



# You Can Prevent the Spread of Measles at Summer Camp

Protect yourself, your family, and the community

## What is measles?

Measles is a highly contagious disease that spreads easily from person to person if they are not immune. It can travel through the air when people cough, sneeze, talk, or laugh. It is also spread when items with saliva on them are shared. Items include cups, bottles, cans, forks, spoons, and more.

**Living in close spaces like dorms or camps can increase the risk of measles spreading. People who get measles can get very sick and spread the disease to others. That's why it's important to recognize the symptoms, follow prevention steps, and get vaccinated. Any child who becomes sick at camp should receive medical care right away. The health director or camp director should also be notified.**

## Know the signs and symptoms of measles.

Symptoms start 7 to 14 days after exposure but may take as long as 21 days. Symptoms start with a high fever, cough, runny nose, and red/watery eyes. A rash usually starts 2 to 4 days after the fever begins. It spreads from the face and neck to the body, arms, and legs. People with measles are contagious about 4 days before they develop the rash.



## Steps to prevent measles:

- 1. Get vaccinated.** Be sure you and your family are fully vaccinated with the measles vaccine. It is safe and effective. Two doses of the MMR (measles, mumps, rubella) vaccine provide the best protection.
- 2. Know the immune status of campers and staff.** You are considered immune if you have a written record of two doses of the MMR vaccine, if you have a laboratory test showing immunity, or you were born before 1957. If you are not sure about immunity, talk to a health care provider before going to camp.
- 3. Practice good hygiene.** Wash your hands often with soap and warm water for at least 20 seconds. Scrub between fingers, on the backs of your hands, and under nails. Cough or sneeze into a tissue or your elbow. Put used tissues in a lined waste bin or a trash can with a lid. This will help reduce the risk of germs spreading in the air and on surfaces.
- 4. Avoid contact and stay home when sick.** Stay away from people who have measles until they are no longer contagious. If you are sick, protect others by staying home until you are no longer contagious.
- 5. Call ahead before seeking medical care.** If you think you or a family member has measles, call before seeking medical care. This will help the office, clinic, or emergency department take steps to prevent others from being exposed to measles.

*Need a vaccine or want to learn more about how to prevent measles?  
Call your health care provider or your local health department. For more information, visit:*

**[health.ny.gov/measles](http://health.ny.gov/measles)**



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## You Can Prevent the Spread of Whooping Cough (Pertussis) at Summer Camp

### Protect yourself, your family, and the community

#### What is whooping cough?

Whooping cough (pertussis) is a highly contagious lung infection. It spreads easily from person to person if they are not immune. It causes severe coughing fits and spreads through bacteria in the air. This infection can travel through the air when people cough, sneeze, talk, or laugh. It is also spread when items with saliva on them are shared. Items include cups, bottles, cans, forks, spoons, and more.

**Living in close spaces like dorms or camps can increase the risk of whooping cough spreading. People who get whooping cough can get very sick and spread the disease to others. That's why it's important to recognize the symptoms, follow prevention steps, and get vaccinated. Any child who becomes sick at camp should receive medical care right away. The health director or camp director should also be notified.**

#### Know the signs and symptoms of whooping cough.

There are 3 stages:

**Stage 1** lasts 1 to 2 weeks. Symptoms include a runny nose, sneezing, low-grade fever, and a mild, occasional cough that gets worse over time.

**Stage 2** can last 1 to 2 months. Coughing becomes severe – with coughing fits that can be followed by a high-pitched “whoop” sound. The whoop means the person is trying to catch their breath. Sometimes a person will turn blue and vomit mucus or food. They also may briefly stop breathing.

**Stage 3** may last weeks to months as a person slowly gets better. People with whooping cough can be highly contagious before symptoms appear. They are contagious as soon as they get the cold-like symptoms until 21 days after they start coughing.

If antibiotics are given they are no longer contagious once they are on the antibiotics for 5 days. Teens and adults might not get the typical symptoms and might not know they have whooping cough and pass it to others, including babies and older people.

