

# North Suburban YMCA RSV (Respiratory Syncytial Virus) Policy

At North Suburban YMCA Camp, we prioritize the health and safety of all campers. Respiratory Syncytial Virus (RSV) is a common respiratory illness that can spread easily in group settings, particularly among young children. While most cases are mild, RSV can cause more serious illness in some children—especially those under five or with underlying health conditions.

We are committed to preventing the spread of RSV through early detection, exclusion of symptomatic campers, and communication with families.

## What Is RSV?

- RSV is a contagious respiratory virus that infects the lungs and breathing passages. It spreads through:
- Droplets from coughs and sneezes
- Touching contaminated surfaces and then touching your face

## Common RSV Symptoms

- Runny nose
- Cough
- Sneezing
- Fever
- Decreased appetite
- Wheezing or difficulty breathing (in more serious cases)
- Fatigue or irritability

RSV may start with cold-like symptoms and progress to more severe illness in young children or those with weakened immune systems.

## Our Camp Policy

### If a Camper Shows Symptoms of RSV:

- The camper will be removed from group activities and cared for in a quiet, supervised rest area.
- Parents/guardians will be called for same-day pick-up.
- We encourage parents to contact a healthcare provider for guidance and diagnosis.

## Return to Camp Requirements:

A camper may return when:

- Fever has been gone for at least 24 hours without fever-reducing medication
- Breathing has returned to normal (no wheezing, shortness of breath)
- Symptoms have significantly improved
- The camper feels well enough to participate in all camp activities

## Siblings Policy

- Siblings of RSV-positive campers may continue attending camp if they are symptom-free.

- If they develop cold-like or respiratory symptoms, they must be picked up and follow the same return guidelines.

## **Prevention at Camp**

We take these steps to prevent RSV spread:

- Frequent handwashing and hand hygiene
- Disinfection of high-touch surfaces, toys, and shared materials
- Limiting the sharing of food, drinks, or nap/rest materials
- Teaching campers to cover their coughs and sneezes

## **What Parents Can Do at Home**

- Keep children home at the first sign of illness
- Monitor for signs of difficulty breathing or worsening symptoms
- Notify us if your child is diagnosed with RSV so we can take appropriate steps in their group
- Encourage good hygiene practices

Thank you for working with us to keep our camp community safe and healthy.