

HEALTHY CAMPING: **NOROVIRUS** PREVENTION AT YOUTH CAMPS

BASICS ABOUT NOROVIRUS

Norovirus is very contagious and causes vomiting and diarrhea. People of all ages can get infected and sick with norovirus. You can get norovirus from:

- Having direct contact with an infected person, such as shaking hands
- Sharing food or eating utensils with an infected person
- Consuming contaminated food or water
- Touching contaminated surfaces then putting your unwashed hands in your mouth

GUIDANCE FOR PREVENTING NOROVIRUS AT YOUTH CAMPS

- Establish a pre-camp arrival agreement requiring campers to be free of norovirus symptoms upon arrival; let parents know that they may need to pick up ill campers
- Instruct campers and staff on how to properly wash their hands; make sure that handwashing facilities have soap, running water, and disposable towels

Practice Food Safety

- Make sure that campers, staff, and food workers are trained in food safety practices, such as using gloves and utensils when handling or preparing ready-to-eat foods, beverages, or ice
- Do not allow ill campers, staff, or food workers in food service areas until at least 48 hours after their symptoms have resolved
- Campers, staff, and food workers should not cook with or consume untreated water

Clean Up Vomit and Diarrhea Immediately

- After someone vomits or has diarrhea, always thoroughly clean then disinfect the entire area immediately
- Put on rubber or disposable gloves, and wipe the entire area with paper towels, soap, and hot water
- Then disinfect the area using a bleach-based household cleaner as directed on the product label
 - If no such disinfectant is available, you can use a solution made with 5 tablespoons to 1.5 cups of household bleach per 1 gallon of water
- Leave the bleach disinfectant on the affected area for at least 5 minutes
- Then clean the entire area again with soap and hot water

Isolate ill campers and staff

- Isolate ill campers and staff from healthy campers and staff
- Provide separate restrooms and eating areas until at least 48 hours after ill campers and staff symptoms have resolved
- Campers and staff who are vomiting or have diarrhea should not swim or participate in recreational water activities until at least 1 week after these symptoms have resolved

WHAT TO TELL STAFF, INCLUDING FOOD WORKERS, ABOUT NOROVIRUS PREVENTION

- Practice food safety
- Practice and instruct campers on proper handwashing
- Make sure ill campers and staff are appropriately isolated, and ensure they use separate restrooms and eating areas until 48 hours after their symptoms resolve
- Immediately clean then disinfect the entire area after someone vomits or has diarrhea

WHAT TO TELL PARENTS AND KIDS ABOUT NOROVIRUS PREVENTION

- Ill campers may need to be picked up
- Do not drop off ill campers or campers who have been ill in the last 48 hours
- Make sure campers
 - wash their hands often with soap and water
 - do not share food and drinks with others
 - practice healthy hygiene
 - report any illness to camp staff



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

For more information, visit:

www.cdc.gov/norovirus

National Center for Immunization and Respiratory Diseases (NCIRD)