



CAMP PINNACLE

2020 SUMMER FREQUENTLY ASKED QUESTIONS: HEALTH CENTER

1

WILL THE HEALTH CENTER LOOK DIFFERENT THIS YEAR?

Our health center is now a complex of four buildings. We have our standard health center with patient rooms, an examination room and quarters for our nurses. We have a telehealth station set up in the Health Center so we can communicate directly with our camp doctor.

2

WHAT DOES PRE-CAMP QUARANTINE MEAN?

It has been recommended by NCDHHS, the CDC, and American Camp Association (ACA) to ask our campers to pre-camp quarantine to reduce their exposure to communicable diseases like COVID-19, prior to coming to camp. When we all reduce our exposure risk, we reduce the chances of spreading germs and viruses to each other at camp. We are asking our camp families to limit their exposure to non-family members, wear a facemask around all non-family members, avoid large crowds/gatherings, and limit unnecessary travel.

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IS THERE ANOTHER OPTION BESIDES QUARANTINE FOR TWO-WEEKS? WE HAVE DAY CAMPS AND OTHER COMMITMENTS?

You can instead do a seven-day quarantine and take a saliva PCR test through a telemed link with Vault Health. You will have to bring your negative test results with you to camp on Opening Day. All of the details about this option have been made available to you in Forms and Documents for your Family.

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WHY DO I NEED TO TAKE MY CAMPERS TEMPERATURE SO MANY DAYS BEFORE ARRIVING TO CAMP?

Studies have shown that people who have contracted COVID-19 will often have a fever within a ten-day period. Monitoring your camper's temperature daily is just one simple way of making sure we all come to camp as healthy as possible.

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WHAT CAN I EXPECT FOR HEALTH SCREENINGS ON OPENING DAY?

Prepare for a more thorough health screening process on Opening Day. While we are going to try our best to streamline the check-in process by having staggered arrival times, we don't want to rush through our screening process or not give you the time to ask questions of the Health Center team. As always, there will be temperature and lice checks but we will also have additional screenings that will need to be performed. These screenings will include a baseline oxygen reading of your camper utilizing a pulse oximeter. This device is non-invasive and simply placed on a finger of the camper. We will also be asking additional health screening questions and will review pre-camp temperature logs, negative covid tests and do a temperature check.

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WHAT IF I FORGET MY CAMPER'S TEMPERATURE LOG?

Please don't forget this! The pre-camp temperature log is a **mandatory** piece of documentation. You will **not** be able to leave your child at camp without it. **Also you must upload your camper's health forms and medication form into your CampinTouch account at least 24 hours prior to arriving at camp.**

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HOW WILL YOUR TEAM BE ABLE TO TELL THE DIFFERENCE BETWEEN SUMMER ALLERGIES AND COVID-19

Being in the great outdoors in the Blue Ridge Mountains comes with many blessings, along with many allergens. These allergens can cause symptoms such as red eyes, coughing, sneezing, and sore throat. When a camper shows these symptoms, the Health Center staff will take a camper's health history into account when treating the camper. This is why having your camper's health history form filled out thoroughly is essential. Please make sure you clearly describe how your camper reacts when they have allergy symptoms and how you treat them at home. This will be valuable information that will help the Health Center staff make the proper plan of care for your camper.

COVID-19 symptoms in children can present themselves in many different ways and providing individualized care for your camper will be our utmost priority. In general, we will be utilizing the CDC and NC guidelines for COVID-19 symptom screening and the need for quarantine. At this time the guidance is as follows:

- Fever of 100.4 or higher - observation in the health center
- Difficulty breathing, sore throat, muscle pain, chills, fever - quarantine
- Loss of taste or smell - quarantine

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WHAT ARE YOUR DAILY HEALTH MONITORING ROUTINES FOR CAMPERS AND STAFF?

