



**Camp Industry Roundtable:
Healthcare & Sanitation**

Tuesday, April 28, 2015

Topics to Discuss



Certification of the Qualified Health Professional
Health Screening Process
Medical Log Record Keeping
Mandatory Reporting to DEHS

Health and Sanitation



Purpose:

To prevent the outbreak of communicable diseases in a camp setting

To ensure the health and safety of all campers

Health and Sanitation



Camp Requirements

Health Care Plan (Title 17, Section 30750)

- Responsibilities and authority of Health Supervisor and other health staff
- Procedures for camp health care and sanitation including maintenance of medical logs and health histories
- Record keeping process including health screenings
- Provision and maintenance of supplies and equipment
- Relationship and agreement with local medical personnel and facilities
- Prevention and control of communicable diseases

Health Supervisor

What qualifies as a health supervisor?

According to 37000. F.

An adult

Person who is either a physician, registered nurse, licensed vocational nurse who is licensed pursuant to Division 2 of the Business and Professions Code or a person who is trained in accordance with **section 1596.866 of the Health and Safety Code**

Under section 1596.866 of Health and Safety Code

- 15 hours in the following
- Pediatric First Aid (MUST BE CURRENT)
- Pediatric CPR (MUST BE CURRENT)
- Preventative Health Practices (only needs to be completed ONCE)
- Accredited Agencies: American Red Cross, American Heart Association, any other training agency approved by the Emergency Medical Services Authority Section 1797.191



Health Supervisor: Host Camp vs Guest/User Camp



Host Camp

- Ultimately, the host camp is the permit holder with San Bernardino County, Division of Environmental Health Services

Guest/User Camp

- Group RENTING/USING the facilities of the Host Camp

Requirements of the Health Supervisor role must be fulfilled any time the camp/facility has campers on site

Whether the Host Camp or the Guest/User Camp is responsible for providing the Health Supervisor is up to the discretion of the Host Camp

Health Supervisor: Responsibilities

Must be present on site when campers are on site (section 30750 (c and e))

Determined by the host camp/permit holder

- Can be provided by the host camp OR by the guest camp
- **DECISION MUST BE MADE** (preferably documented in procedures)

Must verify all counselors have been trained in First Aid and CPR

1 to 10 ratio

Conducts Health Screening Process

Develop written Health Care Plan

Dispense medications

Maintain Medical Log

Report all occurrences of foodborne illness, suspected foodborne illness and any other reportable disease to local health officer (Division of Environmental Health Services)





Health Screening Process

By Title 17, section 30700 (e)- *Health Screening* includes the following **3 things**:

1. **Examination** to identify observable evidence of illness, injury, or communicable disease
2. **Review** and update each person's **health history**
3. **Identify current medical treatment** (medication, allergies, dietetic restrictions)

Health Screening Process: Examination

Examination to identify observable evidence of illness, injury, or communicable disease

Required:

Title 17, Section 30750 (d)

- Must occur **within 24 hours of the arrival** of camp
- **All Campers** and Staff participate

Generally includes checking:

- Fever, symptoms of vomiting/diarrhea/extreme nausea, open draining sores, flu-like symptoms, itchy scalp or body (including feet), rashes, contact with sick individuals within the last 48 hours, etc.

Screening process can be **oral or written**



Health Screening Process: Examination

Recommended:

Screening to occur **BEFORE** the camper arrives at camp to prevent the spread of illness

Screening process to be **documented**

Screening form sent in Camp Documents packet is a **TEMPLATE** and may be used, but is **NOT REQUIRED**.





Health Screening Process: Review of History

Review and update each person's health history

Required:

Title 17, Section 30570 (a)

- All campers and staff must submit a health history
- Maintained on site while camper/staff member is on site

Includes:

- Description of any health condition requiring medication, treatment, special restriction or consideration for camp
- Immunization record, including last tetanus shot date
- Record of Allergies (typically including food allergies)
- Signature to seek emergency treatment (if necessary while at camp)

Health Screening Process: Identify and Report

Identify current medical treatment (medication, allergies, dietetic restrictions)

Recommended:

Record of **Allergies** (typically including food allergies)

Reported IMMEDIATELY to Food Manager



Written Procedures



A **well documented plan** needs to be set in place by the Health Supervisor (preferably the Host Camp Health Supervisor) to conduct the following processes:

- **Medical Log**
- **Isolation Room Use**
- **Dispensing Medications**
- **Reporting Communicable Diseases to DEHS**

Medical Log

Requirement:

Title 17, section 30750 (f)- A medical log shall be maintained by the Health Supervisor which includes at least the following information for each accident, injury or illness:

