

Health at Harlow & Camp Harlow COVID-19 Update

Effective Date: June 3, 2022

Hello Parents, Campers, Counselors and Staff

A Healthy Camp Begins and Ends at Home

The safety and health of campers, counselors and staff is always a high priority at Camp Harlow. Our health and wellness objectives are to provide an *awesome camp experience* while slowing the spread of communicable disease including the virus that causes COVID-19 thereby protecting campers, their families, staff, and our communities.

Camp Harlow abides by the Oregon Health Authority (OHA), the Center for Disease Control (CDC) and Lane County Public Health (LCPH) guidelines. We continuously review and update our health-related plans and procedures.

- Camp Harlow operates under the OHA [Summer and Youth Programs Reopening Public Health Recommendations and Requirements](#)
 - Please note, Camp guidelines are similar to, but not the same school guidelines. [Ready Schools, Safe Learners Resiliency Framework for the 2021-22 School Year](#)

Guidelines change and updates will be made to this document and summarized here:

• **Updates as of June 1, 2022**

Here are some Key Facts about Camp Harlow Summer Camp.

Links lead to further explanation.

1. A [great camp experience](#) begins at home, please have conversations around these prevention strategies with your camper prior to coming to camp. Please feel free to contact Camp Harlow if you have any questions!
2. Stay home if you or someone you have been in [close contact](#) with, has [symptoms](#) or has been tested for COVID recently.
3. Every person on camp will go through a [screening process](#)
4. [Hand Washing](#) and [Hand Sanitizing](#)
5. [Cover Your Cough and Sneezes](#)
6. [Cohorts](#)
7. [Physically distance](#) yourself
8. Activities outside whenever possible and good [ventilation](#) with windows and doors open when inside buildings – dress in layers.
9. Routinely [clean and disinfect](#)
 - a. Please consider items you send to camp with your child. Everything will need to be cleaned, sanitized, or disinfected daily prior to coming to camp AND upon returning home. Example - no soft or plush toys
10. We will be [contact tracing](#) and following the [CDC Quarantine and Isolation](#) protocols for up to date Vaccinated and unvaccinated persons

Health at Harlow & Camp Harlow COVID-19 Update

Effective Date: June 3, 2022

11. We will be using the [CDC COVID-19 by County Community Risk Tool](#) to help analyze Risk and Prevention Strategies to mitigate risks.

General Prevention Steps Taken Based on Your COVID-19 Community Level?

Community Burden Levels		
Low	Medium	High
<ul style="list-style-type: none"> Stay up to date with COVID-19 vaccines Get tested if you have symptoms 	<ul style="list-style-type: none"> If you are at high risk for severe illness, talk to your healthcare provider about whether you need to wear a mask and take other precautions Stay up to date with COVID-19 vaccines Get tested if you have symptoms 	<ul style="list-style-type: none"> Wear a mask indoors in public Stay up to date with COVID-19 vaccines Get tested if you have symptoms Additional precautions may be needed for people at high risk for severe illness
<p>People may choose to mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask. Masks are recommended in indoor public transportation settings and may be required in other places by local or state authorities.</p>		

If you are immunocompromised or high risk for severe disease, learn more about [how to protect yourself](#) with additional CDC recommendations for each COVID-19 Community Level.

12. Prevention Strategies at Camp Harlow:

a. For Low Risk Level

- i. As listed in Low Risk in CDC table above
 1. Stay [up to date](#) with COVID-19 vaccines
 2. [Get tested](#) if you have symptoms
- ii. Parents are encouraged to monitor their children daily at home for 14 days prior to camp beginning and every day before coming to camp.
- iii. Stay home if you or someone you have been in [close contact](#) with feels sick, has [symptoms](#) or has been tested for COVID recently
- iv. Everyday prevention strategies will be utilized
 1. [Hand Washing](#) and [Hand Sanitizing](#)
 2. [Cover Your Cough and Sneezes](#)
 3. [Cohorts](#)
 4. [Physically distance](#) yourself 6 feet when ever possible

