COVID Considerations 2023

Laura Blaisdell MD/MPH, FAAP
Blaisdell Consulting

Tracey Gaslin, PhD, CPNP, FNP-BC, CRNI, RN-BC
Alliance for Camp Health
COVID-19 History

**Camp in 2020**
- 18% camps opened under strict regulations
- No treatments, No vaccines
- Diligent layered NPIs
- Learned safe camps was possible during COVID

**Camp in 2021**
- Most camps opened with federal and state public health regs
- Vaccines for > 12 y.o. & staff
- Diligent use of selected NPIs
- Testing played significant role (38% staff, 75% campers)

**Camp in 2022**
- Camps open; Relaxed recommendations for illness prevention
- Vaccines for > 5 y.o. & staff
- NPI usage – random
- Testing played role (62% staff, 70% campers)

[allianceforcamphealth.org]
Status of COVID-19 Vaccinations for US Children as of 3.1.2023

Ages 6 months - 4 Years

- 2.0 million (12%) have received their initial dose of COVID-19 vaccine.
- At this time about 15.0 million have yet to receive their first vaccine. About 13,000 received their initial COVID-19 vaccine dose during the past week.
- Vaccination rates vary highly across states: In 20 states, over 12% have received their initial dose; in 17 states, under 10% have received their first vaccine.

Ages 5-11 Years

- 11.1 million (39%) have received their initial dose of COVID-19 vaccine.
- 9.2 million (32%) completed the 2-dose vaccination series.
- At this time about 17.5 million have yet to receive their initial COVID-19 vaccine dose. About 7,000 received their initial COVID-19 vaccine dose during the past week.
- Vaccination rates vary highly across states: In 10 states, over half have received their initial dose; in 21 states, under a third have received their first vaccine.

Ages 12-17 Years

- 17.9 million (68%) have received their initial dose of COVID-19 vaccine.
- 15.3 million (58%) completed the 2-dose vaccination series.
- At this time about 8.3 million have yet to receive their initial COVID-19 vaccine dose. About 7,000 received their initial COVID-19 vaccine dose during the past week.
- Vaccination rates vary highly across states: In 13 states, over 3 quarters have received their initial dose; in 11 states, under half have received their first vaccine.

Cumulative Number of US Children (6 months – 17 years) Receiving At Least Initial Dose of COVID-19 Vaccine

How many people have had COVID?

- Pediatric 96.3%
- Adult (>16 years) 57.7%

CDC Estimates
THE SWISS CHEESE RESPIRATORY VIRUS DEFENSE

No single intervention is perfect at preventing spread. Each intervention has its limitations while combining them improves risk reduction.

Launched 2020

Personal responsibility
- Physical distance; stay home if sick
- Hand hygiene and cough etiquette
- If crowded, limit your time

Shared responsibility
- Testing
- Promote ventilation; move outdoors

Masks
Cohorting and tracing
Screening
Quarantining and isolation
Vaccines

Source: Adapted from Ian M. Mackay (virologydownunder.org) and James T. Reason.
Profile of Camps with Least COVID Cases (ACH COVID Research 2020-2023)

- Pre-screening or Testing of some type
- Had a CD Plan Ready
- Hand Hygiene became integral
- Ventilation was a Friend
- Improved communication with families
- Required vaccination

allianceforcamphealth.org
COVID-19 is one of many Respiratory Diseases

This year we have seen a return of many infectious diseases.

Which ones?
- Strep Throat
- Influenza
- RSV
- Among many others....

Camp Crud will be at camp.

Communicable Disease Plan more important than ever.
Communicable Disease Plan

- What should I have in my communicable disease plan now?
  - Communications Plan
  - Pre-Camp Health
  - Staff Considerations
  - Considerations for High-Risk Members
  - Symptom Triage and Treatment
  - Surveillance of Illness Burden (Tipping Point)
    - When do you need to report?
  - COVID-19 Considerations
    - Travel
    - Isolation
    - Exposure Testing

allianceforcamphealth.org
Now more than ever, your community needs you to communicate your approach to the summer.

- How will you be approaching respiratory illness this summer?
- What is your rationale?
- Will you be using NPIs? If so, in what settings?
- The community needs to be aware to manage their expectations.
- Conflict and confusion (and complaints) come from not clearly communicating your plans now.
- Ongoing communication about how you are balancing program with health and safety.
Healthy Camp Starts at Home

- Pre-Camp Family Education
- Pre-Camp Screening:
  - Physical and Mental Health
  - Camp Screeners
  - Role of COVID-19 Testing?
- Day of Arrival
  - Purpose and Role of Screening

allianceforcamphealth.org
Staff Illness can represent an operational threat.

Plan for illness and cross covering.

Communicate to staff what will happen if they become ill.

Be a community that supports high risk individual’s choices, especially around masking.

Consider offering concerned persons to build their personal COVID-19 Plan.

allianceforcamphealth.org
Perhaps one of the largest challenges for camps is the triage & treatment of symptoms.

