



International YMCA

We build strong kids,
strong families,
strong communities.

April 29, 2009

Dear International YMCA Participants,

We want you to know that we at International YMCA and camp directors around the country remain enthusiastic about your participation at camp this summer despite the various challenges faced this year, beginning with a worldwide economic crisis and now an Influenza outbreak!

In our effort to keep you informed and address some of the concerns that you and your families may have as the date for you to travel draws near, we would like to share what we know at this time regarding the Swine Influenza outbreak which began in Mexico and is spreading to other countries including the US. Our intention is to allay concerns and avoid panic. Those of you in countries where the outbreak has reached know, as we know here, that the cases are limited to certain areas and serious precautions are being taken by local authorities and their communities to avoid its spread. In the case of the Swine Influenza it is a matter of using plain common sense and practicing healthy habits. Another thing to remember is that camps are in remote parts of the country, in open natural environments away from crowds and the urban setting. Their main purpose is to provide a healthy community and outdoor experience away from the routine of urban life. It is probably one of the best places to be at this time.

Below is an update and some tips for staying informed and healthy. We encourage you to share this information with your families.

Safe travels!

Current Situation

As of today, April 29 2009, 91 human cases of swine influenza A (H1N1) virus infection have been identified in Arizona, California, Indiana, Kansas, Massachusetts, Michigan, Nevada, Texas, New York City, and Ohio. These cases may be linked to an outbreak of influenza-like-illness in Mexico.

Please be aware that the Center for Disease Control (CDC) has NOT recommended that people avoid travel at this time.

Prior to travel the following recommendations will help you to reduce your risk of infection and stay healthy.

Prepare for your trip before you leave

- Visit <http://www.pandemicflu.gov/> for regular updated information
- Be sure you are up-to-date with all your routine vaccinations, including seasonal influenza vaccine if available.

- Identify the health-care resources in the area(s) you will be visiting.
- During your visit to an area affected by Swine Influenza
- Monitor the local situation
- Pay attention to announcements from the local government.
- Follow local public health guidelines, including any movement restrictions and prevention recommendations.

Practice healthy habits to help stop the spread of influenza

- Wash your hands often with soap and water. This removes germs from your skin and helps prevent diseases from spreading.
- Use waterless alcohol-based hand gels (containing at least 60% alcohol) when soap is not available and hands are not visibly dirty.
- Cover your mouth and nose with a tissue when you cough or sneeze and put your used tissue in a wastebasket.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Wash your hands after coughing or sneezing, using soap and water or an alcohol-based hand gel.
- Avoid touching your eyes, nose or mouth.
- Practice other good health habits. (Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food).
- Follow all local health recommendations.
- Seek medical care if you feel sick