Health at Harlow & Camp Harlow COVID-19 Update

Effective Date: June 3, 2022

5. Activities outside whenever possible and good [ventilation](#) with windows and doors open when inside buildings – dress in layers.
6. Routinely [clean and disinfect](#) high touch areas daily
7. We will be [contact tracing](#)
- v. Counselor will be screened upon entering camp each week
- vi. Counselors will do screening of campers upon entering camp, daily and send any considerations to the Nursing Ministry Team for assessment
- vii. [Masks](#) will not be required at Camp Harlow outside or inside a building unless directed by Lane County, Oregon Health Advisory or CDC COVID Quarantine guidelines or as directed by Camp Harlow Nursing Ministry.
 1. Anyone, not yet comfortable removing face masks for health related or any other reason, may wear a mask.
 2. Please pack a [mask](#) if in the rare case one might be needed.

a. For Medium Risk Level

- i. As listed in Medium Risk in CDC table above
 3. If you are [at high risk for severe illness](#), talk to your healthcare provider about whether you need to wear a mask and take other precautions
 4. Stay [up to date](#) with COVID-19 vaccines
 5. [Get tested](#) if you have symptoms
- ii. All Prevention strategies listed in Low Risk above
- iii. Cohorts will decrease in size
- iv. Physical distancing of about feet will be maintained between all cohorts
- v. Masks
 6. Counselors or Staff will mask when affiliating with another cohort.
 7. Campers will not affiliate with other cohorts.

b. For High Risk Level

- i. As listed in High Risk in CDC table above
 8. Wear a [mask](#) indoors in public
 9. Stay [up to date](#) with COVID-19 vaccines
 10. [Get tested](#) if you have symptoms
 11. Additional precautions may be needed for people [at high risk for severe illness](#)
- ii. All Prevention strategies listed in Low & Medium Risk above
- iii. Nursing will screen all persons coming onto camp for the first time each week
- iv. Ongoing Monitoring will occur for any one coming onto camp during the same week.
- v. Counselors will screen mid-week using computer Monitor during the same week
- vi. Cohorts will further decrease in size
- vii. Masks

Health at Harlow & Camp Harlow COVID-19 Update

Effective Date: June 3, 2022

1. All Staff and Counselors will wear a mask in crowded areas outside and inside a common area building.
1. Staff will mask when affiliating with another cohort.
2. Counselors and Campers will not affiliate with other cohorts.

How will your child stay well at Camp Harlow? The short answer: A great camp experience begins at home!

Good ideas and information to help Camp Harlow to be a GREAT EXPERIENCE:

1. Please ensure that Staff, Counselors and Campers Medical form is fully filled out. This provides necessary information to provide quality physical, mental and emotional care to all.
2. If your camper has any health, nutritional, physical, mental, emotional, or social challenges, talking with a camp nurse or camp representative promotes minimizing, and possibly eliminating, a potential problem. Camp Nurse and Counselors are available to talk about challenges during Camp Registration or prior to camp by calling 541-683-5416 during office hours Mon-Thursdays 8:30-5 or Fridays 8:30 – 12 noon.
3. Talk to your child about any concerns (homesick, fear, shyness, anxiety, etc) they may have about attending camp, especially if this is their first experience. We are here to support them as they experience some of these challenges. It is best not to offer to “rescue” the child if they experience a challenge, rather encourage them to face their fears with the support of our great counselors and staff at camp. Your child could develop some important skills that stay with them for a lifetime!
4. Encourage your child to tell their counselor, the nurse, or camp director about problems or things that are troublesome to them at camp. We all want to help them!
5. Fatigue can also play a huge role in both injuries and illness...and camp is a busy place! If your child is going to day camp, please be sure they get enough rest at night and a good breakfast. If your child will be at overnight camp, help us by explaining how important a good night sleep is to enjoy the next day of camp.
6. Send enough clothes to dress in layers. Mornings can be chilly and afternoons can get warm.
7. Please make sure your camper wears appropriate close-toed shoes for all the exciting activities here at camp. Camp is a bit more rugged environment than being at home and wearing closed toed shoes help to avoid slips, falls, trips, and injuries such as sprains or broken limbs. Flip flops can be used for going to the pool and back.
8. Please send sunscreen that your child has already used at home before and help your child know how and when to apply it.
9. Please send a reusable water bottle and explain how much to drink daily and how important it is to stay hydrated.
10. Bring any **medications including over the counter medications, supplements, etc** in the original bottle and be ready to turn in all medications to the Nurse.

