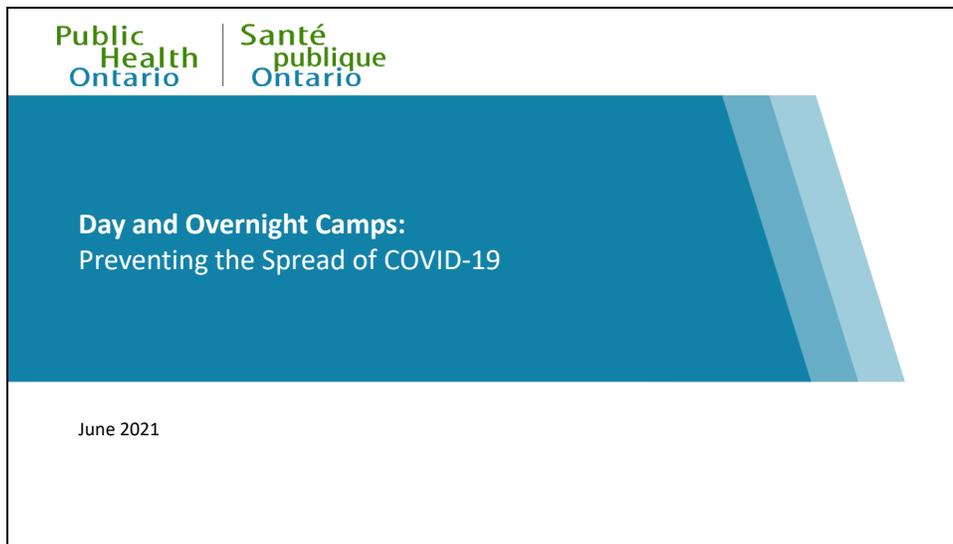


Day and Overnight Camps: Preventing the Spread of COVID-19

Transcript: Presentation 1 of 5

Slide 1



The purpose of this presentation is to describe preventive measures to reduce the risk of acquiring and spreading COVID-19.

Slide 2

Notice

- This document was developed by Public Health Ontario (PHO). PHO provides scientific and technical advice to Ontario's government, public health organizations and health care providers. PHO's work is guided by the current best available evidence at the time of publication.
- 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
- The application and use of this document is the responsibility of the user. PHO assumes no liability resulting from any such application or use.

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Slide 3

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

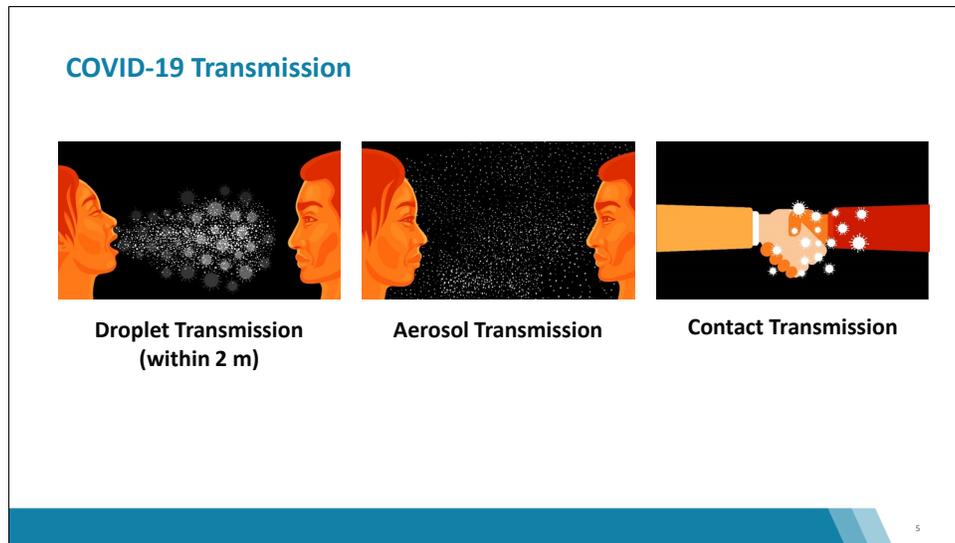
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After completing this module you will be able to:

- Understand how COVID-19 is transmitted
- Describe measures to take to reduce the risk of getting and spreading COVID-19 to others
- Correct and consistent use of these concepts in your day or overnight camp will help in protecting camp staff and campers alike.

