nose.

General Infection Control Recommendations

Encourage all persons to effectively cover their cough or sneeze and use good hand hygiene. Hand washing facilities including running water and liquid hand soap should be readily accessible; alcohol-based hand sanitizers may be used if hands are not visibly soiled. Plan ahead to ensure that enough alcohol-based hand sanitizers are available for situations where it is known that hand washing facilities may not be available, for example during hikes. Clean all areas and items that are more likely to have frequent hand contact (like doorknobs, faucets, handrails) routinely (e.g., daily, before/after meals, as needed) and also immediately when visibly soiled; use the cleaning agents that are usually used in these areas; it is not necessary to conduct disinfection of environmental surfaces beyond routine cleaning.

Reduction of Risk of Introduction of Novel H1N1 Virus into the Camp Setting

Provide camp attendees, staff and volunteers with materials prior to arrival at the camp to notify them that they are not allowed to attend camp if they have had an ILI in the 7 days prior to the start of the camp. In addition, they should be reminded that if they have been exposed to a person with novel H1N1 or ILI in the 7 days prior to the start of camp, they may attend camp but should closely self-monitor and report development of ILI symptoms immediately. Consider active screening of ALL newly arriving camp attendees, staff and volunteers by asking if they have had any symptoms of ILI in the previous 7 days. Provide education to individual campers about reporting ILI. A careful health history of each arriving camper should be taken. Note any conditions that may place them at high risk for complications of influenza. Camp attendees, staff and volunteers should be instructed to immediately inform camp management if they currently have or have had an influenza-like illness (ILI) in the 7 days prior to arrival. Persons who currently have or have had ILI in the previous 7 days should not attend camp for 7 days after their symptoms began or until they have been symptom-free for 24 hours, whichever is longer.

Rapid Detection and Management of Cases of ILI in the Camp Setting

Camp staff and volunteers should be diligent about early recognition of illness and rapid isolation of those that are experiencing ILI symptoms. Campers who develop ILI should be immediately separated from the general population and kept away from well campers until they can be safely returned home or taken for medical care, if needed, OR for at least 7 days after symptoms began or 24 hours after symptoms resolve, whichever is longer (if the child is to remain at a residential camp). Protocols should be in place for when medical evaluation of persons ill with ILI should be done and how monitoring will be conducted. Not all patients with suspected novel influenza (H1N1) infection need to be seen by a health care provider. Patients with severe illness and those at high risk for complications from influenza should contact their medical provider or seek medical care.

Aspirin or aspirin-containing products should not be administered to any person aged 18 years old and younger with a confirmed or suspected case of influenza virus infection, due to the risk of Reye syndrome.

If individual rooms for persons with ILI are not feasible, consider using a large room, cabin or tent specifically for ill persons with beds at least 6 feet apart and, if possible, with temporary barriers between beds and nearby bathroom facilities separate from bathrooms used by healthy campers.

Linens, eating utensils, and dishes used by those who are sick do not need to be cleaned separately, but they should not be shared without thorough washing. Linens (such as bed sheets and towels) should be washed in hot water using laundry soap and tumbled dry on a hot setting. Individuals should wash their hands with soap and water immediately after handling dirty laundry.

Designate staff to care for ill persons and limit their interaction with other campers during their shift to decrease the risk of spreading influenza to other parts of the camp.

Anyone with a medical condition that would increase their risk of severe illness from influenza, including pregnant women, should NOT be designated as caregivers for ill persons.

Close contacts (such as roommates) of persons with ILI should be encouraged to self-monitor for ILI symptoms and report illness to camp officials.

Persons at High Risk of Complications from Influenza Infection

Persons at increased risk of severe illness from influenza include: people older than 65 years, children younger than five years, pregnant women, and people of any age with certain chronic medical conditions, like diabetes, asthma, immune-suppression, or chronic lung disease.

For More Information Regarding H1N1 and Influenza Preparedness

Key facts about H1N1 (http://www.cdc.gov/h1n1flu/key_facts.htm)

Questions and answers about H1N1 (swine flu) (<http://www.cdc.gov/h1n1flu/qa.htm>)

Association of Camp Nurses (<http://www.acn.org/healthalert/swineflu.html>)

Camp/Activity Participant Pre-Screening Form

Date: _____

Name of Interviewer: _____

Youth/Adult Participant Name: _____

Name of Camp/Activity: _____

Unit Type: (Circle One) Pack Troop Crew Post Ship Other: _____

Unit #: _____

Please document the following for all youth and/or adults participating in camps or activities sponsored by the Tidewater Council, Boy Scouts of America.

Influenza/Respiratory History: (Indicate "Yes" or "No")

Do you have any of the following symptoms?

Yes No -Fever equal to or greater than 37.8° C or 100° F or feverishness

Yes No -Body Aches, Headache

Yes No -Sore throat, Nasal congestion

Yes No -Cough

Yes No -Muscle Aches, Myalgias, Fatigue

Yes No -Vomiting, Diarrhea

If (2) TWO or more boxes are checked "yes" above, give the patient a regular mask to wear and instruct them to keep it on until told it is ok to take it off.

The medical officer or appropriate staff member will determine if any participant needs to be quarantined and parents of youth members called to pick them up from the camp/activity. The medical officer or appropriate staff member may also determine that an adult is unable to participate based on the above criteria.

Credit to: Southeast Louisiana Council,BSA

Camper's Handout Swine Flu

What you can do to keep our Scouts healthy and safe this camp season:

Recognize influenza-like illness (ILI) in yourself or your Scouts. A key signal is feeling feverish or having a temperature greater than 100 degrees Fahrenheit (37.8 degrees Celsius) if measured, especially if combined with one or more of the following.

