



## **COVID-19 Guidelines: Summer 2022**

Updated: July 3<sup>rd</sup>, 2022

Safety is always the number one priority at Southern District YMCA Camp Lincoln. These guidelines are based on NH Department of Health and Human Services recommendations, the advice of medical professionals, and industry standards. These guidelines are a living document and will be updated accordingly.

### **Definitions**

- Isolation: For people who are sick or who have tested positive for COVID-19
- Quarantine: For people who have been exposed to COVID-19 and are at risk for developing infection
- Household Contact: Any person who lives or sleeps in the same indoor shared space as another person diagnosed with COVID-19 (either a temporary or permanent living arrangement) leading to exposure to the person with COVID-19.
- Unvaccinated: Any person who has NOT completed a primary COVID-19 vaccine series
- Vaccinated: A person who has completed a primary COVID-19 vaccination series
- "Up-to-date" on COVID-19 Vaccination: A person who is "up to date" on a primary COVID-19 vaccination series and any booster shots which they are eligible for and recommended to receive.

### **Vaccination Requirements**

- All staff members are required to be vaccinated against COVID-19 to work summer camp
- If a staff or camper tests positive for COVID-19, they or their family must notify the Camp Director
- If staff have a religious or medical exemption, the proper documentation must be completed and approved by the Camp Director and/Director of Operations before your attending camp
- Staff must be vaccinated to staff any overnight programming
- Campers are not required to be vaccinated. If campers are eligible, we highly recommend they be vaccinated against COVID-19 and receive any recommended boosters.

### **Masking**

- Masks are optional based on individual choice. Anyone who chooses to wear a mask at any time will be supported in their decision.

### **Case Investigation & Contact Tracing**

- Southern District YMCA Camp Lincoln is not conducting on-site screening, testing, or tracing known exposures between staff or campers.



<b>Persons who should Isolate</b>	<b>Recommended Action</b>
<p>Any person who tests positive for COVID-19 or who has symptoms of COVID-19 while awaiting testing - regardless of vaccination status, previous infection, or lack of symptoms.</p>	<ul style="list-style-type: none"> <li>• Stay home and away from others (including people in your household) for at least 5-days.</li> <li>• Isolation can end after day 5 if you are fever free (off fever-reducing medications) for at least 24-hours and other symptoms are improving.</li> <li>• If fever has been present in the prior 24-hours, or if other symptoms are not improving then you should continue to isolate until fever free and symptoms are improving for at least 24-hours, or until after 10 days of isolation.</li> <li>• A negative antigen or PCR test is required to return to camp.</li> </ul> <p>For 10 days:</p> <ul style="list-style-type: none"> <li>• Wear a well-fitting mask when around other people</li> <li>• Avoid people who are immunocompromised</li> <li>• Avoid travel if possible</li> </ul>
<b>Persons who should Quarantine after being exposed to someone with COVID-19</b>	<b>Recommended Action</b>
<p>Household contacts who are either:</p> <ul style="list-style-type: none"> <li>• Unvaccinated</li> <li>• Not “up-to-date” on receiving all recommended COVID-19 vaccines doses</li> </ul>	<ul style="list-style-type: none"> <li>• Stay home and away from others for 5-days after the last exposure</li> <li>• Watch for symptoms for COVID-19 for 10-days after the last exposure and get tested if symptoms develop</li> <li>• Get tested at least 5-days after the exposure, even if no symptoms develop. If positive, move to isolation</li> <li>• A negative antigen or PCR test is required to return to camp.</li> </ul> <p>For 10 days:</p> <ul style="list-style-type: none"> <li>• Wear a well-fitting mask when around other people</li> <li>• Avoid people who are immunocompromised</li> <li>• Avoid travel if possible</li> </ul>



<b>Persons who do NOT need to Quarantine after being exposed to someone with COVID-19</b>	<b>Recommended Action</b>
<ul style="list-style-type: none"><li>• Lower risk exposures in the community setting (non-household contacts)</li><li>• Household contacts who are “up-to-date” on receiving all recommended COVID-19 vaccine doses</li><li>• Unvaccinated household contacts who are within 90-days of testing positive for COVID-19 by antigen or PCR-based testing</li></ul>	<ul style="list-style-type: none"><li>• If symptoms develop, stay home and get tested for COVID-19</li><li>• Get tested for COVID-19 on day 5, even if you don’t have symptoms</li><li>• If testing is positive, follow isolation recommendations above</li></ul>