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## Coronavirus Disease 2020 (COVID-19) FAQs

(access up-to-date COVID-2019 at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>)



NOTE: Information about Coronavirus Disease (COVID-19) is a “moving target.” Information about the illness continues to evolve. Consequently:

- Camp professionals are urged to stay abreast of recent developments by monitoring the CDC website (see address above).
- The death rate associated with COVID-19 is currently below that of the current flu; consequently, flu currently poses more risk to campers & staff than COVID-19. Keep that in mind.
- Classic, communicable disease personal protection behaviors help reduce exposure impacts from COVID-19 just as they do for other illnesses. Make sure people use them!
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### 1. How is COVID-19 spread?

- Most commonly spread person-to-person via droplet when in close contact (within 6 feet) with an infected person.
- Spread through respiratory droplets with coughing or sneezing
- Possible to be spread by contact on a surface or object but not the most common way the virus spreads. There is also emerging evidence of oral-fecal transmission related to viral shedding which, in turn, places emphasis on effective handwashing and/or not handling food for others.
- People are most contagious when they are most symptomatic but can also transmit the disease prior to feeling symptomatic (called the prodromal phase of their illness).
- Spreading of COVID-19 in the US has only occurred person-to-person and among those in close contact. This may change as time rolls along. In addition, most people recover from this illness, although it can also be fatal. Keep in mind that, to date, more people have died in the U.S. from flu than from COVID-19.

### **Camp Implications:**

*Health Screening practices should begin before camp starts, communicating with parents and staff about a delayed arrival if an individual has symptoms of fever, cough and/or shortness of breath, or if there is*



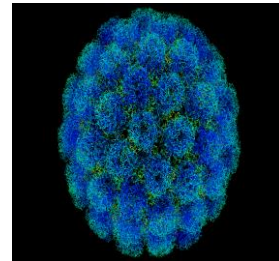
*known exposure to COVID-19. Parents should understand the camp policy should an individual arrive at camp with symptoms, are they allowed to stay at camp, not allowed to stay, and isolation policies. Communicating with local health officials pre-camp will be helpful to understand what regional resources are in place should an outbreak occur.*

*Entrance screening should include questions about fever, cough, and shortness of breath as well as recent travel and possible exposure to COVID-19. Consider including taking temperatures during your entrance screening and have a policy if a camper/staff has an elevated temperature or other symptoms.*

*Make sure folks arrive to camp in a healthy state; post information on your website and in other information sources about how your camp values health and wellness for the protection of the community. Develop a plan to wipe down surfaces regularly and provide easy access to soap/water or hand sanitizer.*

## **2. What are the symptoms?**

- Fever
- Cough
- Shortness of breath
- Symptoms can present 2-14 days after exposure.



### **Camp Implications:**

*During staff training start good hand washing and cough etiquette. Teach symptoms of COVID-19 and methods of disease transmission. Introduce social distancing. Require everyone to check in with health staff at the first sign of illness.*

*Have staff evaluate themselves every morning for any influenza like illness. Have staff monitor campers for developing illness. Follow the plan for handwashing, sanitation and cough etiquette.*

*Conduct good physical assessments of folks who become ill at camp; Ascertain recent travel history of anyone who becomes ill; isolate from general population; treat symptomatically; notify health department if you have concerns regarding COVID-19.*

## **3. What are Prevention and Treatment Options?**

- There is no vaccine currently
- Best option: Avoid being exposed when possible
- Actions that minimize communicability or transmission of the condition:
  - Avoid close contact with people who are sick; stay at least 6 feet away.
  - Avoid touching your eyes, nose, and mouth especially after sneezing/coughing.
  - Cover your cough or sneeze with tissue and then throw it in trash and immediately wash your hands (soap & water).
  - Isolate people with assumed COVID-19 from other campers & staff

## Germ Farm



- Clean and disinfect frequently touched objects and surfaces with household, bleach-based cleaning agent. Disinfectants are more effective when sprayed on a surface and allowed to air-dry. Some are not effective against viruses.
- Wash hands often with soap and water for 20 seconds. If soap and water are not available, use hand sanitizer with 60% alcohol and allow this substance to be in contact with your hands for a few minutes.
- Get a flu vaccine to stay healthy (helps with flu, not COVID-19).
- The CDC does not recommend that well people wear a facemask to protect themselves from respiratory illness, including COVID-19.

### **Camp Implications:**

*Have a well-established communicable disease/outbreak plan for your camp that includes all the steps of prevention, intervention, communication with parents, debriefing, and a plan if the camp is placed in quarantine. Consider using the following documents to guide development of your plans.*

### **Communicable Disease Control Practice Guidelines**

<https://www.campnurse.org/education-and-resources/resources/>

### **Communicable Disease Strategies for Camp**

<https://www.campnurse.org/education-and-resources/resources/>

### **World Health Organization**

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen>