

HEALTH RECOMMENDATIONS



CHECKLIST FOR DAY AND OVERNIGHT YOUTH CAMPS

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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.

COVID-19 is still circulating in all Texas communities. Parents should communicate with every camp they are considering for their child and use available information to make an informed decision regarding their child's attendance at a particular camp.

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.

Vaccination is the leading public health prevention strategy in the United States to help end the COVID-19 pandemic. People who are not fully vaccinated, including children under the age of 12 years who are not yet eligible for vaccination, may choose to use tools available to slow the spread of the virus that causes COVID-19. This document provides information for any campers or staff who may choose to use best practices to limit or slow the spread of the virus that causes COVID-19 in many settings, including youth camps.

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.

About health recommendations:

The following are the health recommendations for all individuals attending a day or overnight 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 measures 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.

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Health recommendations for campers:

- Everyone 12 years of age and older is encouraged to get fully vaccinated before going to camp.
- 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:

<input type="checkbox"/> Cough	<input type="checkbox"/> Sore throat
<input type="checkbox"/> Shortness of breath or difficulty breathing	<input type="checkbox"/> Loss of taste or smell
<input type="checkbox"/> Chills	<input type="checkbox"/> Diarrhea
<input type="checkbox"/> Repeated shaking with chills	<input type="checkbox"/> Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
<input type="checkbox"/> Muscle pain	<input type="checkbox"/> Known close contact with a person who is lab confirmed to have COVID-19
<input type="checkbox"/> Headache	

While at Camp:

Masks

In general, people do not need to wear masks. However, as best practice, particularly in areas of [substantial to high transmission](#), people who are not fully vaccinated including children under the age of 12 years may choose to wear a mask in crowded settings or during activities that involve sustained close contact with other people. Camp programs should be supportive of campers or staff who may choose to wear a mask.

Campers and staff who may choose masking should use it correctly:

- Use well-fitting [cloth masks](#) with two or more layers of tightly woven, breathable fabric, or [disposable masks](#).
- No child under the age of 2 years should wear a mask.
- Activities when a mask should not be worn:
 - Masks should not be worn when doing outdoor activities that could get masks wet, like using boats and watercraft or swimming at the beach or pool. A wet mask can make it difficult to breathe and might not work as intended.
 - Campers should consider limiting the number of people in the pool at one time to prevent overcrowding.
 - Additionally, masks should not be worn when sleeping.

Hand Hygiene and Respiratory Etiquette

- Wash or sanitize hands at regular intervals, including before and after every meal and after using restrooms. Washing with soap and water for at least 20 seconds. If using hand sanitizer, use a product that contains at least 60% alcohol.
- Encourage staff and campers to cough and sneeze into their mask, a tissue or their elbow. Do not cough into your hands.

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Additional Resource:

Centers of Disease Control and Prevention (CDC). Guidance for Operating Youth Camps.

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/summer-camps.html>