

North Suburban YMCA Strep Throat Policy

At North Suburban YMCA Camp, we prioritize the health and well-being of every camper. Strep throat is a common childhood illness that can spread quickly in group settings like camp. We have procedures in place to identify, manage, and limit its spread.

What Is Strep Throat?

Strep throat is a bacterial infection caused by group A Streptococcus bacteria. It requires treatment with antibiotics and can spread through coughing, sneezing, and close contact.

Common Symptoms of Strep Throat:

- Sudden sore throat
- Pain when swallowing
- Fever
- Swollen tonsils or lymph nodes
- White patches or streaks on the tonsils
- Headache, stomachache, or nausea (especially in younger children)

Note: Not all sore throats are strep—testing by a healthcare provider is needed to confirm.

Our Camp Policy

If a Camper Develops Symptoms:

- The camper will be removed from group activities and placed in a supervised rest area.
- Parents/guardians will be contacted for immediate pick-up and encouraged to seek medical evaluation.

Return to Camp Requirements:

- A camper diagnosed with strep throat may return to camp when:
- They have been on antibiotics for at least 24 hours
- They are fever-free for 24 hours without medication
- They are feeling well enough to participate in camp activities
- We require a verbal or written confirmation from the parent/guardian that treatment has begun.

Siblings Policy

- Siblings may continue to attend camp if they show no symptoms.
- If a sibling develops a sore throat, fever, or other symptoms, they will be sent home and must follow the same policy.

Prevention at Camp

- We actively reduce the spread of strep by:
- Promoting frequent handwashing
- Disinfecting shared surfaces and supplies
- Separating water bottles, utensils, and personal items

What You Can Do at Home

- Monitor your child for signs of illness
- Keep your camper home if they're feeling unwell
- Seek medical care if your child develops symptoms of strep throat
- Notify the camp if your child is diagnosed, so we can notify the group (without naming your child)

Thank you for helping us maintain a healthy, happy camp environment!