

# HEALTH RECOMMENDATIONS



## CHECKLIST FOR DAY YOUTH CAMP FAMILIES

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### Be advised:

Youth camps should follow the below health and safety recommendations. These recommendations may be updated based on guidance from the CDC and/or the American Academy of Pediatrics.

### A note about children and COVID-19:

The virus that causes COVID-19 can infect people of all ages. While fewer children have gotten sick with COVID-19 compared with adults, children can be infected with the virus that causes COVID-19, get sick with COVID-19, spread the virus to others, and have severe outcomes. However, children are more likely to be asymptomatic or to have mild, non-specific symptoms; they are less likely than adults to have severe illness or die.

COVID-19 is spread from person to person through contact that is close enough to share droplets generated by coughing, sneezing, speaking, and even just breathing. COVID-19 can also be spread by touching objects where contaminated droplets have landed. Because of this easy manner of transmission, a child or young person who is infected with COVID-19 can spread the infection to others they come in close contact with, such as members of their household, teachers, or other caregivers. We have learned that infected persons with mild or even no symptoms can spread COVID-19.

One thing is for certain: We must find ways to protect our children from COVID-19 and ensure that they do not bring the infection to others, such as other household members, who may be at high risk for severe infection or even loss of life.

For adults in the workplace or other public spaces, we are confident that if recommended measures such as getting vaccinated, wearing face coverings or non-medical grade masks, respiratory etiquette, frequent hand washing / hand sanitation and environmental cleaning and sanitizing are widely observed, we can improve safety.

However, such recommended protective measures that we can expect from adults are, for a variety of reasons, not always possible for children and youth to practice while at camp.

**Every adult who is responsible for providing care or education for youth at camp must be aware of these facts and be willing to comply with the infection control measures that will be in place in these settings. Parents should monitor the health of their children and not send them to the program if they exhibit any symptom of COVID-19. They should seek COVID-19 testing promptly and report results to the program given the implications for other children, families, and staff. Individuals aged 65 or older are at a higher risk of COVID-19. Parents should protect any vulnerable persons who are members of the same household or come into frequent, close contact with youth who attend youth camp.**

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### About health recommendations:

*The following are the health recommendations for all individuals attending a day youth camp in Texas. These health recommendations are not a limit on the health protocols that individuals may adopt. Individuals are encouraged to adopt additional protocols consistent with their specific needs and circumstances to help protect the health and safety of all Texans.*

*Please note, public health guidance cannot anticipate every unique situation. Individuals should stay informed and take actions based on common sense and wise judgment that will protect health and support economic revitalization.*

### Health recommendations for day campers:

- When and if informed by the camp operator that a child at camp has tested positive for COVID-19, the parent or guardian may choose to either pick up their camper or to let the camper remain and trust the camp to take appropriate safeguards.**
- Before attending, upon arrival, and at least daily while at camp, the camper should be screened for any of the following new or worsening signs or symptoms of possible COVID-19:
  - Cough
  - Shortness of breath or difficulty breathing
  - Chills
  - Repeated shaking with chills
  - Muscle pain
  - Headache
  - Sore throat
  - Loss of taste or smell
  - Diarrhea
  - Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
  - Known close contact with a person who is lab confirmed to have COVID-19
- While at camp:
  - Wash or sanitize hands at regular intervals, including before and after every meal and activity.
  - Wear a face covering over the nose and mouth. Have more than one face covering so there is always a clean one available for use.
  - Do not wear a face covering during activities that could get the face covering wet such as swimming.
  - If the youth camp has created cohorts or pods of campers that stay together throughout the day, keep at least 3 feet between campers within a cohort.
  - Keep at least 6 feet between campers not in your cohort.
  - Keep at least 6 feet apart when eating or drinking.
  - Keep at least 6 feet between campers and staff.

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### Health recommendations for parents or guardians:

- Parents and guardians of children planning to attend youth camp are strongly encouraged to get vaccinated.
- Do not visit the camp during camp sessions, except to drop-off and pick-up campers.
  - Maintain a separation of at least 6 feet from individuals not within the household during camper drop-off and pick-up.
  - Remain in the vehicle at camper drop-off and pick-up, if possible.
  - No tours of the camp at camper drop-off or pick-up.
- Sick campers should not return to camp until they have met CDC's [recommendations to discontinue home isolation](#). If they have met all the CDC criteria for ending isolation, then no additional testing is needed to return to the facility. In most instances, those who have had COVID-19 can be around others after:
  - 10 days since symptoms first appeared or a positive test, and
  - 24 hours with no fever without the use of fever-reducing medications, and
  - Other symptoms of COVID-19 are improving.
- Camps should act consistent with all US State Department travel restrictions for international travel.