



Summer Camp 2023 Health Handbook

Revision date: 3/3/2023

How to Use This Handbook

This Health Handbook serves to address the unique circumstances of Summer 2023 camp. Camp policies and procedures have been implemented to safeguard the health of our community. Please read this handbook in its entirety.

We are committed to helping each family navigate this challenging time. Please feel free to pass it along to anyone who might be helping care for your children. If you have questions at any time, please contact us at health@ngfs.org and a member of the health team will be in touch.

The Important Roles That Families Play

Here at camp we have gone to great lengths to layer multiple risk mitigation strategies. For these strategies to be effective, our campers, staff, and families must consistently adhere to personal behaviors outside of camp that reflect best practices for limiting the spread of infection. These best practices include vaccination, the use of well-fitted face masks when appropriate, physical distancing, and frequent and thorough handwashing and hygiene.

Families play a vital role in maintaining safety at camp. **The number one safety measure is to keep a camper home when sick.**

How you can help at home

Get vaccinated. We strongly encourage all eligible household members to receive the COVID-19 vaccine. As a camp, we believe in the efficacy of COVID vaccines and encourage all eligible individuals to be vaccinated. For more information about vaccination, visit the [NC DHHS website, to "Find your spot to take your shot."](#) Please follow these links for [what we know about variants](#).

We do not require that campers be vaccinated against COVID. We recognize and respect that this is a confidential medical decision involving many factors and fully support all of our families in making the decision they and/or their medical provider believe is in the best interest of their camper.

Staying home when sick

We understand that some campers may experience chronic symptoms. If a camper falls into this category, please let camp staff know.

COVID-19 SYMPTOMS* may include any of the following:

Runny nose or Congestion, a change from baseline
Sore throat
New or worsening headache, a change from baseline
New or worsening cough, a change from baseline
Fever/Chills
Fatigue (extreme)
Muscle aches/body aches
Loss of taste or smell
Shortness of breath or difficulty breathing
Vomiting or diarrhea

Please see [this information from the CDC](#) about the similarities and differences between the Flu and COVID.

RSV (Respiratory syncytial virus)

RSV, is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious, especially for infants and older adults. ([CDC](#))

SYMPTOMS may include any of the following:

Runny nose
Decrease in appetite
Coughing
Sneezing
Fever
Wheezing

When a Camper Develops Symptoms

This applies to BOTH fully vaccinated and unvaccinated individuals

- A camper with SYMPTOMS should stay home or go home if they have any symptom from the COVID-19 symptom list and should be tested for COVID-19.
- If a symptomatic camper has a positive rapid antigen or PCR test, the camper must stay home for a minimum of 5 days. On Day 6 (the positive test date is day 0) the camper may return to camp **if**:
 - symptoms have improved
 - they are fever free for 24 hours without the aid of fever-reducing medication **and**
 - a rapid antigen test is negative on the morning of their return. Results should be sent to health@ngfs.org.
- If a symptomatic camper has a negative rapid antigen test, the camper may return to camp when symptoms are significantly improved and feeling well.
- If symptoms have not improved, the camper must stay out and may need to seek guidance from their primary health care provider.
- If tests are negative and the camper is vomiting or has diarrhea, they may be cleared to return to camp after it has been 24 hours since the last incident of vomiting or diarrhea. Please note that campers may not return to camp midday and should plan to return on the next morning after the 24 hour time period. For example, if a camper vomited at 11am on Tuesday, they may not return until Thursday morning.

When does a camper need to Quarantine?

COVID Symptoms

- A camper should stay home or go home if they have any symptom from the COVID-19 symptom list and should be tested for COVID-19. For further guidance, contact the Health team at health@ngfs.org.
- If COVID test results are negative and symptoms are improved, the camper may return to camp.
- Please wait for clearance from the Health team before returning to camp.