Each day the staff and campers will have a daily health screening. This will include temperature checks and a symptom questionnaire. Any camper or staff who has a fever of 100.4 or higher or symptoms that cannot be related to a known, non-infectious health-related issue will be sent directly to the Health Center for next level screening by an onsite Registered Nurse.

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CAN I COMMUNICATE WITH THE INFIRMARY DIRECTLY ABOUT MY CAMPER'S HEALTH?

While we wish we could call every parent every day to give an update on how their camper is doing, it is just not possible. The Health Center team is busy providing hands-on TLC to the campers who are injured or not feeling well. We will reach out and call you if your camper is showing symptoms that fall into the COVID-19 screening criteria as mentioned above, has had to stay in the Health Center overnight, has any significant medical condition as determined by our camp doctor, or needs to be seen off-site by a medical provider, we will be calling you directly. At any time, you may call the office to get an update on your camper's general well being.

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WHAT IS THE AVAILABILITY OF TESTING FOR COVID-19 IN YOUR AREA?

At this time our Medical Director, in collaboration with Blue Ridge Health, has made it possible for COVID-19 testing to be available for any Camp Pinnacle camper or staff who is demonstrating significant enough symptoms to warrant a test. Our Medical Director, Dr Andrew Morris or his assigned physician will be the one making the determination for testing and/or the need to place a camper or staff in quarantine. We also are working directly with the Henderson County Health Dept and they will also be a resource for testing options.

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WHAT HAPPENS IF MY CAMPER IS HAVING SYMPTOMS AND IS QUARANTINED?

If your camper is quarantined while at camp, he/she will be housed in a specific area of the Health Center or assigned to a designated quarantine cabin. These are two cabins with private bathrooms which have been set aside just in case we need to quarantine campers this summer. If quarantined, a nurse will be attending to your camper's healthcare needs, monitoring symptoms, and will develop a 24/7 plan of care. We will also work with the camp staff to have in-room activities available for your camper. Plan ahead, think of what your camper could pack to have with them just in case they do need to be quarantined. Examples include books, coloring books, cards, thread to make friendship bracelets, etc.

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WHAT IS THE STAFF SIZE OF THE HEALTH CENTER?

This year we will have 2 - 3 RNs at the Health Center that will be living on-site 24/7. We have a Physician, Dr Andrew Morris on call. He holds physician-run clinics for sick or injured campers two to three times a week, or as needed. Our physician will also be on-call 24/7 to provide as-needed. We can also use telemedicine with our physician directly from the Health Center. This allows your camper to have quick and efficient medical care should the need arise. At least 10 of our staff are trained as Wilderness First Responders (WFR) and virtually every counselor has completed a Wilderness First Aid certification.

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WHAT PRECAUTIONS ARE THE NURSES TAKING TO TREAT CAMPERS AND STAFF? HOW WILL THE HEALTH CENTER HANDLE SICK CAMPERS VS CAMPERS JUST NEEDING TLC?

The Health Center is a fully functioning clinic that will follow the CDC best practice guidelines for the care of a camper or staff who potentially has a communicable disease, such as COVID-19. This will include utilizing personal protective equipment (PPE's) such as gowns, masks, face shields, and gloves. We will also be dividing the Health Center into a "sick clinic" and "well clinic". This allows campers who need to see the nurse (but are not showing symptoms of communicable disease, like COVID-19 or gastrointestinal symptoms) to get the care they need without the risk of exposure to sick campers.

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WHAT IS THE PLAN FOR INFECTION CONTROL AT CAMP?

We all know that with any germ or virus good infection control is key to keeping the rate of spread to a minimum. There will be additional training for staff and campers on:

- how to properly wash their hands
- proper technique of using hand sanitizer
- why giving space to fellow campers and staff is important
- covering coughs/sneezes, etc.
- scheduled daily health screenings
- multiple cleaning schedules of common use areas and cabins
- increased hand sanitizing and handwashing stations throughout camp and how to access them
- when to come to see the nurse