Day and Overnight Camps:
Preventing the Spread of COVID-19

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Notice

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• PHO does not develop or approve public health policy or directives. For specific guidance, refer to the:
  • Ministry of Health COVID-19 Guidance: Day Camps
  • Ministry of Health COVID-19 Guidance: Overnight Camps and Outdoor Education Centre

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Objectives

After completing this module you will be able to:

1. Understand how COVID-19 is transmitted
2. Describe measures to reduce the risk of acquiring and spreading COVID-19
COVID-19 Transmission

Droplet Transmission (within 2 m)

Aerosol Transmission

Contact Transmission
Preventing Transmission from Droplets and Aerosols

- Wear a mask
- Practice respiratory etiquette
- Stay 2 m (6 feet) away from others
- Optimize ventilation by increasing outdoor air
Preventing Transmission from Contact

Avoid touching eyes, nose or mouth (especially with unwashed hands)

Clean your hands often with soap and water or alcohol based hand sanitizer

Clean and disinfect surfaces, especially those considered high-touch (door handles, lights, handrails)
Respiratory Etiquette
Practicing Good Respiratory Etiquette

• Cover your mouth and nose when you cough or sneeze
  • With a tissue or
  • With your upper sleeve or elbow, not your hands
• Immediately discard used tissue in open waste bin
• Clean your hands after coughing, sneezing, or blowing your nose
• Avoid touching your face and mask as much as possible
Hand Hygiene
Cleaning Your Hands

What?
• The action of cleaning hands
• Must actively rub hands for at least 15 seconds
• Liquid soap and water or
• Alcohol-based hand sanitizer (60-90% alcohol concentration)

When?
• Whenever hands look dirty or are visibly soiled
• Regularly and when indicated (e.g., before touching your face, after using the bathroom, before putting on a mask, after taking off a mask, before and after using shared items/toys)
Cleaning Hands with Hand Sanitizer (ABHR)

1. Apply 1 to 2 pumps of product to palms of dry hands.
2. Rub hands together, palm to palm.
3. Rub in between and around fingers.
4. Rub back of each hand with palm of other hand.
5. Rub fingertips of each hand in opposite palm.
6. Rub each thumb clasped in opposite hand.
7. Rub hands until product is dry. Do not use paper towels.
8. Once dry, your hands are clean.

Rub hands for at least 15 seconds.

Do not use hand sanitizer with water.
Do not use hand sanitizer when hands are visibly dirty or wet.

Cleaning Hands with Soap and Water

1. Wet hands with warm water.
2. Apply soap.
3. Lather soap and rub hands palm to palm.
4. Rub in between and around fingers.
5. Rub back of each hand with palm of other hand.
6. Rub fingertips of each hand in opposite palm.
7. Rub each thumb clasped in opposite hand.
8. Rinse thoroughly under running water.
10. Turn off water using paper towel.
11. Your hands are now clean.

Wash hands for at least 15 seconds.

Points to Remember

• Monitor and replenish supplies (i.e., hand sanitizer, liquid soap, paper towels)
  • Don’t top up or refill soap or hand sanitizer dispensers

• Lead by example. Always wash your hands using the correct technique

• Finger tips, between fingers, back of hands and base of thumbs are the most commonly missed areas in hand hygiene. Spread soap or hand sanitizer over all surfaces of hands
Physical Distancing
Importance of Physical Distancing

What is physical distancing?
Physical distancing means staying at least 2 m (6 feet) away.

Why physically distance from others?
To prevent droplets from an infected person from being dispersed into the environment and onto people within 2 m (6 feet) distance.
Reinforcing Physical Distancing for Campers

The risk of transmission is higher indoors, particularly when physical distancing is not practiced and/or when masking is not practiced consistently by all.

Visual Reminders: What Does 2 m (6 Feet) Look Like?

- 10 size 5 soccer balls
- 2 acoustic guitars
- 1.5 archery bows
Creative Ways to Show Physical Distancing

• Make a game out of it. Ask campers to:
  • Throw a bean bag as far as they think 2 m (6 feet) is
  • Line up items to show how far they think 2 m (6 feet) is
  • To jump as many times as needed to be 2 m (6 feet) away from where they started.
Cleaning and Disinfection
About Cleaning and Disinfection

• Cleaning and disinfection are two separate processes. Cleaning must be done before disinfection, in order for disinfection to be effective
  • Combined cleaner and disinfectants available

• Commonly used cleaners and disinfectants are effective against COVID-19

• Verify disinfectants have a Drug Identification Number (DIN)

• Do not use expired products
The Use of Cleaning and Disinfectant Products

Always follow the manufacturer’s instructions including:

• Personal protective equipment to be worn while using the product
• Dilution instructions (if applicable)
• How to apply the product and ensure contact time
  • For effective disinfection to occur, the product must be in contact (remain wet) with the surface for a specific amount of time ("contact time") as specified in the manufacturer’s instructions; contact time varies between products
Frequency of Cleaning and Disinfection

• Frequently touched surfaces (e.g. door handles, light switches, table tops, touch screens, water fountains, toilet and faucet handles) are most likely to be contaminated
  • Clean and disinfect twice per day and when visibly dirty
• Non-porous items and equipment (e.g. craft scissors, sports equipment, remote controls, tech devices) that are shared should be cleaned and disinfected following the activity
• For items that cannot be cleaned and disinfected such as play structures, picnic table, life jackets, rope harnesses, have campers clean hands with hand sanitizer before and after use
All Measures Combined Provide the Best Protection

The Swiss Cheese Respiratory Virus Pandemic Defence
Recognising that no single intervention is perfect at preventing spread

Each intervention (layer) has imperfections (holes).
Multiple layers improve success.

For More Information...

Public Health Ontario Resources

• How to Wash Your Hands / How to Use Hand Sanitizer
• Checklist: Pre-camp Planning: COVID-19 Preparedness and Prevention for Day Camps

Provincial COVID-19 Guidance

• Ministry of Health COVID-19 Guidance
For More Information About This Presentation, Contact:

communications@oahpp.ca

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