Testing positive for COVID

- If a camper tests positive, they will quarantine for a minimum of 5 days. Please note that healthcare provider guidance may vary. Please follow camp guidance.
- The symptom start date is day 0. In the case of no symptoms, the positive test date is day 0.
- On Day 6, the camper may return to camp **if**:
 - symptoms have improved **and**
 - they have been fever free for 24 hours without the aid of fever-reducing medication **and**
 - a rapid antigen test is negative on the morning of their return.
 - Test results should be sent to health@ngfs.org.
 - Please wait for clearance from the Health team before returning to camp.
- The camper must mask when indoors through day 10.
- If still testing positive on a rapid antigen test on day 11, the camper may return to camp **IF** the camper has been symptom free for the last 5 days (last symptom on or before day 6). The camper must continue to mask indoors until no longer testing positive.
- If still testing positive on day 11 on a rapid antigen test, and the camper has had symptoms within the past 5 days, the camper may not come to camp until they have been symptom free for 5 full days or until they test negative.

Exposure to COVID

- If a camper has a household exposure and is unable to isolate, the camper must quarantine 5 days after the last date of exposure. A negative test result is required before the camper may return to camp. Please seek specific guidance from the NGFS Health team.
- Quarantine may last longer if the camper is unable to isolate from the COVID positive person.
- Campers should not have continued contact with the COVID positive person. Even if one or both are masking, the camper would be considered continually “exposed” if they are within 6 feet of a positive person for a cumulative 15 minutes over a 24 hour period.
- A camper who has a one time or “casual community” exposure will probably not have to quarantine, but will need to mask indoors for 10 days following the exposure. Please seek specific guidance from the NGFS Health team.
- All campers must mask when indoors for 10 days following the last date of exposure.
- A PCR test is recommended for campers between day 5 and 7 after the last date of exposure. (The LAST date of exposure is considered day 0.)
- Test results may be sent to health@ngfs.org. Please wait for clearance from the Health team before returning to camp.

How do we count days?

Day 0

- If a camper develops symptoms and tests positive for COVID, we count based on the symptom start date, which is considered day 0. Quarantine will last for at least 5 days, days 1, 2, 3, 4 and 5.
- If a camper does not have any symptoms but tests positive for COVID, we count based on the test date. The date a positive test sample was collected is considered day 0. Quarantine will last for at least 5 days, days 1, 2, 3, 4 and 5.
- If a camper is exposed to a COVID positive person, the LAST date of contact is considered day 0. If a camper has continuous contact with a COVID positive person, we do not begin counting days until the camper is no longer in contact with the individual.
- If a camper is asked to test after exposure, we count the date of LAST exposure as day 0 and we recommend PCR testing between day 5 and 7 after the exposure.

What happens if a camper gets sick at camp?

Sickness at Camp

- A camper that is not feeling well will typically be brought to the Health office and the family will be called to pick up the camper. Please be sure you have someone authorized to pick up your child that can be at camp within 30 minutes.
- To return to camp, some testing may be required or recommended.
- Once home, please update the Health team about how your camper is doing. Please seek guidance from the Health team at health@ngfs.org regarding next steps.
- Please wait for clearance from the Health team before returning to camp.
- If your camper will not be at camp, you may notify summer@ngfs.org.

Testing

NGFS is unable to provide COVID testing for summer campers. We recommend families have a supply of rapid tests on hand to use when a test is needed. Free rapid COVID tests may still be available from the federal government. More information is here: <https://www.covid.gov/tests> [More detail about this program is here.](#)

Case Notification

- When there is a COVID case, involved camp levels will be notified by email.
- If there is more than one case in the same camp level or area within a short period of time, a second notification may not be sent if the protocol will not be different from the initial email. If the case count continues to increase, you will be notified.
- If a camper opts not to mask when indoors, the camper assumes a higher risk of exposure.

Emergency Contacts and Medical Information

Parents must complete and submit the required Medical Information Form prior to the first day of camp (this form is part of the registration steps in CampSite). If you have any changes to the form, please email them to summer@ngfs.org.

Please consider your Authorized Pickups carefully, and make sure these are up to date in CampSite.

Parents/guardians or other authorized pickups should be able to pick up your camper from camp **within 30 minutes of receiving a call from the camp if your camper must go home for any reason.**

Hygiene

All campers will be instructed in proper handwashing and respiratory etiquette techniques (examples: coughing into your elbow rather than your hands; turning away from others when you cough or sneeze, etc). Handwashing will be required at numerous times during the day, such as upon arrival; before and after eating; after toileting, sneezing, or coughing; and before and after outside break times. Hand sanitizer (with at least 60% alcohol) will be available. Please reinforce these behaviors at home.