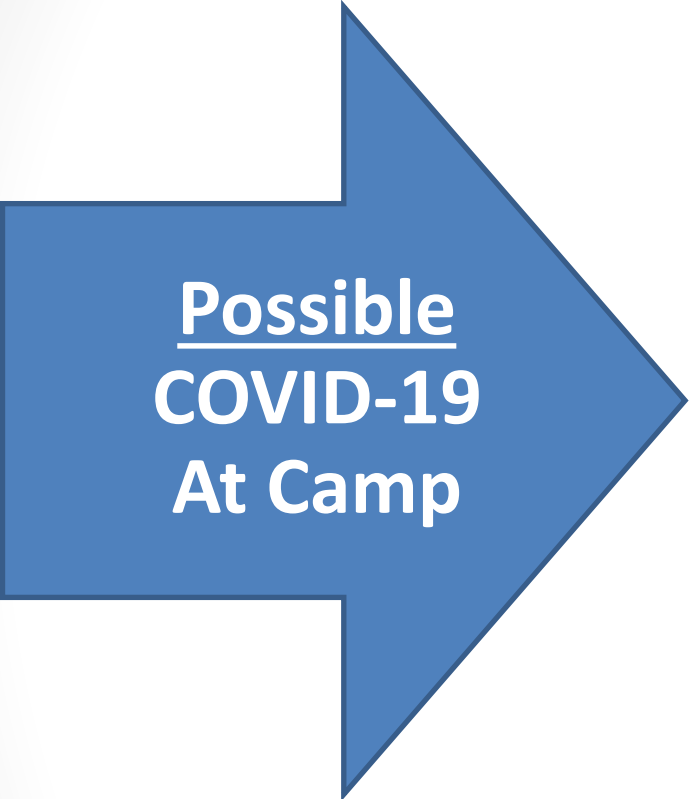# COVID-19 in Summer Camps: Prevention and Risk Reduction

- **What To Do**
  - If someone presents with COVID-19 Symptoms
  - If someone tests POSITIVE for COVID-19
  - Identifying Contacts
- **Understanding Why We Cohort & Socially Distance**
  - Understanding the Risks of COVID-19 in a Group Setting
  - Defining Close Contact
  - Mask Reminders
  - Social Distancing
- **Preparation & Tools for Success**
- **Key Documents (Tools for the Field)**
  - Isolation Calculation Tool
  - Quarantine Calculation Tool

The official mascot of 2020:

Always wears a mask.

Compulsively washes hands.

Letters of racoon rearranged spell corona.

# What to Do if someone presents with COVID-19 symptoms

**Possible COVID-19 At Camp**

**DAY Camps/Programs**
- **Immediately** isolate from others
- Individual must be sent home as soon as possible or follow transportation contingency plan
- Always supervised until they can leave camp

**RESIDENTIAL Camps/Programs**
- **Immediately** isolate from others and contact parents
- May stay on-site **IF** promptly tested for COVID-19 **AND** sufficient space to maintain isolation
- If symptomatic individual also had a known exposure to COVID-19, they must be sent home to complete quarantine period even if they test negative

**If it's NOT COVID-19:** May return with a negative COVID-19 test, improvement in symptoms, and have been without a fever for at least 24 hrs without the use of fever reducing medications. If a provider makes an alternative diagnosis for the COVID-19-like symptoms, the individual may return to the camp/program based on the recommendations for that alternative diagnosis. (Unless in quarantine due to known exposure.)

# What to Do if someone tests positive for COVID-19

**Confirmed COVID-19 At Camp** →

**ALL Camps/Programs**

- Positive individual cannot return until they have met criteria for discontinuing isolation
- Work with LBOH to identify close contacts and guidance on quarantine requirements
- Should notify all other parents/staff of positive case and steps taken to mitigate spread

