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**Some infections can spread quickly at camps and sports programs.** MRSA (Methicillin-resistant *Staphylococcus Aureus*) and other skin infections are highly transferable. MRSA infections, as with all staph, are usually spread by having contact with someone's skin infection or personal items they have used, like towels, bandages, or razors that touched their infected skin. The Centers for Disease Control and Prevention (CDC) recommends frequent hand washing (with soap and water), maintaining a clean environment, avoiding sharing of personal items and the use of personal protection in health centers as key procedures in preventing the spread of infections such as MRSA. The American Camps Association (ACA) recommends that programs establish good hygiene policies, train staff and partner with local health agencies to ensure outbreaks do not occur. More information is available from the [CDC](#) and in the [Online Resource Library](#).

**Adapt to summer high daytime temperatures.** Staff, volunteers and summer program participants need to know how to prevent health problems caused by high temperatures. Organizations should provide heat stress training to staff and supervisors. Everyone should keep the following precautions in mind when spending time outdoor during daytime hours: keep hydrated (drink a glass of [water](#) every 15 to 30 minutes to prevent overheating, take breaks to cool down (at least a 10- or 15-minute break every two hours), reduce activities as the heat index rises and remember to adapt your pace to the weather. Read more [HERE](#). Also have staff check out [OSHA's Heat Safety Tool mobile app](#) to calculate the Heat Index for your location and get reminders about how to prevent heat illness every day. Review the [Beat the Heat](#) information for athletes.

**Posting the Fire Diamond Can Help in Emergencies.** Many facilities operated by nonprofit organizations regularly [store and use hazardous chemicals](#). Most common in facilities operating pools, these chemicals can pose a hazard to patrons, staff and emergency response personnel. Right to Know laws provide directive for communicating information about hazardous substances properly to the public and employees. Organizations can assist emergency response personnel by complying with local fire codes, OSHA hazard communication standards and the standards of the National Fire Protection Association ([NFPA](#)). Read more [HERE](#).

## **Did you see this in the previous E-news:**

**Is there a Bug in the water?** With the busy summer swim season at a peak swimming pools are swarming with people and potentially with a nasty parasite. That worries the Centers for Disease Control ([CDC](#)). The CDC sees outbreaks of parasites such as cryptosporidium on the rise. A report published in the journals "Morbidity" and "Mortality Weekly Report" shows that outbreaks in swimming pools of the parasite cryptosporidium increase each year. Cryptosporidium, or "Crypto" for short, can be found in water, food, soil or on surfaces or dirty hands that have been contaminated with the feces of humans or animals infected with the parasite. During 2001–2010, Crypto was the leading cause of waterborne disease outbreaks linked to recreational water in the United States. The parasite is found in every region of the United States and throughout the world. Read more about Crypto [HERE](#). See what you can do to prevent outbreaks at your facility [HERE](#).

**The power to Prevent Bullying can be in your hand.** School's out but youth can still learn and can still be bullied. Summer staff working with youth can provide simple lessons to prevent bullying. In fact, spending 15 minutes a day listening and talking with a child can help build the foundation for a strong relationship and provide reassurance that they can come to someone with a problem. [KnowBullying](#) is a new mobile app by the Substance Abuse and Mental Health Services Administration ([SAMHSA](#)) which can help get the conversation started. The app provides tips on talking about school, work, relationships, life, and bullying. Staff can help prevent bullying and increase communication with youth anytime they have time to chat. Read more [HERE](#).

## **This Month's Topics:**

*Preventing Infections*  
*Managing the Heat Index*  
*Fire Diamond Posting*  
*Pool Safety Breaks*  
*Prevent Bullying App*