Health at Harlow & Camp Harlow COVID-19 Update

Effective Date: June 3, 2022

11. **If you are coming to overnight camp, please.**
 - a. Do a lice check 3 days prior to camp and the day of camp.
 - b. Bring warm sleeping apparel as doors and windows may be open during time inside the cabins.
12. Come ready for a good time! We are so excited for you to be here at Camp Harlow!
13. Please let us know if your camper develops any [signs or symptoms](#) before, during or after camp so that we can take important preventative measures to keep many others healthy.
14. If anything comes up during their camp experience or afterward, please let us know. We want to partner with you and sharing information makes this possible. Feel free to email or call.

The Details!

Pediatric COVID-19 cases usually report fewer symptoms than adult COVID-19 cases. But, because people without symptoms are less likely to get tested, there are likely more asymptomatic people than symptomatic people.

[Signs and symptoms](#), at any age, may include:

- | | |
|-------------------------|--------------------------|
| • Cough | • Muscle or Body Ache |
| • Fever | • Chills |
| • Sore Throat | • Diarrhea |
| • Headache | • Nausea and/or vomiting |
| • Congestion/Runny Nose | • Shortness of Breath |

Your job:

1. **Carefully consider if your child or yourself ought to come to camp.**
 - a. Knowing that the spread of COVID-19 is mainly through close contact from person-to-person, and that some people without symptoms may be able to spread this virus, as well as others, ***we all have an inherent risk of catching any communicable disease.***
 - b. Based on the Center of Disease Control (CDC), ***People with any underlying medical condition may be at a higher risk*** for a severe disease process if exposed to COVID ***and camp may not be a good idea this year***, especially overnight camp. The following researched [Underlying Medical Conditions are at Risk for Severe COVID-19 Illness | CDC](#).
2. **Register or apply to work at camp online now.**
 - a. Thoroughly fill out the Health Assessment in your online registration. The more we know about your child, the better we can care for your child and the camp community.
 - b. Camp registrations will be closed 2 weeks prior to each camp start date in effort to review, communicate, and know who will be in attendance each week in advance.

Health at Harlow & Camp Harlow COVID-19 Update

Effective Date: June 3, 2022

c. Every volunteer and employee, please fill out Health Assessment online as soon as hired.

3. Teach your child how to protect themselves from ALL communicable diseases to prevent infection and to slow transmission, do the following:

The best way to prevent illness is to avoid being exposed.

