



Public Service Announcement

July 23, 2009

For more information, contact:

Brenda Ziegler, 765-2421

Linda Mikolayenko, 425-4812

Rowena Materne, 235-5834

Vince Robillard, 439-2200

Flu protection at summer camps

Summer camps can be lots of fun and a great learning experience, however, being in close quarters can also increase the risk of illnesses like influenza.

The northern Medical Health Officers remind you to protect yourself against the spread of infection from the flu virus, and to share this information with your children:

- To protect yourself from the flu, wash your hands frequently, or use an alcohol-based hand sanitizer. Children should be supervised while using sanitizer to prevent accidental ingestion.
- Cough and sneeze into your sleeve, or a tissue, and then clean your hands.
- If you are sick, or have had signs of influenza like illness 7 days before camp begins, please stay away from camp. Influenza symptoms include cough, fever, sore throat and body aches. If there is influenza occurring in the area, even if you are well, you may wish to avoid going to camp which could bring you in close contact with people who are sick and increase your risk of getting the flu.

If you are organizing a camp, please contact public health or your local health centre for measures you can take to prevent the spread of influenza, such as screening participants for influenza symptoms, determining whether they have had contact with someone who has had symptoms, and managing participants who become ill while at camp.

If you would like more information about influenza, or have a fever and are experiencing other flu symptoms such as cough, muscle aches, loss of appetite or fatigue, **please call the HealthLine at 1-877-800-0002.**

Stay well, and make your summer camp memorable, for all the right reasons!