Slide 4



The main way COVID-19 is spread to others is when large respiratory droplets and smaller droplets known as aerosols are produced when someone coughs, sneezes, sings, shouts and talks and the droplets land in the nose, mouth, or eyes of someone nearby.

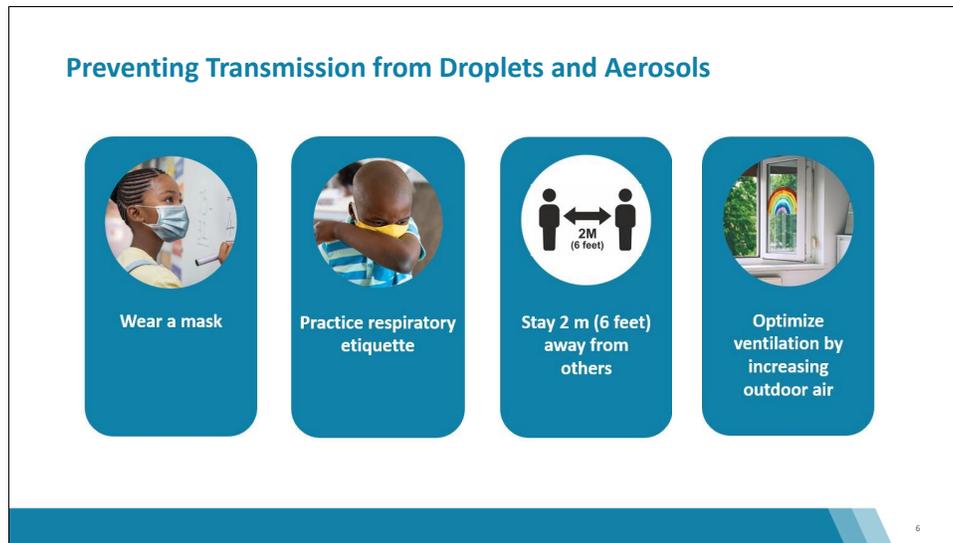
COVID-19 can be transmitted or passed from one person to another at short-range through large respiratory droplets and aerosols. This is likely to occur when someone has close unprotected contact with an infectious person, generally within about 2 meters (or 6 feet).

Less commonly, smaller droplets (or aerosols) can spread over longer distances and may be suspended for longer periods of time. Transmission over longer distances through aerosols can occur under specific circumstances, particularly when it is crowded and when you are in a closed space with poor ventilation.

Many of these droplets are blocked from release by wearing a mask meaning they don't get a chance to remain and collect in the air. Any small droplets that are released disperse more quickly outdoors and in well-ventilated indoor spaces.

Lastly, COVID-19 can also be spread when you come into direct contact with another person, for example when shaking hands. And potentially through contact with surfaces that have been touched or sneezed on by someone who is ill with COVID-19. Although it may be possible that people can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, it does not seem to spread easily this way.

Slide 5



Now that we know how the virus is spread, it can help us to better understand the measures that will reduce our risk of acquiring infection.

As mentioned, COVID-19 spreads most commonly by respiratory droplets through coughing and sneezing for example) and can infect anyone within 2 metres or 6 feet of an infected person.

This is why practices such as wearing a mask to block droplets from release, practicing respiratory etiquette, keeping a distance of at least 2 m or 6 feet, and optimizing ventilation by increasing outdoor air, can help minimize the risk of transmission.

