



# Sickness and Camp: What you need to know

## TRAVELING BEFORE CAMP:

- We are asking all camp families to follow the governor's recommendation regarding self-quarantine after traveling. As this will change across the time, we ask that all families stay current on self-quarantine requirements and do not send a child to camp if you have recently been traveling and should be in self-quarantine.

## WHAT HAPPENS IF A CAMPER GETS SICK AT CAMP?

- If a camper arrives at camp presenting with any symptoms, they will be sent home.
- If a camper shows symptoms of any illness during the day, we will isolate them from other campers. We have a comfortable area set up in the 2nd studio which we aren't using with campers for the summer. We will contact family for pick up as soon as possible.
- We will implement cleaning procedures per state and CDC recommendations.

## IF COVID-19 IS CONFIRMED IN A CHILD OR STAFF MEMBER:

- We will send out email communication with next steps and protocols. The next steps and protocols will depend on the situation and variables. Our next steps will be directly in line with the Vermont Dept of Health recommendations and procedures.

## WHEN NOT TO COME TO CAMP:

*Anyone diagnosed with COVID-19 or awaiting test-results should self-isolate until:*

1. It's been 3 full days of no fever without the use of fever-reducing medication, and
2. Other symptoms have improved, and
3. At least **10** days have passed since symptoms first appeared.

Also:

- Sick for any reason
- Showing symptoms (outlined below) of COVID-19
- Have been in close contact with someone with COVID-19 in the last 14 days
- A cough, fever, shortness of breath, difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell
- Fever (temperature higher than 100.4 degrees Fahrenheit)
- Severe sore throat that lasts more than 48 hours, especially with a fever
- A significant rash, particularly when other symptoms are present
- Large amounts of discolored nasal discharge
- Severe ear pain
- Uncontrolled cough
- Diarrhea
- Severe headache, especially with a fever

Healthy children and staff with the following symptoms/conditions **may attend programming**:

- Allergy symptoms (with no fever) that cause coughing and *clear runny nose* may stay if they have medically diagnosed allergies and follow medical treatment plans.
- Well-controlled, mild asthma

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