

A HEALTHY CAMPER IS A HAPPY CAMPER

WASH HANDS OFTEN



Wash your hands after using the bathroom and before eating or preparing food.

- ☑ Washing your hands is one of the best ways to keep you and other campers from getting sick.
- ☑ Wash your hands in clean water with soap for at least 20 Seconds to wash away germs that can make you sick.
- ☑ Hand sanitizer can be helpful, but is not a replacement for hand-washing while at camp.

DRINK CLEAN WATER



Drink water only from places designated by your camp leaders or adults.

- ☑ Do not drink from or fill your water bottle directly from streams, creeks, rivers, or lakes.
- ☑ Do not share your water bottle with another camper.
- ☑ Avoid getting water from swimming areas into your mouth and nose.

TELL SOMEONE



If you experience diarrhea or vomiting, be sure to tell a camp leader or an adult.

- ☑ This may help prevent other campers from getting sick, and get you the help you need to get healthy.