Further information about mask use can be found within the Personal Protective Equipment (PPE) for Day Camp or Personal Protective Equipment (PPE) and Cohorting for Overnight Camp Presentations.

Slide 6

Preventing Transmission from Contact

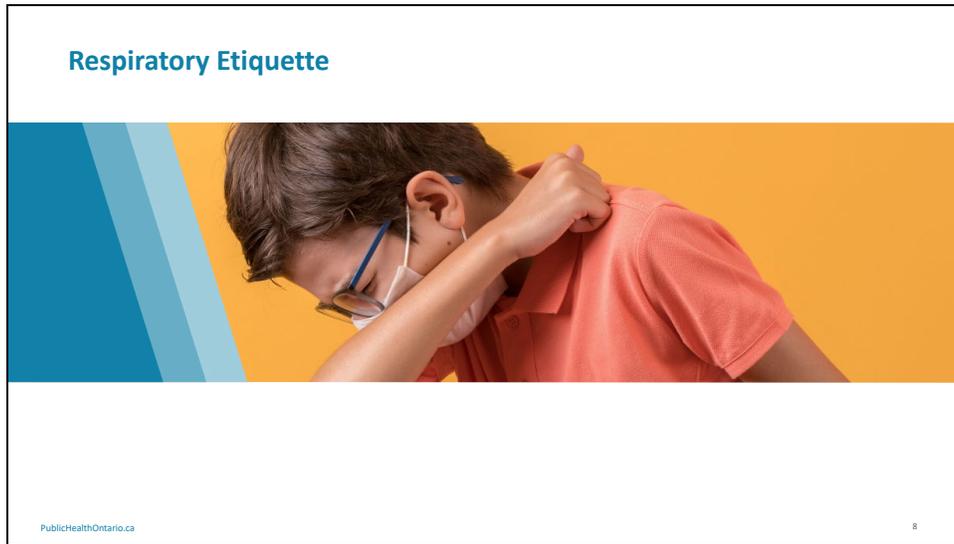


- Avoid touching eyes, nose or mouth (especially with unwashed hands)
- Clean your hands often with soap and water or alcohol based hand sanitizer
- Clean and disinfect surfaces, especially those considered high-touch (door handles, lights, handrails)

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You can also reduce your risk by not touching your eyes, nose and mouth, as this is how the virus can enter your body to cause infection. While much less common, transmission can also occur through contact with surfaces that have been touched or sneezed on by someone who is ill with COVID-19. This is why making sure you clean your hands frequently with soap and water or alcohol based hand sanitizer plays an important role in reducing the risk of infection. Use of alcohol based hand sanitizer is the preferred method for cleaning your hands when they are not visibly dirty. Finally, keeping surfaces clean can help reduce the risk. Clean and disinfect surfaces, especially those considered high-touch for example door handles, light switches and handrails.

Slide 7



This section looks at respiratory etiquette.