#### Steps to prevent whooping cough:

- 1. Get vaccinated.** Be sure you and your family are up to date on the whooping cough vaccine. It is usually combined with the diphtheria and tetanus vaccines. Because protection or immunity from a pertussis vaccination weakens over time, booster shots are recommended for teens and adults.
- 2. Know if you and your family are immune.** You are considered immune if you have a written record of the whooping cough (pertussis) vaccine and you have all the vaccines recommended for your age. If you are not sure about immunity, talk to your health care provider before going to camp.
- 3. Practice good hygiene.** Wash your hands often with soap and warm water for at least 20 seconds. Scrub between fingers, on the backs of your hands, and under nails. Cough or sneeze into a tissue or your elbow. Put used tissues in a lined waste bin or a trash can with a lid. This will help reduce the risk of germs spreading in the air and on surfaces.
- 4. Avoid contact and stay home when sick.** Stay away from people who have whooping cough until they are no longer contagious. If you are sick, protect others by staying home until you are no longer contagious.
- 5. Call ahead before seeking medical care.** If you think you or a family member have whooping cough, call before seeking medical care. This will help the office, clinic, or emergency department take steps to prevent others from being exposed to whooping cough.

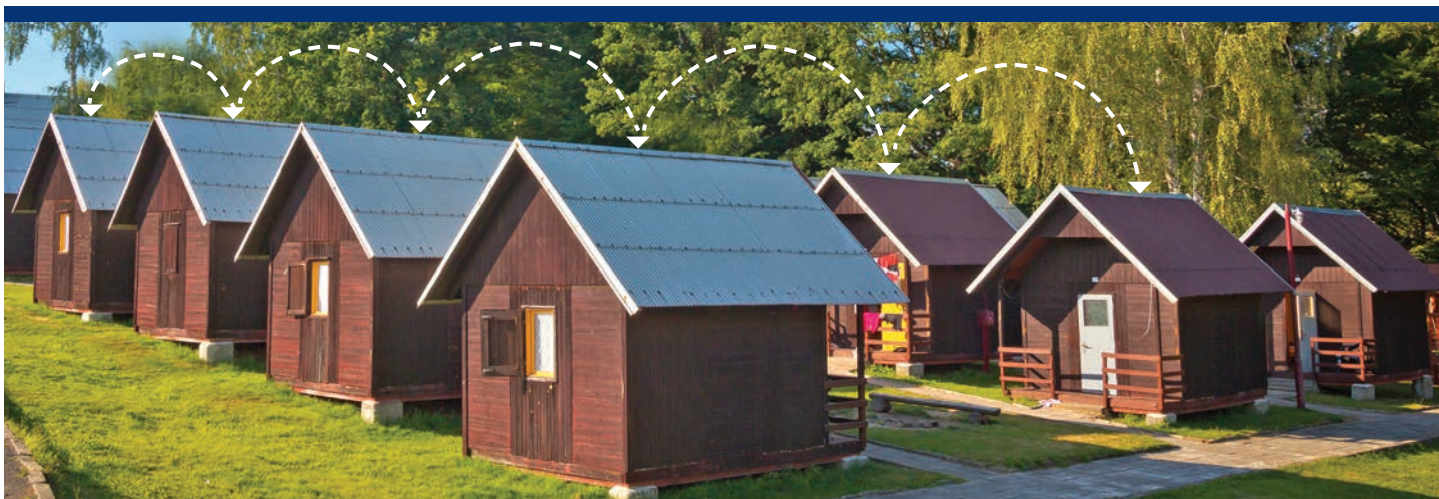
*Need a vaccine or want to learn more about preventing whooping cough?  
Call your health care provider or your local health department. For more information, visit:*

**[health.ny.gov/pertussis](http://health.ny.gov/pertussis)**



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## You Can Prevent the Spread of Chickenpox (Varicella) at Summer Camp

### Protect yourself, your family, and the community

#### What is chickenpox?

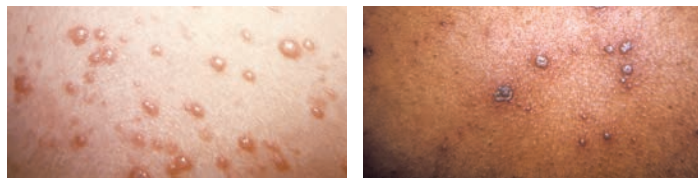
Chickenpox (varicella) is a highly contagious disease caused by a virus. It spreads easily from person to person if they are not immune. Chickenpox causes a rash with blisters that can spread the disease through direct contact. This disease can also travel through the air when people cough, sneeze, talk, or laugh. It can also spread when items with saliva on them are shared. Items include cups, bottles, cans, forks, spoons, and more.

