

Health at Harlow

Effective Date: March 10, 2023

Hello Parents, Campers, Counselors and Staff

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 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.

- Please note, Camp Harlow guidelines are NOT the same as school guidelines. Some requirements are similar, and some are different.
- Guidelines change and updates will be made to this document and summarized here.

How will your child stay well at Camp Harlow?

The short answer: A great camp experience begins at home!

What you can do to help have a healthy Camp Harlow experience:

1. Please Register or apply to work at camp online now.

- a. Thoroughly **fill out the Medical Form** in your online registration. The more we know about your child, the better we can care for your child and the camp community.
 - Should your child need a particular nutrition plan because of allergies, intolerances or a diagnosis (e.g., diabetes), note these on the Medical Form form
 - If your child has mental, emotional, social or behavioral health challenges, document on the Medical Form and/or talk with a camp representative before camp starts.
 - Proactively discussing a camp's ability to accommodate a child can help minimize – if not eliminate – potential problems.
- b. Every volunteer and employee, please fill out Medical Form online as soon as hired.

2. Teach your child how to protect themselves from ALL communicable diseases.

We all have an inherent risk of catching any communicable disease. *The best way to prevent illness is to avoid being exposed.* To prevent infection and/or slow transmission, do the following:

a. Stay home if you any signs and symptoms of illness.

- New Cough
- Fever of 100.4 or higher
- Sore Throat
- Headache
- Congestion/Runny Nose
- Fatigue
- Muscle or Body Ache
- Chills
- Diarrhea
- Nausea and/or vomiting
- Shortness of Breath
- Other

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- 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, then 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. Fatigue plays a part in both injuries and illnesses – and camp is a very busy place! If your child is going to a day camp, be sure they get enough rest at night. If the child will be at overnight camp, explain the need to sleep to stay healthy and have a good time at camp.
- 3. Screening: In the 10 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 lower risk activities for 10 days prior to camp to decrease any chance of illness, **especially for overnight camp.**
 - Avoid crowds. The more people you are in contact with, the more likely you are to be exposed to a communicable disease.
 - b. Self-monitor for 10 days before camp and conduct pre-screening activities at home such as:
 - Check for the presence of symptoms including fever of 100.4 °F or greater, chills or sweats, new 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 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
 - d. **If you are coming to overnight camp, please.**
 - Do a lice check 3 days prior to camp **(Connect to LICE CHECK document)**
 - AND do a lice Check before coming on the day of camp

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4. Vaccination Status and Testing

- a. The American Academy of Pediatrics strongly recommends on-time routine immunization of all children and adolescents according to the Recommended Immunization Schedules for Children and Adolescents. [American Academy of Pediatrics Recommended Immunization-Schedules](#)
- b. Center for Disease Control recommends everyone to be Up to Date on their COVID-19 Vaccinations [CDC Stay Up to Date](#)
- c. Testing: For most persons, Camp Harlow will not be COVID testing prior to coming to camp or upon leaving camp.

5. Coming to Camp

- a. **Bring any medications in the original bottle** and be ready to turn in all medications, including over the counter medications, to the Nurse on first day of camp.
- b. **Adequate and Appropriate Clothing**
 - Make sure your child has and wears appropriate **close-toed shoes** and understands that camp is a more rugged environment and wearing appropriate shoes to avoid slips, trips and falls that, in turn, can result in injuries such as cuts, strains and sprains.
 - Send enough clothes so your child can dress in layers. Mornings can be chilly and afternoons get warm. Dressing in layers allows your child to remove clothing as it warms up or cools down.
 - Bring warm sleeping apparel as doors and windows may be open during time inside the cabins.
 - Please pack a jacket and/or extra warm cloths and a blanket for overnight camp
- c. **Sun Screen:** Send sunscreen that your child has tried at home. Teach your child how to apply sunscreen and how often to do so.
- d. **Reusable water bottle.** Instruct your child to use it and refill it frequently during their camp stay. Staying hydrated is important to a healthy camp experience, something your child can assess by noting the color of their urine (“pee”); go for light yellow
- e. 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
- f. Please talk with your child about telling their counselor, the nurse or camp leaders about problems or things that are troublesome to them at camp.
 - These camp professionals can be quite helpful as children learn to handle being lonesome for home or cope with things such as loosing something special. We are unable to help if we don’t know about the problem – so encourage them to let us know.
- g. **Come ready for a good time! We are so excited for you to be here at Camp Harlow!**

6. **Please let us know if your camper develops any signs or symptoms before, during or after camp so we can take important preventative measures to keep 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.**

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2. 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 may screen persons coming on to camp, to decrease the chance of transmission.
 - Any person (camper, counselor or staff person, etc) known to have been exposed to any Communicable Diseases including COVID-19 or has any signs or symptoms, previous 10 days, will be assessed prior to coming onto camp.