Slide 8

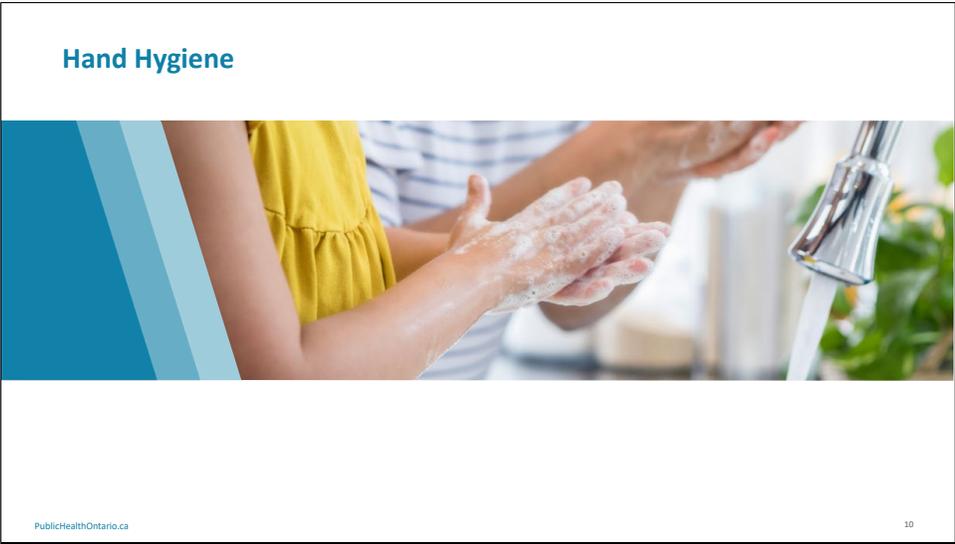
Practicing Good Respiratory Etiquette

- 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

Practicing proper respiratory etiquette, such as coughing and sneezing into a tissue, elbow or sleeve, followed by cleaning hands with alcohol based hand sanitizer or soap and water, can also help to reduce the potential for transmission of illness.

It will be important to regularly remind and educate campers and staff to practice proper respiratory etiquette at all times.

Slide 9



This next section looks at cleaning your hands, also known as hand hygiene.

Slide 10

Cleaning Your Hands

<p>What?</p> <ul style="list-style-type: none">• 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)	<p>When?</p> <ul style="list-style-type: none">• 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)
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Hand hygiene should be performed by everyone including staff, visitors, and campers.

When cleaning your hands, it's important to actively rub your hands with soap and water or alcohol based hand sanitizer for at least 15 seconds. Encouraging campers to hum the Happy Birthday song twice or to hum their favorite camp song while washing their hands can help.

Hands can be cleaned for longer. But keep in mind, that it's not necessarily the time it takes that is important. What is more important is making sure you do a thorough job and clean all areas of your hands with hand sanitizer or soap and water.

Is hand sanitizer better than soap and water? Both ways of cleaning your hands are effective but there may be some times when one is used over the other.

Hand sanitizer is the preferred method to clean your hands. (note for translation Switched the order of the bullets)

Hand sanitizer is convenient and more readily available especially for use when participating in outdoor activities.

But when your hands are visibly dirty hands should be cleaned with soap and water.

Your hands should be cleaned regularly and when needed for example before touching your face, after using the bathroom, before putting on and taking off your mask, after touching the outside of your mask and before and after using shared items.

Slide 11



This slide provides a visual step by step of how to clean your hands, using alcohol based hand sanitizer:

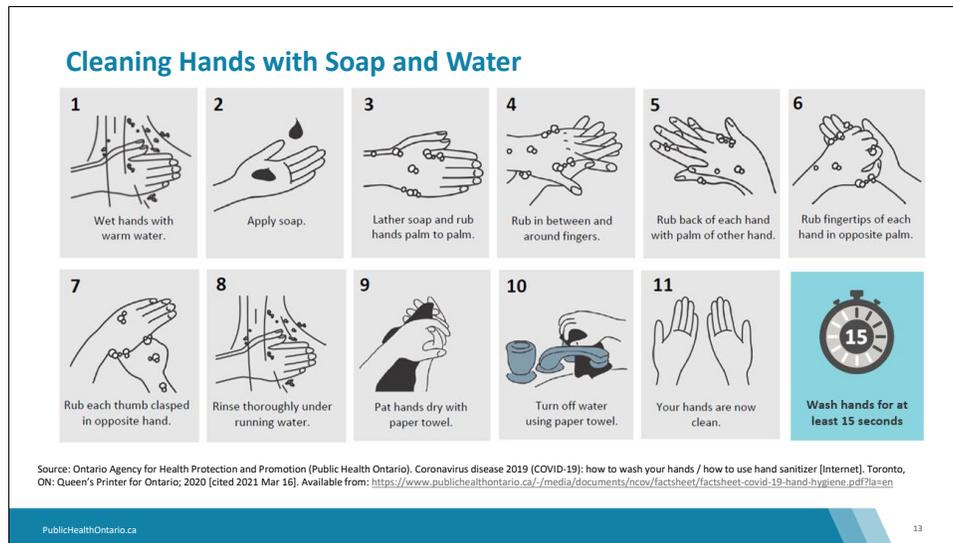
- Apply 1 to 2 pumps of product to palms of dry hands
- Rub hands together, palm to palm
- Rub in between and around fingers
- Rub back of each hand with palm of each hand
- Rub fingertips of each hand in opposite palm
- Rub each thumb clasped in opposite hand
- Rub hands until product is dry. Do not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

