

North Suburban YMCA Influenza (Flu) Policy

At North Suburban YMCA Camp, the health and safety of our campers and staff are our top priorities. Influenza (commonly known as the flu) is a contagious respiratory illness that can spread quickly in group settings. To protect our camp community, we follow a strict flu policy based on public health guidance.

What Is the Flu?

The flu is a contagious virus that affects the nose, throat, and sometimes the lungs. It spreads through:

- Coughing and sneezing
- Talking or laughing in close contact
- Touching shared surfaces
- The flu is more than just a bad cold—it can cause serious illness, especially in children.

Common Flu Symptoms

- Fever or chills
- Cough
- Sore throat
- Muscle or body aches
- Fatigue or weakness
- Headache
- Runny or stuffy nose
- Nausea, vomiting, or diarrhea (more common in children)

Our Camp Policy

If a Camper Has Flu Symptoms:

- The camper will be separated from their group and supervised in a rest area.
- Parents/guardians will be contacted for same-day pick-up.
- We recommend a visit to your child's healthcare provider to confirm flu and receive care instructions.

Return to Camp Requirements:

A camper may return to camp when:

- They have been fever-free for at least 24 hours without the use of fever-reducing medications
- Symptoms are significantly improved
- They feel well enough to fully participate in camp activities
- No negative test or doctor's note is required unless symptoms persist or worsen.

Siblings Policy

- Siblings may attend camp if they show no symptoms.
- If symptoms begin, they must be picked up and follow the same exclusion criteria.

Prevention at Camp

We reduce the risk of flu transmission by:

- Encouraging frequent and proper handwashing
- Disinfecting high-touch surfaces and shared equipment
- Promoting cough/sneeze hygiene (into elbows or tissues)
- Reminding campers not to share food, drinks, or utensils

What You Can Do at Home

- Monitor your child for flu symptoms
- Keep your child home if they are sick or have a fever
- Encourage annual flu vaccinations
- Let us know if your child is diagnosed so we can monitor the group

Working together, we can keep our camp community healthy, safe, and fun for everyone.