- a. Stay home if you or someone you have been in [close contact](#) with feels sick, has [symptoms](#) or has been tested for COVID recently
- b. Hand Hygiene
 - [Wash your hands often](#) with soap and water for at least 20 seconds especially after blowing your nose, coughing, or sneezing or using the rest room
 - If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands, front and back, and rub them together until they feel dry
 - **Avoid touching your eyes, nose, and mouth** with unwashed hands
- c. **Cover coughs and sneezes**
 - Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow
 - Throw used tissues in the trash and immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol
- d. Maintain at least six feet distance between you and people coughing or sneezing. Keeping distance from others is especially important for [people at higher risk of getting very sick](#)
- e. [Routinely clean and disinfect](#) frequently touched surfaces [and take other steps to stop the spread at home](#).
- f. Do not share personal items with others, even if just wanting to be nice
- g. Cover your mouth and nose with a mask when in public settings, especially when inside or around others outside your household.
 - COVID-19 most commonly spreads between people in close contact (less than 6 feet) through respiratory droplets or small particles produced when an infected person coughs, talks, or breathes. Droplets can remain suspended in the air and travel distances beyond six feet. Indoor environments with poor ventilation increase risk of transmission.
- h. Refrain from smoking and other activities that weaken the lungs.
- i. Practice physical distancing by **avoiding unnecessary travel and staying away from large groups of people**, especially for 10-14 days prior to overnight camp.
- j. At camp, primary building ventilation will be open windows, doors and fans to ensure air exchange and decrease risk of transmission. Air conditioners and heating systems will be discouraged as they recycle air.
 - **Please pack a jacket and/or extra warm clothes and a blanket for overnight camp**

[CDC - How to Protect Yourself & Others](#)

Health at Harlow & Camp Harlow COVID-19 Update

Effective Date: June 3, 2022

4. Screening: In the 14 days preceding you or your child's starting camp date and each day before they come to camp, pre-screen your camper (and consider their contacts) to ensure each individual's wellness status at camp:

- a. Consider self-quarantining for 14 days prior to camp to decrease any chance of illness, **especially for overnight camp**. This decreases the chances of exposure or close contact with persons with a communicable disease
 - **Exposure** - Contact with someone infected with SARS-CoV-2, the virus that causes COVID-19, in a way that increases the likelihood of getting infected with the virus.
 - **Close Contact** - A close contact is someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute exposures for a total of 15 minutes. People who are exposed to someone with COVID-19 after they completed at least 5 days of isolation are not considered close contacts.
- b. Self-monitor for 14 days before camp and conduct pre-screening activities at home such as:
 - Taking and recording your own temperature for 14 days before camp
 - Check for the presence of symptoms (fever of 100.4 °F or greater, chills or sweats, cough, shortness of breath, difficulty breathing, diarrhea, fatigue, headache, muscle aches, nausea, loss of taste or smell, sore throat, congestion, runny nose, vomiting, etc.)
- c. Do not travel nationally or internationally or to COVID 19 hot spots – See [CDC Know Your COVID-19 Community Level](#) and know what prevention steps to take based on the latest data and your personal status
- d. Do not be in physical contact with any person who has been diagnosed with, tested for, suspected of, have symptoms of or quarantined as a result of COVID-19
- e. Avoid crowds. The more people you are in contact with, the more likely you are to be exposed to COVID-19. Do not attend large group functions such as weddings, concerts, etc

5. Vaccination Status and Testing

- a. Camp Harlow encourages all Counselors and Staff to be up to date on their COVID-19 Vaccinations:
 - **Fully vaccinated** means a person has received their primary series of COVID-19 vaccines.
 - **Up to Date** means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible.
- b. Campers, Counselors or Staff who are not up to date on primary vaccinations and boosters may want to obtain a COVID viral test not more than 3 days before they arrive at camp. PCR test is preferred; however, a home antigen test is acceptable.
- c. Campers who are not up to date on primary vaccinations and boosters may want to obtain a COVID viral test 5-6 days after camp and stay home and self-quarantine until receiving test results.
- d. **Testing: As of this writing, Camp Harlow will not be requiring testing prior to coming to camp or upon leaving camp.**

Health at Harlow & Camp Harlow COVID-19 Update

Effective Date: June 3, 2022

6. Talk to your Camper about the Camp Experience.
7. Coming to Camp
 - a. **Bring any medications in the original bottle** and be ready to turn in all medications to the Nurse on first day of camp.
 - b. If you are coming to overnight camp, please.
 - Do a lice check 3 days prior to camp and the day of camp.
 - Bring warm sleeping apparel as doors and windows will be open during time inside the cabins.
 - c. Come ready for a good time! We are so excited for you to be here at Camp Harlow!
 - d. **Please consider items you send to camp with your child. Everything will need to be cleaned, sanitized, or disinfected daily prior to coming to camp AND upon returning home.** Example - no soft or plush toys
8. Please let us know if your camper develops any signs or symptoms before, during or after camp so that we can take important preventative measures to keep many others healthy.

