

Getting sick can spoil your camping experience, so stay healthy and have fun! Follow the guidelines below to have a safe and happy time at camp.

Vaccinations

Vaccinations

- Vaccinations can help protect you and your family against certain diseases and illnesses while camping. Make sure that you and your family are up-to-date on all vaccinations. If you are not sure, check with your doctor or nurse. He or she may recommend vaccines, such as tetanus, pertussis (whooping cough), meningitis, and/or hepatitis A, depending on your medical history, destination, and other conditions.

Food storage, preparation, and serving:

- Pack foods in tight, waterproof bags or containers. Keep what needs to be cold in an insulated cooler.
- Quickly refrigerate any uneaten food at the end of the meal. Food that is not properly stored allows bacteria to grow.
- Check refrigerator temperature at least daily – it should be at or below 40°F to safely store perishable food items. Try not to open the refrigerator door very often to keep food safe.
- When preparing foods, keep uncooked items separate from foods that will not be cooked. It is a good idea to prepare foods that will not be cooked before handling any uncooked meats. Clean kitchen surfaces well and often with disinfectant when uncooked meats are being prepared.
- Cook foods completely, especially hamburgers which should be cooked to an internal temperature of 160°F. Use a meat thermometer to make sure that the meat is cooked all the way through. Cook roasts and steaks to at least 145°F. Whole poultry should be cooked to 180°F for doneness.
- Refrigerate uncooked meats and do not let them touch other food items.
- Store foods safely so that rodents, insects or other animals are not attracted.
- Anyone with open sores on their hands should not be preparing food or handling clean utensils or dishes.
- All kitchen workers need to keep their fingernails short and clean.
- Do not use the same cutting board for raw and cooked foods.
- Wash fruits and vegetables well before preparation. This includes washing before cutting foods such as melons to prevent germs on the outside from contaminating the inside.
- Do not allow anyone with a respiratory or gastrointestinal illness (especially diarrhea) to help with any part of food preparation or kitchen duties.
- Keep hot foods hot and cold foods cold, including during serving.
- Throw away any prepared leftover food items after 24 hours. Do not eat them.
- Drink water from safe water sources only. Do not drink from lakes or streams.
- If you are unsure of the water safety, boil for one full minute or use household bleach to disinfect water per the following guidelines:
 - ◇ Use regular unscented liquid chlorine laundry bleach.
 - ◇ Add two drops of bleach to one quart of clear water (use four drops if water is cloudy).
 - ◇ Shake or stir well, then wait 30 minutes before drinking.
- Be sure to prevent contamination by keeping drink containers covered at all times.
- Prevent contamination of common ice containers by using a

Continued on next page

General health

- Wash and dry dishes and utensils with soap and water, and store in a way to prevent them from getting dirty.
- Be sure that restrooms are cleaned at least daily, or more often if needed.
- Keep trash separate and covered, especially when inside.
- Anyone with diarrhea or vomiting needs to be seen at the first aid station or taken to a clinic or hospital immediately to avoid accidental spread of illness.

Personal health habits

- Stay hydrated by drinking plenty of fluids.
- Get plenty of rest. If you are fatigued, your natural resistance to infection will be lowered.
- Wash hands often with soap and water for at least 20 seconds, and always:
 - ◊ Before food preparation or serving
 - ◊ After using the bathroom
 - ◊ After coughing or sneezing
 - ◊ After touching any contaminated items such as uncooked meats or dirty laundry
 - ◊ After playing with pets
 - ◊ After changing a diaper
 - ◊ After touching pets or insects
- If soap and water are not available, and hands are not plainly dirty, an alcohol-based hand gel will kill germs on hands if used per the instructions on the container.
- Prevent skin infections by washing daily and only using your own washcloths and towels.
- Any sores or wounds need to be kept clean and covered with a bandage at all times.
- Wash hands after touching any sores or wounds.
- Remember to brush and floss your teeth regularly, even if you do not have toothpaste.
- Practice healthy Cough Hygiene:
 - ◊ Cover your cough or sneeze with a tissue
 - ◊ Use disposable tissues, not cloth handkerchiefs
 - ◊ Dispose of used tissues immediately and safely
 - ◊ Wash hands or use alcohol-based hand gel after the above steps

Resources:

<http://www.cdc.gov/family/camping/>

http://www.wildernessmanuals.com/manual_3/chpt_2/5.html

<http://www.nols.edu/wmi/articles/archive/hygiene.shtml>

OSDH 05/2013



Acute Disease Service
Oklahoma State
Department of Health

For further information contact:
Acute Disease Service
Oklahoma State Department of Health
(405) 271-4060
<http://ads.health.ok.gov>