



HEADQUARTERS
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08 July 2009

SPECIAL IMPORTANT NOTICE RE: 2009 SUMMER ENCAMPMENT!

TO: CAP Cadets, Parents, Grandparents, Guardians, Cadet & Senior Staff

FROM: Carol Peterlin, Capt, CAP
2009 Summer Encampment Medical (Nurse) Officer

SUBJECT: H1N1 Flu Virus

I am writing this personal message to each of you to make sure you are informed about the past & current flu situation at Camp San Luis Obispo and precautions which must be taken prior to anyone coming to encampment in August 2009. This is important information and I am asking each of you to pay close attention to the information as well as what we are asking each of you to do prior to encampment and during encampment.

Since the first of this year, there have been several reports of individuals at Camp San Luis Obispo suffering from the H1N1 flu virus, commonly known as the "swine flu." Not all of the cases have been verified; however, at least three (3) cases have been verified. The most recent verified case was at a camp held at Camp SLO in June of this year. The Public Health Department in San Luis Obispo County has been contacted and we are establishing an on-going relationship with staff in order to prevent any flu cases occurring at our encampment.

The symptoms of this new H1N1 flu virus in people are similar to the symptoms of seasonal flu and include **fever (100 degrees or above), cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.** A significant number of people who have been infected with this new H1N1 virus also have reported **diarrhea** and **vomiting.** People at higher risk of serious complications from flu include people age 65 years and older, children younger than 5 years old, pregnant women, people of any age with chronic medical conditions (such as asthma, diabetes, or heart disease), and people who are immuno compromised.

At the current time, CDC believes that this virus has the same properties in terms of spread as seasonal flu viruses. With seasonal flu, studies have shown that people may be contagious from one day before they develop symptoms up to 7 days after they get sick. Children, especially younger children, might potentially be contagious for longer periods.

So, we are asking you to **stay home if you are sick with a flu-like illness.** **Do not come to encampment if you have had the flu or flu-like symptoms or a fever (100 degrees or above) within the 7 days prior to encampment. If you have had the flu, make sure you have been symptom-free for at the very least 24 hours.** We are asking everyone, seniors and cadets, to **take your temperature before leaving your house to travel to Camp SLO. If you have a fever (100 degrees or above), please...stay home!**

On Saturday, 8 Aug 09, encampment intake will be held. Each person will have his/her temperature taken at intake. If the cadet or senior has a **fever at intake (100 degrees or above),** that individual will be asked to

go home. The encampment staff understands this may present some problems for parents, staff and cadet attendees; however, we must protect all from being exposed to anyone who has the flu or has had the flu in the 7 days prior to encampment, currently has flu-like symptoms, or has been in contact with anyone who has had the flu in the 7 days prior to encampment.

The Medical Staff for encampment is prepared to handle anyone who may become ill with flu-like symptoms. Cadets or seniors who become ill will be isolated and family members will be contacted to make arrangements to take the ill person home ASAP in an attempt to prevent contact with the other cadets & staff at encampment.

Spread of novel H1N1 virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Therefore, we will be regularly cleaning commonly used areas, such as door knobs, handles, faucets, etc. It is the plan to wipe down all areas prior to beginning to set up for encampment in an attempt to "start out clean". We want to do everything possible to prevent anyone from becoming ill.

Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- **Wash your hands often with soap and water**, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Stay home if you are sick for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus further.

We are attempting to contact all cadets, parents, grandparent, guardians & cadet & senior staff early enough, so you will have plenty of time prior to encampment in case anyone becomes ill and needs to plan for alternate transportation or arrangements for travel.

The information I am giving you is recommended by the San Luis Obispo County Public Health Department and the Center for Disease Control (CDC). It is not meant to scare anyone, but to prevent someone from coming to encampment with the flu or flu-like symptoms, which can then lead to many people becoming ill. **Prevention is the name of the game. We want this to be a successful encampment, and the only way it can be successful is with your cooperation.**

Thank you...if you have any questions or comments; please contact me or any of the senior encampment staff.

Carol M Peterlin, BSN, RN, PHN, MS, PhD, Capt, CAP
Medical (Nurse) Officer
California/Nevada Wing Cadet Summer Encampment