- Upper respiratory symptoms (cough, sore throat, runny nose)
- Body aches, headache
- Chills
- Fatigue
- Vomiting
- Diarrhea

If you are sick, STAY HOME! Parents, if your child is sick, KEEP 'EM HOME!—For at least 7 days after symptoms began or 24 hours after symptoms resolve, whichever is longer.

Want to know what to do if you have flulike symptoms? (See <http://www.cdc.gov/h1n1flu/sick.htm>.)

If you or your Scouts develop any of the above symptoms while at camp, immediately report the illness to the camp health officer and keep the patients away from other campers.

Staff members, immediately report any ILI in yourself or your Scouts to the camp health officer.

Take everyday actions to stay healthy.

Influenza is thought to spread mainly person-to-person through the coughing or sneezing of infected people.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are effective. (See <http://www.cdc.gov/cleanhands/>.)
- **Do not** Share Utensils, Drink from Another's Cup or Canteen, or Share morsels of Food
- Avoid touching your eyes, nose, and mouth. Germs spread that way.

H1N1 Virus Update

THE SWINE FLU AND YOU

The H1N1 Virus, also known as the SWINE FLU, is now classified as a world wide pandemic. This highly contagious virus has been found throughout the United States and around the world. We have had cases in Hampton Roads and vigilance is prudent to prevent continuing spread.

At Pipsico Scout Reservation, we are taking several precautionary steps to try our best to keep our Scouts, Leaders and Staff safe and healthy. Please read the following carefully and share this with your troop members and parents. YOUR assistance in helping with these measures will make your week at camp the very best it can be!

FOR SCOUTS AND THEIR PARENTS

- 1. Within the week prior to coming to camp, if you have been in contact with individuals who have been confirmed to have the H1N1 Virus, we would prefer that you not come to Pipsico Scout Reservation until two weeks after such contact.
- 2. On the day that you are departing for camp, please have your temperature checked. If you are running a fever of 99.5 or higher please do not come to Pipsico Scout Reservation. Also, if you have other signs of the flu, such as unusual fatigue, ongoing body aches and general weakness, we encourage you to remain at home and to seek medical attention.
- 3. Any Scout who becomes sick while in camp and who is suspected of possibly having the H1N1 virus will be quarantined in the Camp's Infirmary until arrangements can be made for the Scout to return home. Parents will be notified promptly.

FOR LEADERS

- 1. The Troop Leaders are our front line of defense. Your assistance is imperative to helping us maintain a safe healthy camp. Prior to departing for camp, please make sure that you have reviewed the medical forms for every Scout. We highly advise that you personally speak with every Scout's parents to assure that their sons are healthy enough to come to camp. Parents should have checked their sons for fever prior to departure.
- 2. Upon arrival at camp, everyone will go through a medical recheck. This includes Scouts, Leaders and Staff. An individual found to have a fever will be isolated along with those who traveled to Pipsico Scout Reservation with him. Scouts, Leaders or Staff who are suspected of possibly having the H1N1 virus will be quarantined in the Camp's Infirmary until arrangements can be made for the individual and those who he has been in contact with to return home.
- 3. We ask that Leaders assist the Camp Staff in promoting the steps to prevent sickness while in camp. These steps include the following:
 - A. Train each Scout to cover his mouth and nose with tissues when he coughs and sneezes, or to cough and sneeze into the inside bend of his arm and not on his hand.
 - B. Make sure that everyone washes his hands after leaving a restroom and before eating and before entering the Dining Hall.
 - C. Supervise the cleaning of your respective Dining Hall table after each meal.
 - D. Ensure that our Scouts are using good sanitation habits in the Campsites, Dining Hall and throughout the Campsite.

FOR STAFF

- 1. Stay **HEALTHY!** You are at Pipsico Scout Reservation for the summer, unlike troops that are in camp for only a week.
- 2. Use good sanitation procedures... make them habits. Encourage everyone that you are with to use good sanitation practices.
- 3. If you feel sick go to the Health Office. Don't take a chance on spreading a virus to others.
- 4. Be aware of individuals who look unusually weak or tired. Encourage them to go to the Health Lodge to be examined.
- 5. Maintain good sanitation practices when you are away from camp. This includes nights off and weekends.
- 6. Get rest. Sleep will help you to be healthier and to be refreshed for the next day. Becoming fatigued will only make you more susceptible to the H1N1 virus and other viruses.

REMEMBER... BE ON GUARD... DON'T LET A VIRUS GET BY US!!!

CAMPWIDE SAFETY PRECAUTIONS

There are a number of precautionary steps that we will be taking to help prevent the spread of the H1N1 virus and other viruses. These steps have been reviewed with the Camp Staff and unit leaders. Adherence to these steps is our best safeguard in protecting against the spread of sickness.

- 1. Everyone with symptoms will be checked for fever. Those individuals found to have a fever will be isolated and sent home as soon as possible.
- 2. The Trading Post staff will take extra precautions when handling food. The staff will strive to keep the surfaces and counters clean and sanitary. Hand sanitizer will be readily available for workers and guests.
- 3. Dining Hall precautions include:
 - A. Hand sanitizer, paper towels, and disinfectant will be readily available.
 - B. The Dining Hall Staff will clean all contact surfaces on a regular basis.
 - C. Leaders and Staff will work with Scouts to ensure good sanitation procedures.
 - D. Scouts will **NOT** Share Utensils, Drink from another's cup or Canteen, or share morsels of food
- 4. Each campsite will have readily available sanitizers and disinfectant.
- 5. Throughout the camp there will be reminder signs to keep sanitation practices ongoing.