- Name of person treated
- Dosage & intervals of any medication dispensed
- First aid or medical treatment rendered
- Name of person administering the first aid or medical treatment
- Date and time of treatment
- Date parent/guardian was notified of accident, illness or injury



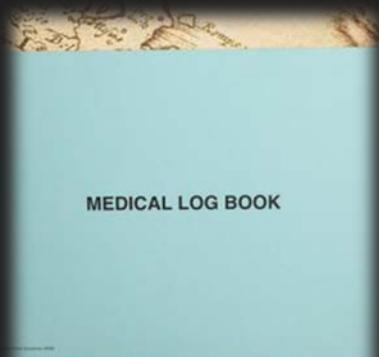
Medical Log

Recommendation:

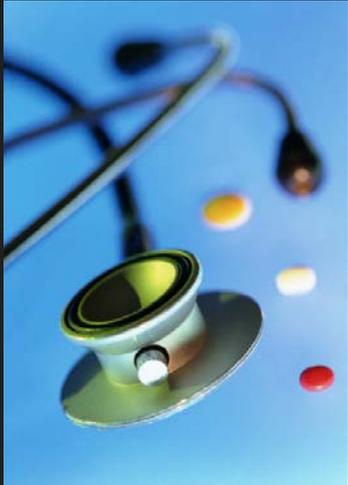
Host Camp maintains a detailed record of ALL accidents, injuries or illnesses that occur at the camp INCLUDING those that occur during a Guest/User Group camp session. **MEDICAL LOG NEEDS TO REMAIN ON SITE.**

Designated Health Supervisor (Host Camp or Guest/User Group) maintains the log in any of the following ways:

1. Each health professional maintains records in the same log WHICH STAYS AT THE HOST CAMP
2. Host Camp provides Guest/User Group with additional pages that may be added into the Host Camp medical log book
3. Host Camp provides Guest/User Group with SEPARATE LOG BOOK that may be added into the Host Camp medical records



Dispensing Medications



Access to medications should be discussed between Host Camp and Guest/User Group Health Supervisor and documented

Requirement:

Title 17, section 30750 (h)

All medication brought to camp by campers needs to be dispensed by the Health Supervisor or qualified staff

- **In original container and labeled** in accordance with California Health and Safety Code, Div 104, Part 5, Ch 6, Art 3, commencing with section 11330
- **OR** In containers **accompanied by specific written dispensing instructions** from a parent/legal guardian/physician
- **& Stored in a locked container when unattended** by Health Supervisor

Provision and Maintenance of Supplies and Equipment



Determined by the Host Camp and managed by Health Supervisor

- What will and will not be provided by Host Camp
- ✓ Lock boxes for camper medication
- ✓ Medical Log
- ✓ Basic first aid supplies

Recommended: LIST/DESIGNATE IN HEALTH CARE PLAN or in contract with Guest/User Camp groups



Prevention and Control of Communicable Diseases

Common Communicable Diseases seen at Camps:

1. **Norovirus**
2. **Flu/ Common Cold**
3. **Measles**

Other Common Health Concerns at Camps:

1. **Head/Body Lice**
2. **Athlete's Foot**
3. **Conjunctivitis**

Illnesses can be easily spread in camps through:

Person-to-person

(i.e. cough, sharing utensils, improper handwashing, etc.)

Food

(i.e. contaminated equipment, time/temperature abused food, etc.).

Water

(i.e. contaminated water supply or unapproved source)

Animal or Vector

(i.e. tick, mosquitoes, etc.)



Prevention and Control of Communicable Diseases

Best way to prevent communicable disease outbreaks in a camp setting:

1. Hygiene
2. Sanitation
3. Isolation and Exclusion
4. Communication



Prevention and Control: Hygiene

Hand Hygiene

- Required: Within 15 ft of lavatories
- **With Soap and Warm Water for 20 seconds**
- Recommended: Before meals

Camper Hygiene

- **Discourage sharing** of personal items amongst Campers
- Cups, blankets, contacts, tooth brushes, etc.
- Encouraging to cough or sneeze into elbow/shoulder

Staff Hygiene

- **Recognizing** the importance of NOT working with food when ill
- **Reporting** any fellow employees to management if displaying symptoms of illness

Prevention and Control : Sanitizers

Sanitizing common contact surfaces and areas

Bleach

5.25% Sodium Hypochlorite
Excellent Disinfectant
Surface must be cleaned with a
DETERGENT FIRST

Kills:

Viruses (HIV, HBV, H1N1, Norovirus,
Influenza A & B, Rhinovirus, Hep A,
Rotavirus,
Bacteria (Staphylococcus and
Streptococcus, TB, Salmonella, Shigella,
MRSA, E. Coli, Pseudomonas)
Fungi (Athlete's Foot, Yeast)

“Environmental surfaces
potentially contaminated
with norovirus should be
disinfected using a sodium
hypochlorite solution...”