Ensure you rub your hands for at least 15 seconds

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

Remember to pay attention to all surfaces of the hands and fingers, including the tops of hands.

Slide 12



This slide provides a visual step by step of how to clean your hands, using soap and water:

- Wet hands with warm water
- Apply soap
- Lather soap and rub hands palm to palm
- Rub in between and around fingers
- Rub back of each hand with palm of other hand
- Rub fingertips of each hand in opposite palm
- Rub each thumb clasped in opposite hand
- Rinse thoroughly under running water
- Pat hands dry with paper towel, which is the preferred way to dry your hands
- Turn off water using paper towel
- Your hands are now clean

Ensure you scrub your hands for at least 15 seconds.

Pay attention to all surfaces of the hands and fingers, including the tops of hands.

Slide 13

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

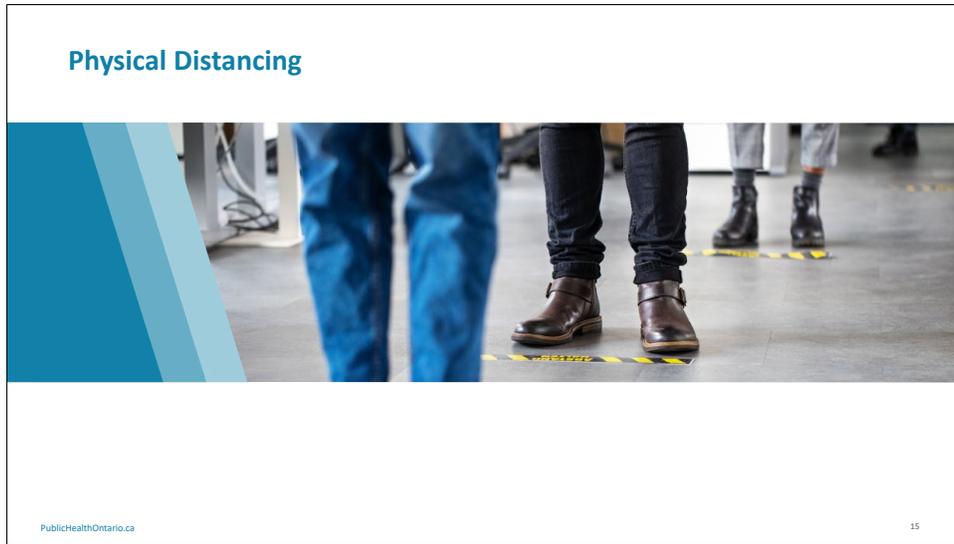
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Here are a few points to remember with respect to hand hygiene:

- Monitor and replenish supplies used for cleaning hands like hand sanitizer, liquid soap and paper towels. As part of planning, ensure that there is a process in place to monitor available supplies for hand hygiene (i.e., alcohol-based hand sanitizer, liquid soap, paper towels) and supplies are re-ordered and replaced when necessary.
- Topping up or refilling soap or hand sanitizer dispensers is not recommended due to the potential for contamination
- Always lead by example. When you wash your hands using the correct technique your campers and fellow staff members will follow
- Pay attention to frequently missed parts of your hand when cleaning your hands such as the finger tips, between the fingers, back of the hands and base of the thumbs. Spread soap or hand sanitizer all over the surface of your hands.

