

CAMP HORIZON MASK AND HEALTH SCREENING GUIDELINES

We are not requiring masks for guests. However, if you are wearing a mask in public or crowded situations, or are at a higher risk for illness, then please continue to wear a mask where you feel it is needed.

The Camp Horizon kitchen crew will continue to mask during meal service as has been done for the past year.

Camp Health Screening Guidelines

Please do not attend if you or a member of your family has now or recently had symptoms of illness or were exposed to others with Covid or Covid-like symptoms. A definition of illness and exposure are included in the text that follows.

ACTIVE OR RECENT ILLNESS

New onset or worsening of any symptom of illness such as:

- * cough, shortness of breath or difficulty breathing,
- * fever, chills, repeated shaking with chills,
- * muscle pain, headache, sore throat,
- * new loss of taste or smell,
- * nausea, vomiting, or diarrhea.

Isolation: Keeping sick folks separated from others that are not sick, limiting the exposure of healthy persons.

Quarantine: Keeping exposed persons that **may** become sick separated from others that have not been exposed.

LENGTH OF ISOLATION: If you have symptoms that could be COVID, follow these ISOLATION guidelines.

- * Isolate for at least ten days from the first symptom, even if symptoms resolve and you feel better.
- * Isolate for at least three days with no symptoms or medications that could mask them BEFORE arrival to camp (as ;pmg as at least ten days have passed since the first symptom). **If you follow these guidelines, no covid test is required.**

EXPOSURE (SUSPECTED OR CONFIRMED)

This is the most confusing thing for most folks is that the quarantine for EXPOSURE seems longer than isolation for those with illness. The minimum quarantine is ten days with testing after day ten, or fourteen days with no testing.

WHAT IS AN EXPOSURE?

The Department of Health and CDC consider you to be exposed in either of the following circumstances.

- 1) If you were less than five feet for more than fifteen minutes within forty-eight hours of the first symptoms appearing in someone infected with Covid.
- 2) If you live in a home with a person infected with Covid where distancing is impossible.

LENGTH OF QUARANTINE: Where you have been exposed but do not have symptoms.

Quarantine for fourteen days (from day of exposure).

If you live with someone in isolation, your quarantine begins when their isolation ends. (Sorry, but that is how it works.)

QUARANTINE 10-DAY EXCEPTION

If it has been 10 days or more after exposure with no symptoms and you get a negative covid test between days 10-14 may attend camp. Over the counter rapid testing is acceptable.