**Communicable Disease Plan**
- Mild Symptoms not effecting participation?
- Moderate Symptoms:
  - Requiring treatment
  - Evaluation Process
- Moderate/Severe Symptoms:
  - Escalation of Treatment/Care

Increasing focus on attendance & participation over pandemic extreme caution.
Surveillance of Illness Burden

When does a sick camper turn into a sick cabin and into a sick age group?
- EVERY YEAR.

What will be your criteria for concern?

What will you do?
- Reactive Cohorting?
- Masking?
- Outdoor Programming
- Handwashing?

How will you communicate this criteria?
- To staff? Parents? Campers? Other Camps?

COVID continues to be a reportable disease alongside MANY OTHERS.
- Know your reportable diseases.

When does a sick camper turn into a sick cabin and into a sick age group?
- EVERY YEAR.

What will be your criteria for concern?

What will you do?
- Reactive Cohorting?
- Masking?
- Outdoor Programming
- Handwashing?

How will you communicate this criteria?
- To staff? Parents? Campers? Other Camps?

COVID continues to be a reportable disease alongside MANY OTHERS.
- Know your reportable diseases.
Testing

- Understand:
  - Why you should test.
  - When to Test
  - Where and What tests to use
  - How to test
  - Interpreting your test

- A positive result means you likely have COVID-19
  - Don’t believe it? Get a PCR.

- A Negative Result means the test didn’t pick up the virus, but it does not rule out COVID-19
  - Any test on any day is a snapshot in time.
  - Always do a follow-up test at a minimum of 48 hours following negative results when using an antigen test.
  - 45-96% sensitivity reported in the literature.
<table>
<thead>
<tr>
<th>If you tested negative with an at-home antigen test and you have</th>
<th>Then</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>COVID-19 symptoms AND were exposed</strong></td>
<td>Assume you have COVID-19 and your initial test did not detect the virus. Take public health precautions to prevent spreading an illness to others and take recommended steps after exposure. <strong>Test again</strong> after 48 hours. Consider getting a laboratory-based molecular COVID-19 test or call your health care provider.</td>
</tr>
<tr>
<td><strong>COVID-19 symptoms and no known exposure</strong></td>
<td>You could still have COVID-19 and your initial test did not detect the virus, or you may have another illness. Take public health precautions to prevent spreading an illness to others. <strong>Test again</strong> after 48 hours. Consider getting a laboratory-based molecular COVID-19 test or call your health care provider.</td>
</tr>
<tr>
<td>No <strong>COVID-19 symptoms but WERE exposed</strong></td>
<td>You could still have COVID-19 and your initial test did not detect the virus. Take recommended steps after exposure. <strong>Test again</strong> after 48 hours, and again 48 hours after a second negative test, for a total of 3 tests over 5 days. Consider getting a laboratory-based molecular COVID-19 test or call your health care provider. Continue to take public health precautions to reduce your risk of getting COVID-19.</td>
</tr>
<tr>
<td>No <strong>COVID-19 symptoms and no known exposure</strong></td>
<td>It is unlikely you have COVID-19, but you should still <strong>test again</strong> after 48 hours, and again 48 hours after a second negative test, for a total of 3 tests over 5 days. Continue to take public health precautions to reduce your risk of getting COVID-19.</td>
</tr>
</tbody>
</table>

COVID-19 Considerations

- Federal Isolation Guidelines Continue.
  - If you test positive for COVID-19, stay home for at least 5 days and isolate from others.
  - If no symptoms and fever-free on day 6, stop isolation.

- Avoid being around people who are more likely to get very sick from COVID-19.

- Wear high-quality mask when indoors around others at home and in public until:
  - Day 10
  - 2 negative antigen tests 48 hours apart.

allianceforcamphealth.org
COVID-19 Considerations

- Post High Transmission Exposure Testing Still Recommended.
  - Definition of High Transmission Exposure
    - Time, symptomatic, indoors, masks?
    - See CDC Guide for Determining High Risk Exposure
  - If a person was in a high transmission exposure:
    - Wear a mask immediately and for 10 days.
    - Get tested if symptoms develop or on the 6th day after exposure.

- Practical considerations:
  - Ventilation/Maximal Outdoor Programming
  - Indoors & In Transportation
  - Exposed vs. Contact tracing???
COVID-19 Considerations

Travel

● Do not travel if you are in isolation for COVID-19
● When out of isolation and within the 10-day range (or continuing to test positive), wear an N95 mask.
● If you have been exposed and must travel, wear an N95 mask
● See CDC Travel Site for full recommendations.

HHS COVID-19 Public Health Emergency

● End Date: May 11, 2023
● Transition Roadmap

allianceforcamphealth.org
Communicable Disease Planning (CDP)

Have One Done.
Review It Yearly.
Communicate it Clearly.
Recommended Resources

**COVID and Communicable Disease Guide.** ACH. www.allianceforcamphealth.org


References

- COVID-19 Personal Plan.

- CDC Isolation Guidelines

- CDC Understanding Exposure Risks

- CDC COVID Travel Guidelines