Our job at Camp Harlow:

1. **Strive to keep campers, counselors, staff and all our families well while your camper or you are at camp. Here are some of our important preventative measures listed here.**
2. **Before Camp:**
 - Close registration 14 days prior to your child's camp date to enable us to pre-screen potential campers and counselor's medical histories
 - Available to talk with persons with underlying medical conditions
3. **Screening at Registration and every day the individual enters camp**
 - We will ask anyone with [any signs or symptoms of illness to stay home](#)
 - We will ask anyone not needing to be on camp, to not come
 - We will screen persons coming on to camp, to decrease the chance of transmission according to the [CDC COVID-19 by County Community Risk Tool AND Prevention Strategies at Camp Harlow](#).
 - Any person (camper, counselor or staff person, etc known to have been exposed to COVID-19 or has any signs or symptoms, or who has visited a hot spot in the previous 14 days, will be asked not to come to camp.

Health at Harlow & Camp Harlow COVID-19 Update

Effective Date: June 3, 2022

- We will be following the [CDC Quarantine and Isolation](#) protocols for up to date **Vaccinated and unvaccinated persons** and the [CDC Quarantine and Isolation Calculator](#)s as a part of our assessment process.
- Registration will occur on the perimeters of camp to increase safety of those on camp during High Risk levels

4. During camp

- a. **Stable Cohorts: We identify “Stable cohorts” of an identified number of persons; including campers and counselors that will:**
 - Be the same persons for the full week of camp, including early or extended hours
 - Counselors will remain with a single cohort as much as is practicable and feasible.
 - Daily activities and programming will support physical distancing within a cohort when possible. Intermingling within the cohort is likely to occur.
- b. **Physical Distancing:** We will strive to maintain 6 feet physical distancing between cohorts during medium and high [COVID-19 Community Levels](#).
- c. **Hand Hygiene:** Hand washing/sanitizing hands will be a part of the daily schedule and encouraged frequently
- d. We will encourage activities outside as much as possible
- e. We will use cabins with ventilation for restrooms whenever possible, to decrease need for using community restrooms
- f. **Masks/Face Coverings:** Masks/Face Coverings will be required by persons in the stable cohort following mask protocol as identified by Lane County Public Health Division & CDC’s [COVID-19 Community Levels](#).
 - [Wearing a Face Mask](#) helps reduce the risk of spread by close contact and by airborne transmission.
 - **Campers**
 1. Will have a choice to wear or not wear a mask outside while in their stable cohort, with cohorts maintaining 6 feet separation from other cohorts during medium and high COVID-19 Community Levels.
 2. Will wear a mask if indicated per [COVID-19 Community Levels](#) protocols
 - a. Camper have a choice to wear or not wear a mask in Low or Medium Risk category
 - b. If Lane County is listed as a High Risk category, all campers will wear a mask in crowded areas outside and inside a building.
 3. Will wear a mask if indicated per [CDC Quarantine and Isolation](#) protocols
 4. Please pack a mask for potential needs.
 - **Staff and Counselors**
 1. Will have a choice to wear or not wear a mask outside while in their stable cohort, with cohorts maintaining 6 feet separation from other cohorts.
 2. Will wear a mask if indicated per [COVID-19 Community Levels](#) protocols
 - a. Staff and Counselors will have a choice to wear or not wear a mask in Low or Medium Risk category

