



District 2 Public Health

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CAMPERS TEST POSITIVE FOR H1N1 INFLUENZA

GAINESVILLE, GA – Today, the Georgia Public Health Lab released the confirmatory results of the three influenza samples from persons at Camp Ramah Darom in Rabun County. The samples have tested positive for H1N1 influenza. This is not unexpected as the H1N1 virus has been spreading in the United States and many other countries since April. So far, the H1N1 flu virus has been very similar to seasonal flu with mild to moderate symptoms and most infected persons have been recovering in a few days. We are still waiting on the laboratory results from a sample on a person at one other camp.

Symptoms of influenza include fever, cough, sore throat, body aches, headache, chills and fatigue. A few patients with the novel H1N1 strain have also had some nausea and diarrhea. Some people with chronic diseases or conditions that affect their immune systems may be at higher risk for more serious consequences of influenza, and should confer with their healthcare provider about the possible need for further care.

Public health continues to provide guidance for camps and surveillance of illness. Camp officials are following the CDC guidelines for camps www.cdc.gov/h1n1flu/camp.htm. They have done a good job of implementing their plans for caring for ill campers and communicating with parents and collaborating with local hospitals and health care providers, District 2 Public Health, and the Georgia Division of Public Health.

In addition, the camps have put into action steps to limit the spread of illness such as separating campers that become ill from well campers and limiting contact between the camp and those outside of the camp.

There are some simple steps that you can take to help protect yourself and to prevent the spread of illnesses like influenza:

- Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- If you get influenza, the CDC recommends staying home to help prevent the spread of illness to others. Persons with more severe symptoms, or who seem to be getting worse instead of better, should contact their healthcare provider.
- Avoid close contact with sick people.

For more information: www.cdc.gov/h1n1flu/camp.htm
www.pandemicflu.gov
www.who.int

Camp web sites that have included information about influenza guidance:

Boy Scouts of America <http://www.scouting.org/scoutsource/HealthandSafety/Alerts/swineflu.aspx>

American Camp Association http://www.acacamps.org/hottopics/swine_flu.php

Influenza Testing Guidance:

Georgia Division of Public Health

http://health.state.ga.us/h1n1flu/doc/H1N1%20testing%20guidance_061509_final_web.doc

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