**RESIDENTIAL Camps/Programs**

- Continue isolation and sent home as soon as possible
  - Activate contingency plan, if necessary
  - Camper/staff (if minor) must always be supervised by designated individual with proper PPE
  - Cannot participate in camp activities
- Immediately notify LBOH
- Camp staff should begin identifying and quarantining close contacts while maintaining confidentially of positive case
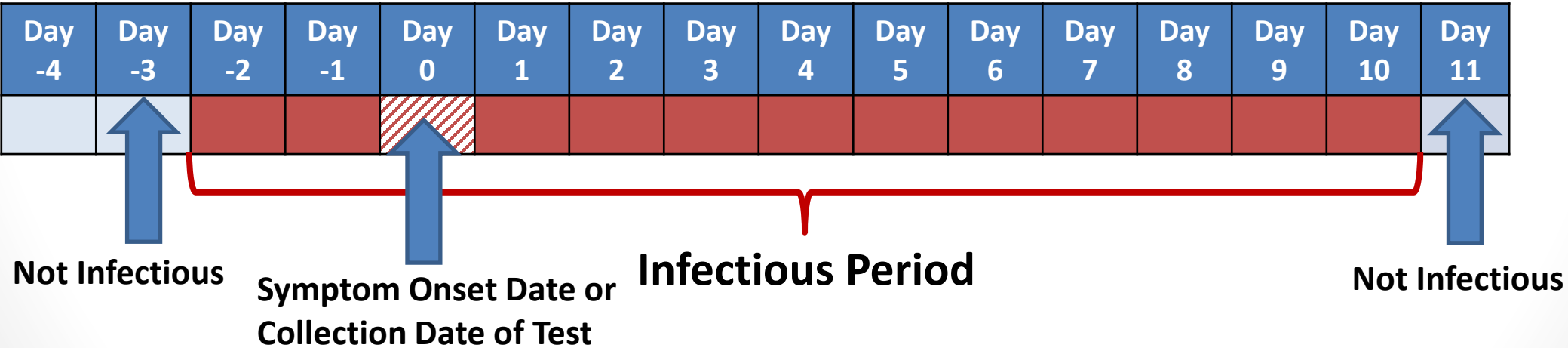- Notify CSP on Injury Reporting form within 48 hours

**Cleaning**: Close off areas visited by the ill persons. Increase ventilation to area and wait 24 hours, or as long as possible, before cleaning and disinfection. *Plan for availability of alternative space during this time.*
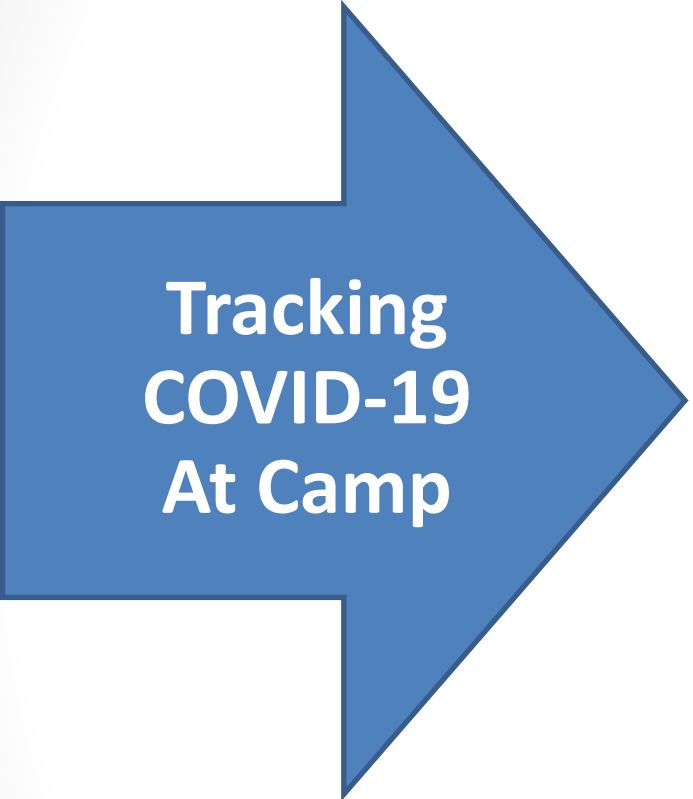
# Identifying close contacts

**Tracking COVID-19 At Camp**

Anyone who has been within 6ft of someone who has tested positive for 15 minutes or more within a 24-hour period during that person's **infectious period**

- **If COVID positive person is symptomatic:** Identify close contacts while individual was symptomatic and 2 days prior to symptoms beginning.

