

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).
- 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!

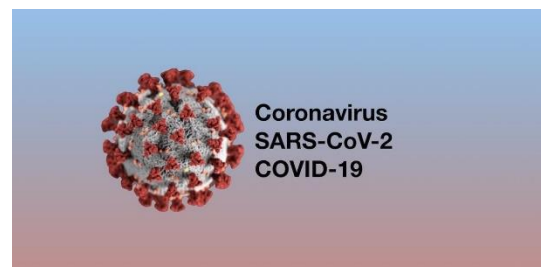
1. How is COVID-19 spread?

- 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.
- 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.

2. What are the symptoms?

(<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>)

- Fever
- Cough
- Shortness of breath
- Others... See CDC link
- Symptoms can present 2-14 days after exposure.



3. What are Prevention Activities?

- **A vaccine is on the way**, but at present we encourage individuals to make vaccine a part of the nonpharmacologic interventions (NPIs). Vaccine is currently not considered a replacement of NPIs until we gain more efficacy data.

▪ **NPIs that have demonstrated effectiveness:**

1. Health Screening – make sure individuals arrive to camp in a healthy state by encouraging self-screening for 7-14 days prior to camp arrival.
2. Face Masks – encourage everyone to wear a face mask when indoors or when unable to maintain at minimum of a 6-foot distance.
3. Avoid touching your eyes, nose, and mouth especially after sneezing/coughing
4. Cover your cough or sneeze with tissue and then throw it in trash.
5. Handwashing – effective handwashing with soap and water or sanitizer. Consider understands the need for a 20 second scrub procedure.
6. Sanitizing - Clean and disinfect frequently touched objects and surfaces with household, bleach-based cleaning agent. Some disinfectants are more effective when sprayed on a surface and allowed to air-dry.



7. Ventilation – when possible move all activities outside or create opportunities for air movement indoors.
8. Isolate people with assumed COVID-19 from other campers & staff. Quarantine any staff or campers who are potentially exposed to COVID + individual.
9. Social Distancing – when possible, maintain a 6-foot distance from others in an effort to prevent transmission.
10. Cohorting – conduct community-based activities using cohorts (small groups 8-15 people). These cohorts should navigate the camp experience together and have limited interaction with other cohorts in an effort to support contact tracing.

Camp Implications:

Have a well-established communicable disease/outbreak plan for your camp that includes all the steps of prevention (NPIs), resource and supply procurement, outbreak management, and communication and debriefing. 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>

CONTACTS:

Center for Disease Control (www.cdc.gov)

Association of Camp Nursing (www.campnurse.org)

American Camp Association (www.acacamps.org)