Slide 14



This next section looks at the importance of physical distancing

Slide 15

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.

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Physical distancing is a key preventative measure for COVID-19.

Physical distancing is not all or none and the greater the distance the lower the risk. The term, physical distancing means staying at least 2 meters or 6 feet away from one another whenever possible.

When a person who is ill with COVID-19 coughs or sneezes, anyone who is within 2 meters or 6 feet of the ill person may be exposed to their infectious droplets. Staying at least 2 metres or 6 feet away from others is one measure that helps to minimize the risk of potential exposure to COVID-19.

Slide 16

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.



- Encourage or plan activities that promote physical distancing
- Model appropriate behavior
- Masking when physical distancing is not possible.
*See PPE for Day Camps and Overnight Camps for details
- Talk to campers about physical distancing and why it is important
- Incorporate visual reminders/use cues to show how far 2 metres (6 ft) is

World Health Organization. Transmission of SARS-CoV-2: implications for infection prevention precautions: scientific brief [Internet]. Geneva: World Health Organization; 2020 [cited 2021 Apr 1]. Available from: <https://www.who.int/publications/item/modes-of-transmission-of-virus-causing-covid-19-implications-for-ipc-precaution-recommendations>

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What can you do to reinforce physical distancing for Campers?

It is important to remember, the risk of transmission is higher indoors, particularly when physical distancing is not practiced and/or when masking is not practiced consistently by all.

This slide provides a few examples of what you can do to reinforce physical distancing with campers.

This includes planning activities that promote physical distancing.

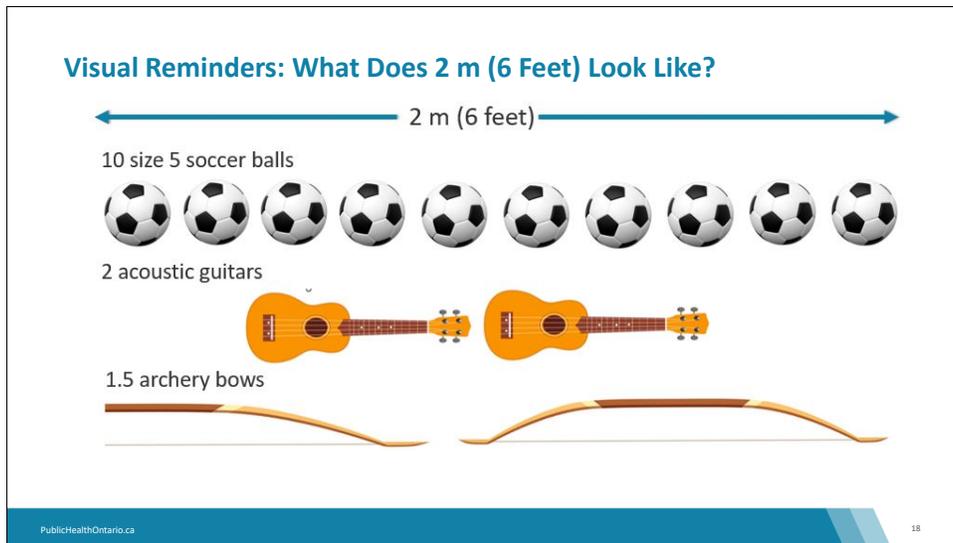
Model appropriate behavior by demonstrating consistent physical distancing from other staff members.

It is important to note that physical distancing may not always be possible (especially for younger children) – masking is an important supplemental strategy that will reduce the risk with close interactions. For more information on mask use, please refer to presentations on PPE for day camps and overnight camps.

You can help reinforce physical distancing for campers by talking to them about physical distancing and why it is important in a non-judgmental manner.

