

Health Advisory – Los Angeles County Department of Public Health (LACDPH)
June 18, 2009

Please find below a link from the Center for Disease Control that outlines interim guidance for camps in preparing for and responding to cases of the H1N1 virus among campers:

<http://www.cdc.gov/h1n1flu/camp.htm>

While the LA County Department of Public Health (LACDPH) endorses this guidance, we point out two areas of clarification:

- 1.) Returning to normal activities (including going to camp) 24 hours after resolution of fever is appropriate in most cases.
- 2.) We encourage camps to report to the LACDPH (at 213-240-7941) if they suspect an outbreak of illness so we can determine the cause and assist with infection control as warranted.

As a reminder, Public Health recommendations to prevent flu include:

- Wash your hands frequently. Use hand sanitizer when you cannot get to soap and water.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Avoid touching your nose, mouth, and eyes.

If you are sick with flu-like symptoms, you should care for yourself the same way you would with any illness:

- Stay home and rest.
- Drink plenty of fluids.
- Prevent spreading illness to others by washing your hands frequently and avoiding close contact to others.

Additional information can be found at the LACDPH website: www.publichealth.lacounty.gov.