

# PRINCETON<sup>®</sup>

## SPORTS CAMPS

To: Princeton Summer Camper  
From: Princeton University Sports Camps  
Date: April 21, 2014  
Re: Guidelines for Staying Healthy at Summer Camp

We look forward to welcoming you to campus and your participation in one of our sports camps. In light of the recent cases of meningitis associated with Princeton University, we wanted to share some information with you before your visit.

The New Jersey Department of Health and the Centers for Disease Control and Prevention have not recommended cancelling events, including camps where campers are staying in dormitories.

Bacterial meningitis is contagious, but generally is transmitted through direct exchange of respiratory and throat secretions by close personal contact, such as kissing, sharing drinks, eating utensils, lip balm and other items. Fortunately, none of the bacteria that cause meningitis are as contagious as the common cold or the flu, and they are not spread by casual contact or by simply breathing the air where a person with meningitis has been.

There is no evidence that says individuals are at risk of catching the infection by touching surfaces like doorknobs or keyboards. However, hand washing and covering your cough or sneeze are good hygiene practices to follow.

Symptoms of bacterial meningitis could include high fever, headache or stiff neck. Other symptoms may include nausea, vomiting, confusion and sensitivity to light. Later in the illness, a rash that looks like purple blotches or spots on the arms, legs and torso may appear. These symptoms can develop suddenly over several hours, or they may take up to ten days to appear. We strongly advise that if you experience any of these symptoms, contact your health center or physician immediately.

Princeton University would like to remind campers to observe good personal hygiene practices:

- Don't share drinking glasses, eating utensils or lip balm
- Always cough into a sleeve or tissue
- Wash hands frequently
- Use hand sanitizer often

The University is taking extra steps to reduce the risk of transmission of meningitis. These precautions also help to reduce the risk of sharing stomach viruses, colds and other communicable diseases.

- Disposable, single-use cups will be available at all water stations.
- Hand sanitizer and tissues will be available.
- Poster and table tents have been placed around the campus to remind everyone about good hygiene practices.

More information is available online at <http://bit.ly/1gNcsMO>.