

*Getting sick can spoil your camping experience, so stay healthy and have fun! Follow the guidelines below to have a safe and happy time at camp.*

## **Food storage, preparation, and serving:**

- Promptly refrigerate any uneaten food at the end of the meal. Food not properly stored is a breeding ground for bacteria.
- Check refrigerator temperature at least daily – it should be at or below 40°F. to safely store perishable food items. Discourage frequent or excessive opening of the refrigerator door to keep food safe.
- When preparing foods, keep uncooked meats separate from foods that will not be cooked. It is a good idea to prepare foods that will not be cooked before handling any uncooked meats. Clean kitchen surfaces thoroughly and frequently with disinfectant when uncooked meats are being prepared.
- Cook foods thoroughly, especially hamburgers which should be cooked to an internal temperature of 160°F. Use a meat thermometer to make sure that the meat is cooked all the way through. Cook roasts and steaks to at least 145°F. Whole poultry should be cooked to 180°F for doneness.
- Refrigerate uncooked meats and prevent their contact with other food items.
- Store foods safely so that rodents, insects or other animals are not attracted.
- Anyone with open sores on their hands should not be preparing food or handling clean utensils or dishes.
- All kitchen workers need to keep their fingernails short and clean.
- Do not use the same cutting board for raw and cooked foods.
- Wash fruits and vegetables well before preparation. This includes washing before cutting foods such as melons to prevent germs on the outside from contaminating the inside.
- Exclude anyone with a respiratory or gastrointestinal illness (especially diarrhea) from any part of food preparation or kitchen duties.
- Keep hot foods hot and cold foods cold, including during serving.
- Throw away any prepared leftover food items after 24 hours. Do not eat them.
- Drink water from safe water sources only. Do not drink from lakes or streams.
  - ◇ If you are unsure of the water safety, boil for five minutes or use household bleach to disinfect water per the following guidelines:
    - Use regular unscented liquid chlorine laundry bleach.
    - Add two drops of bleach to one quart of clear water (use four drops if water is cloudy).
    - Shake or stir well, then wait 30 minutes before drinking.
  - ◇ Be sure to prevent contamination by keeping drink containers covered at all times.
- Prevent contamination of common ice containers by using a designated scoop (NOT hands!) to access ice.

## **General health**

- Wash and dry dishes and utensils with soap and water, and store in a manner to prevent contamination.
- Be sure that restrooms are cleaned at least daily, or more often if needed.
- Keep trash separate and covered, especially when inside.
- Anyone with diarrhea or vomiting needs to be seen at the first aid station or taken to a clinic or hospital immediately to avoid accidental spread of illness.

## **Personal health habits**

- Stay hydrated by drinking plenty of fluids.
- Get plenty of rest. If you are fatigued, your natural resistance will be lowered.
- Wash hands frequently with soap and water for at least 20 seconds, and always:
  - ◊ Before food preparation or serving
  - ◊ After using the bathroom
  - ◊ After coughing or sneezing
  - ◊ After touching any contaminated items such as uncooked meats or dirty laundry
  - ◊ After changing a diaper
  - ◊ After touching pets or insects
- If soap and water are not available, and hands are not visibly soiled, an alcohol-based hand gel will kill germs on hands if used according to instructions on the container.
- Prevent skin infections by washing daily and only using your own washcloths and towels.
- Any sores or wounds need to be kept clean and covered with a bandage at all times.
- Wash hands after touching any sores or wounds.
- Remember to brush and floss your teeth regularly, even if you do not have toothpaste.
- Practice healthy Cough Hygiene:
  - ◊ Cover your cough or sneeze with a tissue
  - ◊ Use disposable tissues, not cloth handkerchiefs
  - ◊ Dispose of used tissues immediately and safely
  - ◊ Wash hands or use alcohol-based hand gel after the above

### *Website references:*

[http://www.wildernessmanuals.com/manual\\_3/chpt\\_2/5.html](http://www.wildernessmanuals.com/manual_3/chpt_2/5.html)  
<http://www.inquiry.net/outdoor/skills/b-p/wb/hygiene.htm>  
[http://www.ehow.com/how\\_9059\\_prevent-illness-wilderness.html](http://www.ehow.com/how_9059_prevent-illness-wilderness.html)  
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