- **If COVID positive person is asymptomatic:** Identify close contacts from when COVID-19 test was taken and 2 days prior to the test.

| Day -4 | Day -3 | Day -2 | Day -1 | Day 0 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Day 8 | Day 9 | Day 10 | Day 11 |
|--------|--------|--------|--------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|

**Not Infectious**

**Symptom Onset Date or Collection Date of Test**

**Infectious Period**

**Not Infectious**

# What to Do if someone is identified as a close contact

## Tracking COVID-19 At Camp

**ALL Camps/Programs**
- Individual cannot return until they have met criteria for discontinuing quarantine
- Healthcare workers (HCC or HCS), fully vaccinated individuals, or individuals who had COVID-19 in the last 90 days may continue to work if they do not develop symptoms

**RESIDENTIAL Camps/Programs**
- Immediately notify and quarantine from others
  - Cannot quarantine campers/staff together without maintaining 6ft of distance between everyone
  - Cannot participate in camp activities
  - Must be kept separate from positive or symptomatic individuals
- Contact parents and have individual sent home *as soon as possible*
  - Activate contingency plan, if necessary
  - Camper/staff (if minor) must always be supervised by designated individual with proper PPE

# Isolation and Quarantine

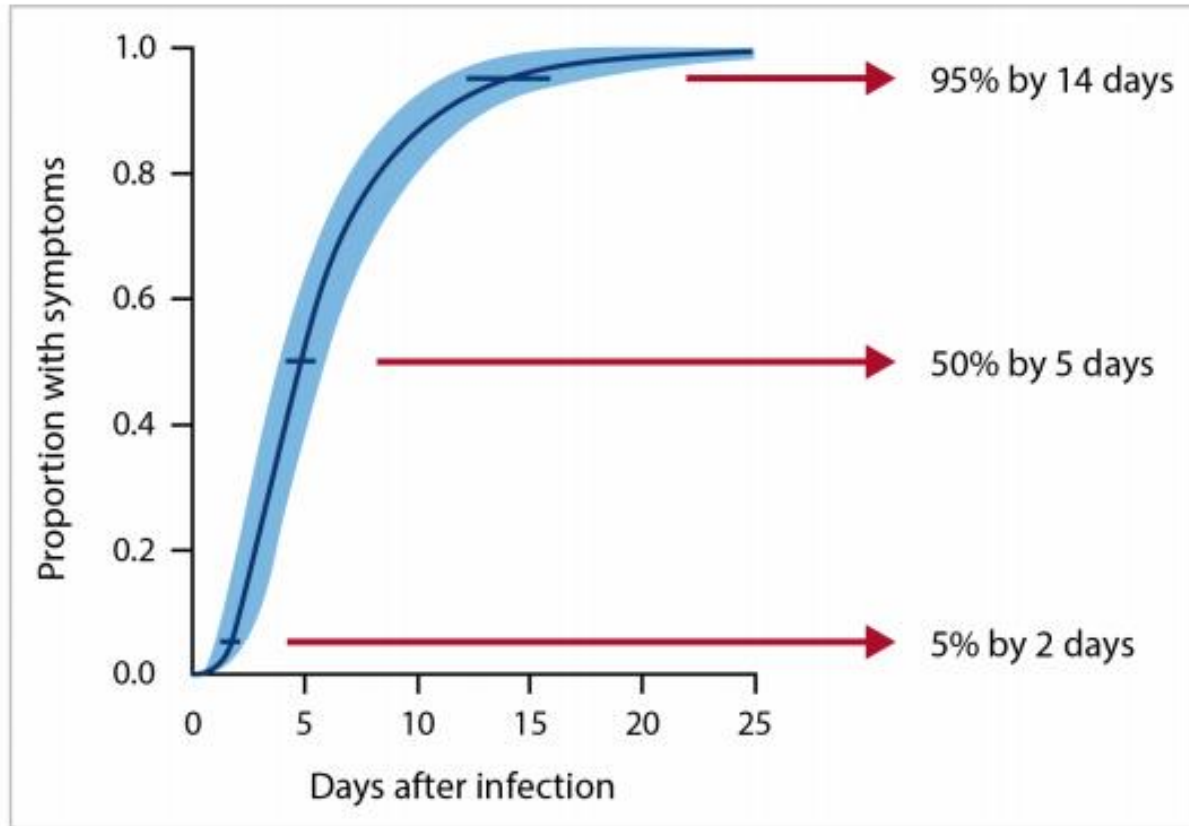| Worker Type | Quarantine when.. | Isolate when.. | End isolation and return to work when.. |
|---|---|---|---|
| **Health Care Consultant (HCC) Health Care Supervisor (HCS)** | **_Best practice if exposed:_** Quarantine at home when exposed to COVID-19 to prevent further transmission.<br>• May continue to work during their quarantine period to preserve critical camp functions.<br>• Must remain asymptomatic.<br>• Wear PPE appropriate to their duties and must wear a face covering/mask and self-monitor for symptoms. | You have tested positive for COVID-19<br><br>**OR**<br><br>You have symptoms of COVID-19 | Symptomatic<br>At least **24 hours** since:<br>• Resolution of fever without the use of fever-reducing medications; and<br>• Improvement in symptoms; and<br>• At least **10 days** have passed since symptoms first appeared.<br><br>Asymptomatic<br>At least **10 days** have passed since the first positive COVID-19 diagnostic test was taken, assuming symptoms did not subsequently develop. |
| **All other Staff and Volunteers** | Quarantine if you were exposed to COVID-19.* | | |