Incorporate visual reminders or cues like markings on the floors or walls to show how far 2 metres or 6 feet is.

Slide 17



To help campers visualize what 2 m or 6 feet look like, line up items you would find in your setting to illustrate the distance that one person should be from another.

Slide 18

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.

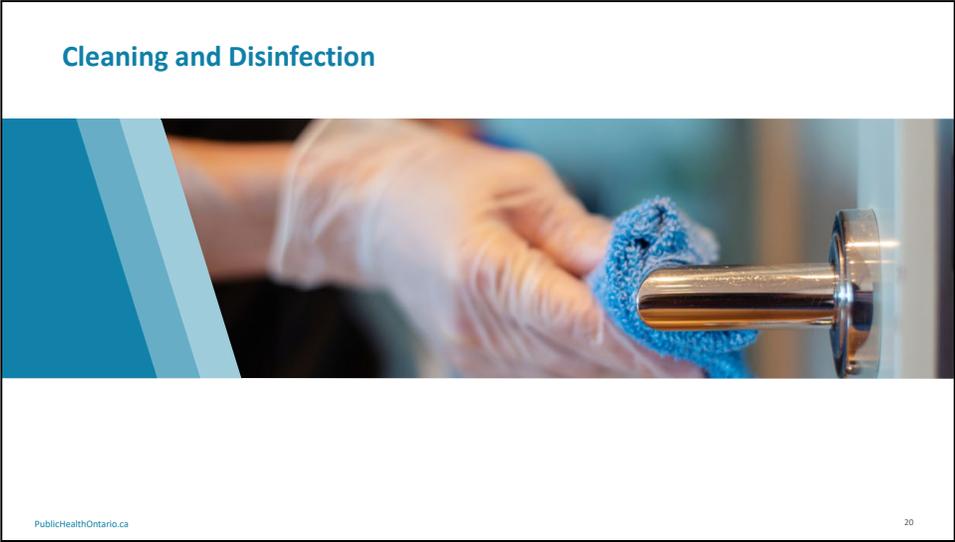
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To help campers understand how far they have to be from another person, consider making a game out of it.

- Have your campers each throw a bean bag as far as they think 2m or 6 feet is
- Have campers line up items side by side to show how far they think 2 m or 6 feet is
- Ask campers to jump as many times as needed from a starting line to show what they think 2m (6 feet) looks like
- Then demonstrate what 2 m (6 feet) actually looks like.
- Be creative and have fun with it.

Slide 19



This next section looks at cleaning and disinfection.

Slide 20

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

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While much less common, transmission can occur through contact with surfaces that have been touched or sneezed on by someone who is ill with COVID-19. Cleaning and disinfection of environmental surfaces can help to prevent transmission of illness from contact with contaminated surfaces.

Cleaning and disinfection are two separate processes. Cleaning must be done before disinfection, in order for disinfection to be effective

When we speak about cleaning, this refers to the physical removal of foreign material (e.g., dust, soil) and organic material (e.g., blood, secretions, and excretions). Cleaning physically removes rather than kills microorganisms. It is accomplished with water, detergents and mechanical action (e.g. scrubbing).

The process of disinfection refers to the inactivation of disease-producing microorganisms or germs. This is product specific and you should always follow instructions on the manufacturer labels

Some products may be a combined cleaner and disinfectant. Always review the instructions on the manufacturer label to determine if a separate cleaning step is required.

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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

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Use cleaning and disinfectant products according to the manufacturer's instructions for use (MIFU) and follow directions for dilution and contact time. For effective disinfection to occur, the product must be in contact with the surface for a specific amount of time, also known as "contact time" before being wiped away. For most disinfectants, the surface should remain wet for the required contact time. Ensure you apply sufficient product and allow product to dry on the surface (don't wipe it dry).