**Living in close spaces like dorms or camps can increase the risk of chickenpox spreading. People who get chickenpox can get very sick and spread the disease to others. That's why it's important to recognize the symptoms, follow prevention steps, and get vaccinated. Any child who becomes sick at camp should receive medical care right away. The health director or camp director should be notified.**

#### Know the signs and symptoms of chickenpox.

At first, people might notice small red spots that itch. They can show up anywhere – on the arms, legs, and even inside the mouth, ears, or genital areas. The spots turn into little blisters that eventually turn into scabs. Other symptoms may begin to appear one to two days before the rash. They include fever, tiredness, loss of appetite, and headache.

Even before a rash appears, people are highly contagious. People with chickenpox can spread the virus one to two days before they develop the typical rash. This makes it hard to prevent the virus from spreading. A person with chickenpox is contagious until all blisters have formed scabs.



#### Steps to prevent chickenpox:

- 1. Get vaccinated.** Be sure you and your family are fully vaccinated with the chickenpox vaccine. It is safe and effective.
- 2. Know if you and your family are immune.** You are considered immune if you have either a written record of age-appropriate doses of chickenpox-containing (varicella) vaccine – or a laboratory test showing immunity. If you are not sure about immunity, talk to your health care provider before going to camp.
- 3. Practice good hygiene.** Wash your hands often with soap and warm water for at least 20 seconds. Scrub between fingers, on the backs of your hands, and under nails. Cough or sneeze into a tissue or your elbow. Put used tissues in a lined waste bin or a trash can with a lid. This will help reduce the risk of germs spreading in the air and on surfaces.
- 4. Avoid contact and stay home when sick.** Stay away from people who have chickenpox until they are no longer contagious. If you are sick, protect others by staying home until you are no longer contagious.
- 5. Call ahead before seeking medical care.** If you think you or a family member have chickenpox, call before seeking medical care. This will help the office, clinic, or emergency department take steps to prevent others from being exposed to chickenpox.

*Need a vaccine or want to learn more about how to prevent chickenpox?  
Call your health care provider or local health department. For more information, visit:*

**[health.ny.gov/chickenpox](https://health.ny.gov/chickenpox)**



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# You Can Prevent the Spread of Mumps at Summer Camp

## Protect yourself, your family, and the community

### What is mumps?

Mumps is a highly contagious viral infection that spreads easily from person to person if they are not immune. It can travel through the air when people cough, sneeze, talk, or laugh. It can also spread when items with saliva on them are shared. Items include cups, bottles, cans, forks, spoons, and more.

**Living in close spaces like dorms or camps can increase the risk of mumps spreading. People who get mumps can get very sick and spread the disease to others. That's why it's important to recognize the symptoms, follow prevention steps, and get vaccinated. Any child who becomes sick at camp should receive medical care right away. The health director or camp director should be notified.**

### Know the signs and symptoms of mumps.

Mumps usually involves pain, tenderness, and swelling of the salivary glands in the cheek, jaw, tongue, and under the jaw. Other signs and symptoms of mumps include tiredness, lack of appetite, fever, headache, weakness, and muscle aches.

It takes on average 16 to 18 days for mumps symptoms to show. People are highly contagious before symptoms appear. This



means they can pass mumps to others before they know they are sick. An infected person can spread mumps from a few days before their salivary glands begin to swell until 5 days after.

Complications of mumps can include inflammation of the brain (encephalitis),

the tissue covering the brain and spinal cord (meningitis), and inflammation of the ovaries, testicles, and pancreas – as well as deafness.

### Steps to prevent mumps:

- 1. Get vaccinated.** Be sure you and your family are fully vaccinated with the mumps vaccine. It is safe and effective. Two doses of the MMR (measles, mumps, rubella) vaccine provide the best protection.
- 2. Know if you and your family are immune.** You are considered immune if you have a written record of 2 doses of the MMR vaccine. You are also considered immune if you have a “lab” test showing immunity. If you are not sure about immunity, talk to a health care provider before going to camp.
- 3. Practice good hygiene.** Wash your hands often with soap and warm water for at least 20 seconds. Scrub between fingers, on the backs of your hands, and under nails. Cough or sneeze into a tissue or your elbow. Put used tissues in a lined waste bin or a trash can with a lid. This will help reduce the risk of germs from spreading in the air and on surfaces.
- 4. Avoid contact and stay home when sick.** Stay away from people who have mumps until they are no longer contagious. If you are sick, protect others by staying home until you are no longer contagious.
- 5. Call ahead before seeking medical care.** If you think you or a family member have mumps, call before seeking medical care. This will help the office, clinic, or emergency department take steps to prevent others from being exposed to mumps.

*Need a vaccine or want to learn more about how to prevent mumps?  
Call your health care provider or local health department. For more information, visit:*

**health.ny.gov/mumps**



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