

# IT'S SUMMER TIME!!

## What parents need to know to keep kids healthy in the summer

### PRIMARY AMEBIC MENINGITIS (PAM)

- Primarily affects the brain and nerves
- First symptoms are headache, fever or vomiting
- Rapidly fatal
- Found when water levels are low and water temperature is high
- Mostly occurs in children
- Infection due to water going up nose

### PREVENTION TIPS FOR PAM

- DO hold nose shut or use nose clips when jumping, diving or putting head under water
- DO NOT dig or stir soil in freshwater areas

### OTHER WATER-BORNE DISEASES

- Infection due to drinking, swallowing or breathing in contaminated water, mists and aerosols
- Common symptom is diarrhea

### PREVENTION TIPS FOR WATER-BORNE DISEASES

- DO shower and wash hands before and after getting in water
- DO NOT swim after it rains in lakes, rivers, or streams
- DO NOT swallow recreational water
- DO NOT pee or poop in water
- DO NOT swim for two weeks after last diarrhea episode

### SUMMER CAMP AND TRAVEL RISKS

- DO make sure your child is up to date on these vaccines

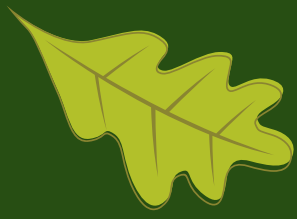
- hepatitis A
- hepatitis B
- influenza
- meningococcal disease
- measles
- mumps
- rubella
- pertussis
- chickenpox
- tetanus

- Food-borne diseases causes diarrhea, fever, cramps, vomiting and nausea

### PREVENTION TIPS FOR FOOD-BORNE DISEASES

- DO wash fruit and vegetables
- DO cook food thoroughly
- DO freeze and refrigerate food promptly
- DO wash hands before and after touching raw food
- DO clean and disinfect any dirty surfaces
- DO keep raw foods separate from prepared foods
- DO NOT prepare food if you're sick

# SUMMER CAMP SAFETY



**\*\* IF A CHILD IS SHOWING THESE SYMPTOMS THEN CALL THE ON-CALL PHYSICIAN/NURSE AND/OR CAMP HEALTH OFFICER\*\***



## PRIMARY AMEBIC MENINGITIS (PAM)

- Caused by the amoeba *Naegleria fowleri*
- Commonly found in warm bodies of freshwater (e.g. lakes, rivers, and hot springs) and soil
- Infection typically occurs during the summer months
- Infection due to inhalation of contaminated water through the nose and travels to the brain usually through rigorous activities such as diving, skiing, and swimming
- Primarily affects the central nervous system
- Infection is rare but deadly - most importantly it's preventable

### Symptoms:

- Initial symptoms - headache, fever and/or vomiting
- Later symptoms - Stiff neck, confusion, lack of attention, loss of balance, seizures and hallucinations
- Death within 5 days - 97% case fatality

### Prevention:

- DO hold nose shut or use nose clips when jumping, diving and putting head under water
- DO NOT dig or stir up soil in freshwater areas
- DO NOT do water-related activities during periods of warm water temperatures and low water levels

## OTHER WATER-BORNE DISEASES

- *Cryptosporidium, Shigella, Campylobacter, Norovirus*
- Infection occurs by swallowing and/or breathing in contaminated water, mists and aerosols
- Lakes and rivers can be contaminated with human/animal feces, sewage spills and water runoff

### Symptoms:

- Diarrhea, vomiting, stomach cramps, loss of appetite, weight loss and fever
- Most commonly gastrointestinal infections but can also present as skin, ear, respiratory and eye infections

### Prevention:

- DO shower and wash hands before and after getting in water
- DO NOT swim after it rains
- DO NOT swallow recreational water
- DO NOT pee or poop in water
- DO NOT swim for two weeks after last diarrhea episode

## FOOD-BORNE DISEASES

- *Salmonella, E.coli, Listeria, Botulism*
- Transmission occurs by ingesting the microbe or toxins the microbe produces

### Symptoms:

- Upset stomach, abdominal cramps, nausea, vomiting, diarrhea, fever and dehydration

### Prevention:

- DO wash hands with soap and water before and after handling food
- DO wash fruits and vegetables
- DO cook food thoroughly
- DO freeze and refrigerate food promptly
- DO clean and disinfect all dirty surfaces
- DO check for up to date food handling license
- DO NOT cross contaminate
- DO NOT prepare food if sick