The manufacturer's instructions for a particular cleaning/disinfecting product, including wearing any recommended Personal Protective Equipment, should always be followed, in order to protect staff from potential exposure to infection during cleaning and disinfection and to protect staff from potential exposure to the occupational health hazards posed by some cleaning and disinfecting products.

Slide 22

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

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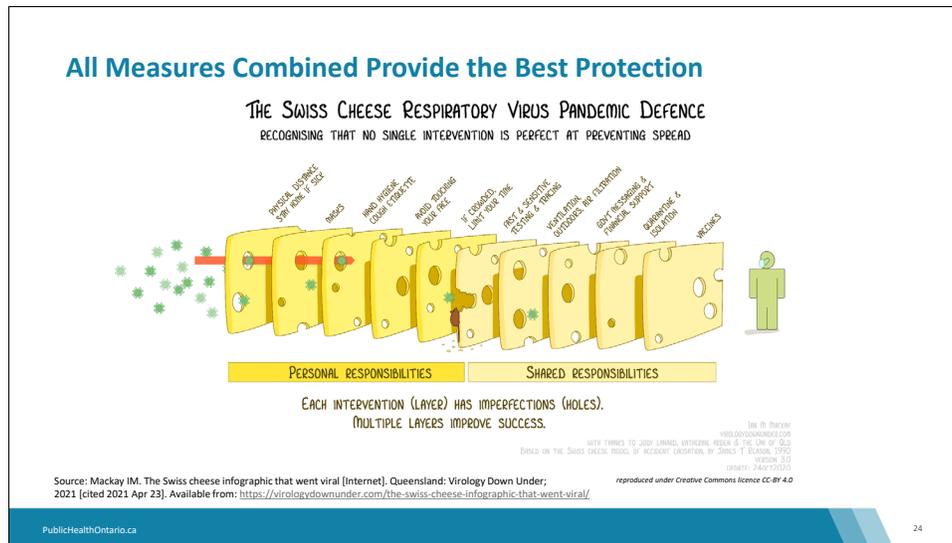
High touch surfaces are those that are more likely to be touched or handled, including door handles, light switches, table tops, touch screens, water fountains, toilet and faucet handles.

Surfaces that are frequently touched are more likely to become contaminated, and are to be cleaned and disinfected at least twice daily and more frequently, if the surface appears visibly soiled or is a surface that is more frequently touched.

Washrooms and eating areas should be cleaned and disinfected at least twice daily.

A cleaning and disinfection log can be posted and used to record when cleaning and disinfection has been completed to ensure no surfaces are missed

Slide 23



To reduce the risk of COVID-19 at camp, there are many public health measures we can apply like wearing a mask, physical distancing, washing your hands, respiratory etiquette, and cleaning and disinfection

No single public health measure on its own is perfect at preventing the spread of COVID-19 at camp

But for the best protection, we need layers of public health measures together to help provide the best protection for you, other staff, and campers.

Each public health protection measure can be thought of as a slice of Swiss cheese, they're not perfect and do not provide 100% protection on their own, instead they have holes in each slice that allows virus to pass through and provides the opportunity for COVID-19 to spread

But slices of Swiss cheese have holes in different spots and when you layer them, the holes become covered so when one slice or public health measure fails, another one may block the virus.

By layering and applying multiple public health measures you will have more complete protection and a better barrier for preventing the spread of COVID-19.

Slide 24

For More Information...

Public Health Ontario Resources

- [How to Wash Your Hands / How to Use Hand Sanitizer](#)
- [Checklist: Daily Camp Operations: COVID-19 Preparedness and Prevention for Day Camps](#)
- [Checklist: Pre-camp Planning: COVID-19 Preparedness and Prevention for Day Camps](#)

Provincial COVID-19 Guidance

- [Ministry of Health COVID-19 Guidance](#)

If you would like more information, please see the list of resources here.

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For More Information About This Presentation, Contact:

communications@oahpp.ca

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[PublicHealthOntario.ca](https://www.ontario.ca/health)

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