- <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr6003a1.htm>



Prevention and Control : Sanitizers



Quaternary Ammonium

Benzalkonium chloride
Cleans and sanitizes in one step

Kills:

Gram negative/positive bacteria (
Salmonella Typhi, Staph, Strep,
Pseudomonas aeruginosa, E-Coli)

Viruses (HIV, Hep B/C, Herpes
Simplex, Influenza, MRSA)

Fungi (Athlete's Foot)

Not Effective:

Spores

“Products containing phenolic compounds (including triclosan and quaternary ammonium compounds) are less effective against nonenveloped viruses such as human norovirus.”

- <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr6003a1.htm>

Prevention and Control : Isolation

Required:

Typically located inside of the infirmary or health center

- Bed with **water proof mattress cover**
- Linens (if provided by camp, laundered with sanitizer)

Recommended:

An isolated area for ill campers that should have its own:

- **Designated restroom and shower**

Isolation room and its contents should be sanitized after each isolated patient stay

- A bleach water solution of adequate concentration-
- Approximately 1/3 cup of bleach per gallon of water (1000ppm) for regular sanitizing between patients
- STRONGER IF NECESSARY



Prevention and Control : Exclusion



Any camper or staff **isolated** from the community should be held until symptoms have subsided and have been cleared by the Health Supervisor or other Qualified Staff

Until that time, camper or staff will be **excluded from activities** that would ultimately infect the camp group at large

Prevention and Control : Communication



- **Food Manager** should IMMEDIATELY notify Health Supervisor of any ill food worker staff and EXCLUDE them from food/kitchen related activities
- **Counselor** should IMMEDIATELY notify Health Supervisor or Qualified staff of any camper displaying symptoms relating to vomiting or diarrhea
- **Health Supervisor** should notify Counselor and **Pool Manager** of any campers who had symptoms of diarrhea (once symptoms have subsided), EXCLUDING the camper from water activities

NOROVIRUS

Leading cause of Foodborne Illness in USA

Spreads quickly in close spaces

- Cruise ships, day care centers, schools, nursing homes...

CAMPS

Transmitted by getting fecal/ vomital material of infected person in your mouth

- Infected food/ water, improper hand washing,
- Direct or indirect contact with infected persons/ surfaces
- **Aerosolized vomitus**
- As taught by FDA, from point of vomitus event, Norovirus can be aerosolized up to approximately a 27 ft radius



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NOROVIRUS

Symptoms

Diarrhea, Vomit, Nausea, Stomach Pain, Fever, Headache/ Body Ache



Prevention

1. Regular hand washing
2. Washing of fruits, vegetables and Cooking shellfish thoroughly
3. Not preparing food when ill
4. Wash linens thoroughly (with sanitizer, using gloves)

Clean up

1. Personal Protection Equipment
2. 1000-5000ppm Chlorine=
1/3 to 1.5 cups of household (5.25%) bleach per gallon of water

http://www.epa.gov/oppad001/list_g_norovirus.pdf

Reporting/ Mitigating with DEHS

Health Supervisor/Site Operator are **required to report ALL occurrences** of foodborne illness, suspected foodborne illness or any other reportable diseases as required by Title 17, section 2500 (b) must be promptly reported **to Environmental Health Services**

Step 1: REPORT

Monday- Friday, 8a-5p:

800-442-2283

After Hours, Weekends:

800-472-2376



Reporting/ Mitigating with DEHS

Reportable diseases usually include, **but are not limited to**, the following **symptoms**:



- Nausea
- Vomiting
- Diarrhea
- Abdominal cramps
- Fever

WHEN a **higher than average number campers/staff** display 1 or more of the above symptoms

Reporting/ Mitigating with DEHS

Step 2- Isolate

Isolate campers and staff to minimize spread of communicable disease

Under care of Health Supervisor and Qualified Staff

- Logging treatments, patients, incident in Medical Log

Step 3- Provide any information on what steps have been taken to contain outbreak to EHS

- Access to Medical Logs and other necessary records when on site



Reporting/ Mitigating with DEHS

Step 4- Clean up

- Protection of clean up staff
- Necessary personal protection gear- (masks, gloves, etc.)
- Disinfection
- **Bleach water solution recommended** over quaternary ammonium sanitizer-
- Effective against NOROVIRUS

Step 5- Closure of Camp

Only in dire situations where outbreak cannot be immediately mitigated



Reporting/ Mitigating with DEHS



If ever in DOUBT, just call

Division of Environmental Health Services

OR

Office of Public Health

We're here to answer any questions about unusual occurrences at camp concerning outbreaks

Questions? More Information?



Roundtable
Discussion