Health at Harlow & Camp Harlow COVID-19 Update

Effective Date: June 3, 2022

- b. If Lane County is listed as a High-Risk category, all Staff and Counselors will wear a mask in crowded areas outside and inside a building.
 - 3. Will wear a mask if indicated per [CDC Quarantine and Isolation](#) protocols
 - 4. Please pack a mask for potential needs.
 - 5. Any Counselor or Staff who interact with multiple stable cohorts will wear a face mask, strive for physical distancing, and wash/sanitize their hands between stable cohort interactions.
 - **All Persons:**
 - 1. Masks will not be required by all persons during camp, when the activity does not allow wearing of a mask ie sleeping, brushing teeth, OR the building has adequate ventilation and only the cohort is in the building, like changing clothes for pool.
 - **Masks will** (per CDC)
 - Completely cover your nose and mouth
 - Fit snugly against the sides of your face and don't have gaps
 - Have a nose wire to prevent air from leaking out of the top of the mask
 - Fabric masks will have two or more layers of tightly woven, breathable material that blocks light when held up to light source
 - **Masks will not**
 - Have exhalation valves/vents which allow virus particles to escape
 - Include a gaiter – increases airborne transmission
 - Include a face shield – unless a mask is worn over mouth and nose
- g. **Contact tracing** will be maintained. This means if your camper or a counselor or staff member tests positive and we will contact their close contacts to inform them of a potential exposure.
- i. **Cleaning and sanitizing** will occur frequently during the day. Each counselor will have a spray bottle of sanitizer for their group, and your child is welcome to bring their own also
- j. **All parents and visitors** must have pre-arranged approval with the camp office prior to coming on camp outside of the standard drop-off and pick-up times
- k. **Quarantine and Isolation:**
- Assessment of Vaccination Status, signs and symptoms will be utilized to identify the individual outcome for each person.
 - We will be following the [CDC Quarantine and Isolation](#) protocols for up to date **Vaccinated and unvaccinated persons and the** will wear a mask if indicated per [CDC Quarantine and Isolation](#) protocols
 - **Calculators as a part of our assessment process.**
 - **Those persons choosing to get vaccinated are asked to provide documentation of verification** by uploading a picture of their COVID-19 Vaccination Card into our Camp Harlow Registration program.
 - The primary time this information will be used is if there is an identified exposure or close contact with a person that tests positive or is presumed to

Health at Harlow & Camp Harlow COVID-19 Update

Effective Date: June 3, 2022

have COVID-19 because they have COVID-19-like symptoms and close contact with a confirmed case but did not have a confirmatory laboratory test.

- Vaccine documentation will be secured consistent with applicable laws and appropriate safeguards to protect the privacy and confidentiality of personally identifiable information, health information, employee records as applicable.
- **Persons who are documented as *up to date* on their vaccinations:**
 - May not need to be sent home from camp, stay away from others or get tested unless they have symptoms, when coming in close contact with a person tested positive or experiencing COVID 19 symptoms.
 - AND experiencing some underlying conditions, may be more likely to be able to attend camp this year.
 - AND have traveled outside of Lane County or Oregon, are more likely to be able to attend camp within 14 days self-monitoring period.
- No documentation will be treated as if the person is NOT up to date in their vaccination status
- We will isolate and send home any Individuals, regardless of vaccination status with any signs and symptom of a communicable disease.
 - That individual should stay and remain home according to the Isolation Calculator **and** until 24 hours after fever or other symptoms are gone, without use of fever-reducing or other symptomatic medications
- **Reporting:** If anyone who has entered the camp facility is diagnosed with COVID-19, we are required to report to and consult with the local public health authority.
 - We will also report to the local public health authority any cluster of illness among campers, counselors or staff

5. Post Camp

- Please let us know if your camper or someone in close contact with your camper becomes sick during or after camp.
- If a case of COVID-19 or other highly contagious communicable disease signs and symptoms are reported to us, we will contact persons the camper, counselor or staff member has come in contact with to decrease the potential of furthering transmission.

Please feel free to email or call us if you have any questions.