

Camp News

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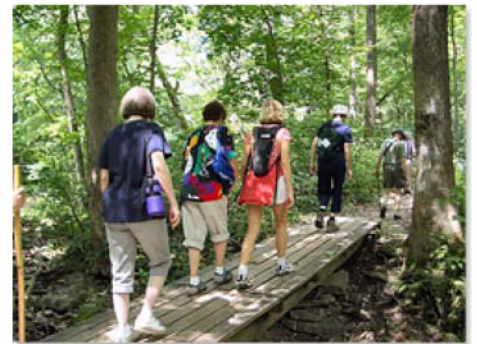
Camping Health and Safety Tips

The Centers for Disease Control and Prevention (CDC) has a very helpful [webpage with camping health and safety tips](#). There is information on how to avoid ticks and mosquitos (which can transmit a variety of diseases), how to prevent water-related illnesses and injuries, how to avoid wild animals that may carry rabies, hantavirus or other diseases, how to follow food safety practices, and more. Be sure to read the [Packing Checklist](#) for campers. There is also an interactive page for kids called [Questions and Answers about Rabies, Bats, and Summer Camps](#).



Drinking Water for Campers

One of the fun things about camping is being near beautiful lakes, streams, and rivers. Although the water may look pure, it can still be contaminated. The water may look and smell fine, but it may still contain harmful viruses, parasites, bacteria, and other contaminants. Campers and hikers who drink untreated water directly from lakes and streams are at increased risk of becoming ill with Giardia, Shigella, Cryptosporidium, and other waterborne diseases. To learn about how to protect yourself against these diseases, visit the CDC's [Drinking Water - Camping, Hiking, Travel](#) webpage. There are a number of helpful links on water disinfection for travelers, water filters, water treatment methods, and emergency disinfection of drinking water.

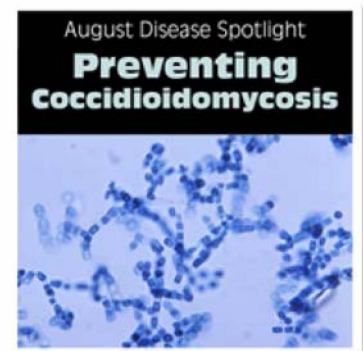


Coccidioidomycosis (Valley Fever)

Did you know that the disease coccidioidomycosis is endemic (native and common) in the southwestern United States, including southern California? Coccidioidomycosis, also known as Valley Fever, is a lung disease that results from infection with *Coccidioides*, a fungus which lives in dirt. Symptoms include fever, cough, headache, rash, muscle aches, or joint pain. In severe cases, patients develop pneumonia or meningitis, sometimes resulting in death.

Anyone can get sick with Valley Fever. People become infected with this disease by inhaling fungal spores which become airborne when dust is stirred up. People exposed to the dust breathe in the microscopic spores without even realizing it. It is difficult to prevent Valley Fever, but try to limit your exposure to dusty areas if at all possible.

To learn more about this disease, [click here](#) to read our fact sheet.



Winterizing Camps

If you operate an organized camp that closes after the summer season, it's important to remember to winterize your camp so that it's in good working order when you return next summer.

Make sure to winterize camp buildings against vector infestations. Rats and squirrels seek warmer climates for building nests. Rodents work at night to gather food and often gnaw on electrical wires, potentially causing fires. Here are some tips to prevent vector infestations while your camp is closed:

- Seal all entryways, cracks, and holes in siding, doors, window screens, and areas around pipes
- Practice good sanitation by cleaning up crumbs and spills
- Store dry food in sealed containers
- Clean under counter-top appliances and large kitchen appliances

If your camp has a swimming pool, remember to winterize it before leaving for the season.



If you have any questions or comments, please contact Amanda Gaspard, Health Education Specialist, at 800-442-2283 or Amanda.Gaspard@dph.sbcounty.gov.

