

## A Healthy Camp Starts at Home

The best camp sessions start with healthy campers. Camp Nan A Bo Sho will be implementing a variety of new procedures and practices into our camp operations this summer to minimize the spread of illness in our camp community. Please read the following document carefully; some items require action on your part up to 14 days before your camper arrives at camp.

While we know there is no way to guarantee your child has not been exposed to a communicable illness, we do ask that leading up to the start of your child's camp session that they do their part to limit their potential exposure. This includes:

- Avoiding areas of large groups of people with whom they have not spent time with recently (think graduation parties, family reunions, shopping malls, zoos, parks, etc.).
- Following good hygiene practices while out in the community and at home (washing hands, wearing a mask, etc.).
- Paying attention to symptoms of both the child and the family/friends they are spending time with and avoiding those who display any kind of respiratory symptoms.
- Avoiding any unnecessary travel, especially travel that requires the use of mass transit.

**To help you keep track of your child's health, we have created a 14-day pre-camp home screening form. This form asks you to document your child's temperature and any COVID19 related symptoms on a daily basis for the 14 days leading up to your child's camp session start date. Please utilize this form and bring it with you to camp check-in.**

It is our policy this summer that all children be fever free and symptom free, without any fever reducing medications or other symptom-altering medications (e.g. cough suppressants), for 72 hours before they will be allowed at camp. If at anytime during those 14 days leading up to your child's camp session, they have a fever greater than 100.4° or are exhibiting any COVID19 symptoms, please keep track of all medication given to ensure that they can meet our fever/symptom free requirement.

Upon arrival at camp, your child will complete a quick health screening before being allowed to take their luggage to their cabin. If riding the bus to camp, this process will take place before your child is allowed to get on the bus. The health screening will include taking their temperature and answering a few questions about their recent health.

Our goal at camp, like it's always been, is to give our campers the best camp experience possible. To ensure we can meet that goal and to ensure that our camp community stays as healthy as possible; every camper will have their temperature taken daily. If at any time a camper has a fever of 100.4° or greater, they will be immediately moved to a separate location in our medical facility and will be observed for one hour. During this time the camper will be given water and a cool place to relax, if the fever does not decrease it may be an indicator of an illness and you will be asked to come and pick up your child immediately.

These guidelines are the building blocks to help your child begin a healthy camp experience before they even arrive at camp. Please do your part to help keep our camp community healthy.