

Dear Parents and Guardians,

There are confirmed cases of H1N1 (human swine influenza) in Nova Scotia.

H1N1 (human swine influenza) is a respiratory illness that causes symptoms similar to those of regular human seasonal influenza. The virus is spread by germs that are released into the air by coughs and sneezes and breathed in by others.

Typical symptoms include:

- Cough
- Fever / Chills
- Fatigue
- Sore throat
- Body aches / Headache
- Vomiting and Diarrhea (in children under 5 years of age)

The best prevention against H1N1 (human swine influenza) is to:

- Wash your hands thoroughly with soap and warm water, or use alcohol-based hand sanitizer
- Cough and sneeze into your arm or sleeve
- Stay home if you are sick
- If your symptoms worsen, visit your doctor or a walk-in clinic
- Do not share drinking glasses, water bottles, mouth guards or eating utensils

If you or your camper have influenza-like symptoms or have been in contact with someone who has H1N1 (human swine influenza), it is important to avoid close contact with others for seven days after your symptoms start. We realize that this may mean that your camper may have to attend a later camp. This is the time however, when the illness can be spread to others. It is critical to the health and safety of the other campers, as well as the staff, that your camper recovers at home. Also, please be sure to visit a physician if symptoms worsen.

If you are experiencing influenza-like symptoms, but have *not* been exposed to H1N1 (human swine influenza), either through recent travel to an affected area or contact with someone who has it, treat it as you would normal seasonal influenza. Stay home, rest and drink plenty of fluids. Again, if symptoms worsen, visit your doctor or a walk-in clinic.

Camps across the province are planning to operate as per usual this summer. Nevertheless, all camps will be taking extra precautions to help ensure the health and safety of everyone at camp. If you would like to review the Camping Association's Policy concerning H1N1 (human swine influenza), it can be viewed at <http://www.campingns.ca/members/cans-swine-flu-policy>. Furthermore, if you have any questions regarding our precautions against H1N1, please feel free to contact our Camp Director, [*First Name*] [*Last Name*], at [(902) 555-5555] or [*firstnamelastname@domain.ca*]. In addition the provincial government has made additional information on H1N1 (human swine influenza) available by visiting [www.gov.ns.ca/hpp](http://www.gov.ns.ca/hpp) or calling toll-free: 1-888-451-4222.

We thank you for your understanding.

Happy & Healthy Camping,

Camp Director