

# HEALTH RECOMMENDATIONS



## CHECKLIST FOR DAY YOUTH CAMP FAMILIES

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### Be advised:

Youth camps should follow the below health and safety protocols. These protocols 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 the risk of serious illness or loss of life is greatest in those 65 years of age or older with pre-existing health conditions, persons in every age group can become infected with COVID-19 and some may become seriously ill or even die.

**We should all be thankful that, with rare exceptions, COVID-19 is not claiming the lives of our children. However, we can never forget that a child with a mild or even asymptomatic case of COVID-19 can spread that infection to others who may be far more vulnerable.**

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, an infant, 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.

**These facts are vitally important for schools, child care centers, youth camps and other places that provide care and education for our children.**

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 cloth 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, simply not possible for infants, children and youth to practice in schools, child care centers, and youth camps. In some cases, the child will be too young to understand and practice these precautions. We cannot, for example, expect a group of toddlers or schoolchildren not to engage in interactive play or share toys.

**All of these factors mean that while certain precautions against the spread of COVID-19 can and will be applied to schools, child care centers, and youth camps, the infection control measures that can be put in place in these settings will differ from those that are suitable for other social, business and commercial settings.**

**Every adult who is responsible for providing care or education for infants, children and youth in these settings 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**

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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 infants, children and youth who attend child care centers, schools, or youth camps.

### About health recommendations:

**Individuals age 10 or older are strongly encouraged to wear face coverings over the nose and mouth wherever it is not feasible to maintain 6 feet of social distancing from another person not in the same household.**

*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.*

*The virus that causes COVID-19 can be spread to others by infected persons who have few or no symptoms. Even if an infected person is only mildly ill, the people they spread it to may become seriously ill or even die, especially if that person is 65 or older with pre-existing health conditions that place them at higher risk. Because of the hidden nature of this threat, everyone should rigorously follow the practices specified in these recommendations. The virus that causes COVID-19 is still circulating in our communities. We should continue to observe practices that protect everyone, including those who are most vulnerable.*

*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

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- Wash or sanitize hands at regular intervals, including before and after every meal and activity.

### Health recommendations for parents or guardians:

- 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.
- Campers confirmed to have COVID-19 may not return to the current camp session or other camp sessions until all three of the following criteria are met: at least 3 days (72 hours) have passed *since recovery* (resolution of fever without the use of fever-reducing medications); and the individual has *improvement* in symptoms (e.g., cough, shortness of breath); and at least 10 days have passed *since symptoms first appeared*.
- Camps should act consistent with all US State Department travel restrictions for international travel.