

HAVE A HEALTHY CAMP!

STOMACH FLU:

Stomach flu (norovirus, Norwalk Virus) is no fun at camp! But, like any gathering place, if it comes to camp, it will spread quickly and easily through your group.

Camp Barnard staff asks that all campers take the following steps to ensure good health:

#1. Inform parents and camp staff before your camp that anyone afflicted with stomach flu should not come to camp. The virus usually lasts 24-48 hours after which they can come to camp.

#2. If anyone displays flu symptoms at camp - vomiting, diarrhea, stomach cramps:

- Isolate them immediately from other campers.
- Arrange for them to go home.
- Use BIO- KITS found in each kitchen and washroom to clean up bodily fluids.
- Return used kits to Camp Ranger and inform him of illness.
- Using bleach solution, sanitize all surfaces that the afflicted person may have contacted - faucets, beds, doorknobs, light switches, dishes, etc.

Taking these steps is critical to containing the spread of this virus. If these precautions are not observed, you can expect at least 50% of your group to become afflicted with stomach flu within 48 hours of introduction. Even if you do all the right things, the virus may spread. Keeping it out of your camp in the first place is the best prevention.

FOOD SAFE:

It is recommended that at least one of your cooking staff have taken the Food Safe Course but at any rate, ensure that your cooks observe the Food Safe guidelines as posted in all kitchens.

Bring a good supply of cleaning materials. These are NOT supplied for you. You will need regular hand soap (not anti-bacterial), dish soap, bleach and whatever scouring materials, dish cloths, hand towels, etc. that you require.

Follow correct dishwashing routine as per signage - 1.soapy wash, 2.clear water rinse, 3.bleach rinse.



HAND WASHING:

Kids and hand washing don't always go together but they must while at camp. You may have difficulty monitoring hand washing at bathrooms but every kitchen has lots of sinks.

Before every meal line up all your campers, give them hand soap, warm water and paper towels and SUPERVISE hand washing.

Sanitize washrooms and eating areas with bleach solution at least once a day.

You will find a booklet in each camp kitchen with more information on Food Safe, stomach flu, hand washing, etc.

Also, we want to remind you that garbage and recyclables must be separated. A dumpster is located at the parking lot for garbage ONLY. The recycling shed provides bins for cardboard, styrofoam, soft plastics, hard plastics, tin, glass, foil, paper and refundables. Sort and clean all of these items and put in appropriate bins.

Have a great camp.