*Fully vaccinated individuals or individuals who had COVID-19 in the last 90 days may continue to work if they do not develop symptoms.

# Understanding the Risks…

- **Residential Camps/Overnight Programs** allow for a **Cohort Exception** for social distancing and other risk reduction practices, **provided certain criteria are met** (such as arrival testing requirements, no mixing of cohorts, no participants traveling off site, etc.).

  - **It is important to note that this cohort exception would not eliminate the need for quarantining contacts if an exposure occurs.**

    - All identified contacts would be quarantined and must depart from the camp to complete the quarantine at home.

  - Sites should weigh the risks and benefits whenever considering whether to and how to implement a Cohort Exception.

# SARS-CoV-2 Incubation Period

► The **incubation period** is the time from when someone is infected until symptoms develop

► The SARS-CoV-2 incubation period ranges from 2 to 14 days

► 50% of people will become ill by 5 days after they are infected



Image adapted by Center for Teaching and Learning, Johns Hopkins Bloomberg School of Public Health, from: Bi, Q., et al. (2020). Epidemiology and transmission of COVID-19 in Shenzhen China: analysis of 391 cases and 1,286 of their close contacts [medRxiv preprint]. Infectious Diseases (except HIV/AIDS). https://doi.org/10.1101/2020.03.03.20028423

10

# Cohorting

## Cohorting is important for limiting spread:

- **By keeping campers and staff in distinct groups that do not overlap or interact across each other, you reduce the potential for spread.**

  - Staff & Campers must be assigned to the same cohort for the duration of the program session.
  - Cohorts must not be combined at any time and staff must not float between cohorts, unless needed to provide supervision of specialized activities or to provide breaks for other staff.
  - May have multiple cohorts of campers and counselors in the same area, but must maintain separation between cohorts and comply with the Governor's most recent Gathering Order.

# Who is considered a close contact?

## Close Contact is Defined as:

- **a) Someone who was within 6 feet of an infectious person for a cumulative total of 15 minutes or more over a 24-hour period.**

  - close contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area or room with a COVID-19 case

    **– or –**

- **b) Having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed) while not wearing recommended personal protective equipment or PPE** (e.g., gowns, gloves, NIOSH-certified disposable N95 respirator, eye protection).

*Note: Wearing cloth masks can reduce risk but does not eliminate exposure completely.*

# Mask Wearing

**A Note on Mask Wearing:**

Cloth mask wearing is a risk reduction tool but does not mean no exposure occurred. The hope would be that masks reduced the spread of respiratory droplets while two individuals are in close contact, but the contact is still a close contact if it meets our definition.

A close contact that wore a cloth mask would still need to quarantine. A confirmed case wearing a cloth mask could still expose others through close contact.

- Cloth masks reduce risk but do not prevent exposure completely.
- Additionally, not all masks are equal. Improving the fit and filtration of masks helps reduce the spread of the virus.