3. During camp

- Camp Harlow will utilize the Harlow Prevention Interventions to decrease the chances of any Communicable Diseases
 - Daily, each person on camp, will be monitored or **screened** for any signs and symptoms of Communicable Diseases.
 - **Hand Hygiene:** Hand washing/sanitizing hands will be a part of the daily schedule and encouraged frequently
 - **Cover Your Cough Etiquette**
 - **Cleaning and sanitizing** will occur frequently during the day and at minimum daily. Camp activities will occur outside as much as possible.
 - We will use cabins with ventilation for restrooms whenever possible, to decrease need for using community restrooms
- Camp Harlow will follow the CDC recommendations as outlined in the CDC Community Risk Tool. CDC's [COVID-19 Community Levels](#) tool helps communities decide what prevention steps to take based on the latest data in their community. Levels can be low, medium, or high and are determined by looking at hospital beds being used, hospital admissions, and the total number of new COVID-19 cases in an area.
 - **Low risk communities**
 - a. Stay [up to date](#) with COVID-19 vaccines
 - b. [Get tested](#) if you have symptoms
 - c. Wear a mask based on your personal preference, informed by your personal level of risk
 - **Medium risk communities**
 - a. Stay [up to date](#) with COVID-19 vaccines
 - b. [Get tested](#) if you have symptoms
 - c. If you are immunocompromised or at high [risk for severe illness](#), talk to your healthcare provider about additional precautions, such as wearing masks or respirators indoors in public
 - d. If you live with or have social contact with someone at high risk for severe illness, consider testing yourself for infection before you get together and wearing a mask when indoors with them.
 - **High Risk Communities**
 - a. Wear a well-fitting mask indoors in public, regardless of vaccination status or individual risk (including in K-12 schools and other community settings)
 - b. If you are immunocompromised or at [high risk for severe illness](#), wear a mask or respirator that provides you with greater protection
 - c. Stay [up to date](#) with COVID-19 vaccines
 - d. [Get tested](#) if you have symptoms

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- If there is a highly transmissible communicable disease or the CDC COVID-19 Community Level moves to HIGH and Face Masks are required:
 - [Masks will](#)
 - a. Completely cover your nose and mouth
 - b. Fit snugly against the sides of your face and don't have gaps
 - c. Have a nose wire to prevent air from leaking out of the top of the mask
 - d. Have two or more layers of tightly woven, breathable material, Fabric that blocks light when held up to bright light source
 - **Masks will not**
 - a. Have exhalation valves/vents which allow virus particles to escape
 - b. Include a gaiter – increases airborne transmission or a face shield.
 - 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 for a short time, like changing clothes for pool.
- If symptoms of illness occur, we will follow Standard Protocols for any communicable disease including the [CDC Isolation and Precautions](#) protocols, if indicated, as a part of our assessment process.
 - In many situations, once symptoms occur and are assessed, the person will go home until symptoms have subsided and if fever was present, there is no fever for 24 hours without the use of medications.
- **Reporting:** We are required to report to the local public health authority any cluster of illness among campers, counselors, or staff

4. Post Camp

- Should something comes up during or after the camp experience, like you see an unusual rash on your child or the child shares a disturbing story – contact the camp and let us know. We want to partner you; sharing information makes this possible.
- Please let us know if your camper or someone in close contact with your camper becomes sick during or after camp.
- If a 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.

Thank you for your time in reading this!

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

Reference Documents Camp Harlow operates under

<ul style="list-style-type: none"> • Lane County Public Health Communicable Disease • Oregon Health Authority <ul style="list-style-type: none"> ▪ Public Health Division - Chapter 333 Division 30 ORGANIZATIONAL CAMP RULES ▪ Public Health Division - Chapter 333 Division 19 INVESTIGATION AND CONTROL OF DISEASES: GENERAL POWERS AND RESPONSIBILITIES • Summer and Youth Programs Reopening Public Health Recommendations and Requirements 	<ul style="list-style-type: none"> ○ Center for Disease Control and Prevention <ul style="list-style-type: none"> ▪ CDC COVID by County Calculator ▪ CDC Isolation and Precaution Calculator ▪ Operational Guidance for K-12 Schools and Early Care and Education Programs to Support Safe In-Person Learning
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