# Social Distancing vs. Quarantine

## Social Distancing:

- Maintain at least 6 ft between you and any other person.
- Selecting activities that allow for individuals to work with their own materials.
- Utilizing outdoor venues or settings with good airflow.
- Reducing group size & avoiding crowded settings.
- Maintaining risk reduction practices like masking & good hygiene.
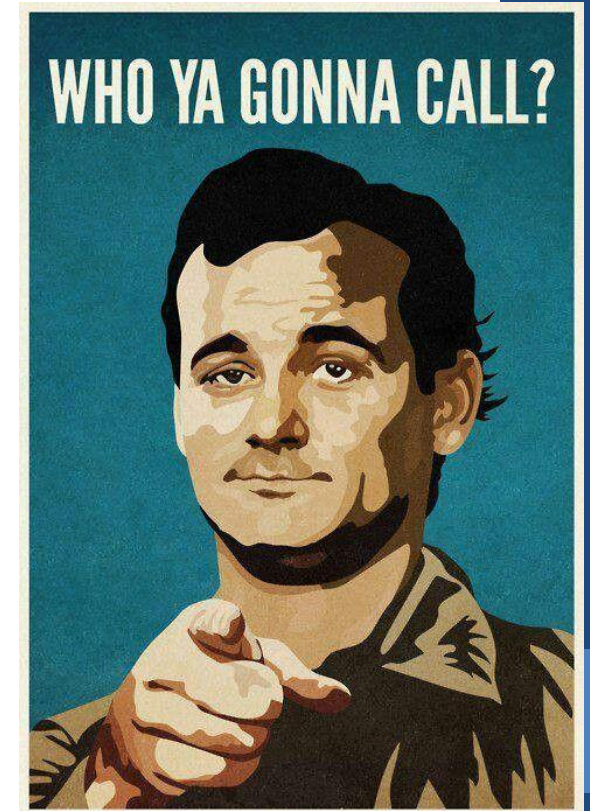
## Quarantining:

- Staying at home – NO GOING OUT.
- Using standard hygiene and washing hands frequently
- Not sharing things like towels and utensils.
- Not having visitors
- Staying at least 6 feet away from other people in your household
- Preventing you from exposing others.

**EVERYBODY**                    **CONTACTS**

# Always Be Prepared

- **Confirm the proper LBOH contact for reporting cases and contacts identified at the camp.**

  - Are summer LBOH hours and emergency contact procedures clearly outlined for Camps?

  - What is the expectation for reporting after LBOH business hours?

- **Where can sick/positive cases isolate on site while they wait for pickup?**

- **Where can exposed contacts quarantine on site while they wait for pickup?**

- **Are you prepared for multiple cases and contacts?**

# Tools for Success This Summer

- Keep cohorts distinct and separate from each other. If there is exposure, you are only quarantining one group and the risk of transmission is limited. If proper cohorting is not practiced, you risk program-wide outbreaks and EVERYONE needing to go home.

- If a site chooses to utilize a Cohort Exemption to loosen social distancing and mask wearing within a residential camp cohort, consider waiting at least 5 days (with modified group quarantine) to better ensure no participants develop symptoms after arrival.

# Isolation & Quarantine Calculation Tools

**Tools for Calculating Exposures & Quarantine in Programs (like Daycares, or workplaces)**

- [PROGRAM COVID-19 Case Infectious Period Calculation Tool for Attendee & Staff Confirmed Cases](#)
  - Great for Childcare Programs or other settings such as Camps – calculating infectious period and possible exposures for a positive case.

- [PROGRAM COVID-19 Close Contact Quarantine Calculation Tool for Attendee & Staff Contacts](#)
  - Great for Childcare Programs or other settings such as Camps – calculating quarantine period options for contacts identified for quarantine.

- Many COVID-19 Case Investigation and Contact Tracing Tools are available at [http://www.maventrainingsite.com/maven-help/toc.html](http://www.maventrainingsite.com/maven-help/toc.html)

# Helpful Contacts

**MDPH Epi Program:** 617-983-6800

**MDPH MAVEN Help Desk:** isishelp@mass.gov

   **MDPH ISIS Help Desk:** 617-983-6801

   **MDPH ISIS Fax:** 617-983-6813

**CTC Help Desk:** 857-305-2828

   **CTC Local Health Help** ctclocalhealthhelp@covid19.pih.org

   CTC Local Health Liaison List