



## FAQS FROM THE CAMP PINNACLE NURSE

**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 also have a telehealth station set up in the Health Center to communicate directly with our camp doctor.**

**What does pre-camp quarantine mean?**

**It has been recommended by the NC Department of Health and Human Services, the CDC, and American Camp Association (ACA) to ask campers to self-quarantine before camp to reduce their exposure to communicable diseases like COVID-19. 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.**

**Is there another option besides quarantine for two weeks? What if we have day camps and other commitments?**

**You can instead do a seven-day quarantine and take a saliva PCR test through Vault Health. You will need to bring your negative test results with you to camp on opening day. All details about this option are available in Forms and Documents in CampInTouch.**

**Why do I need to take my camper's temperature so many days before arriving at camp?**

**Studies have shown that people who have contracted COVID-19 will often have a fever within a 10-day period. Monitoring your camper's temperature daily is one simple way of making sure we all come to camp as healthy as possible.**

**What can I expect for health screenings on opening day?**

**Prepare for a more thorough health screening process on opening day. While we'll do our best to streamline the check-in process by having staggered arrival times, we don't want to rush through our screening process. We also want to allow enough time for parents to ask questions to the Health Center team. As always, there will be temperature and lice checks, but we will have additional screenings, including a temperature check and baseline oxygen**

reading 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 and negative COVID tests.

**What if I forget my camper's temperature log?**

**Please don't forget this! The pre-camp screening form is a mandatory piece of documentation. You will not be able to drop your child off 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.**

**How will your team be able to differentiate between summer allergies and COVID-19?**

**Being among the beautiful Blue Ridge Mountains comes with many allergens that can cause symptoms such as red/itchy 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 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:**

Symptoms:

- Fever of 100.4 or higher = quarantine
- Difficulty breathing, sore throat, muscle pain, chills, fever = quarantine
- Loss of taste or smell = quarantine

**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.**

**Can I communicate with the Health Center directly about my camper's health?**

**While we wish we could call every parent every day to provide updates, it is just not possible. The Health Center team is busy providing hands-on TLC to any 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. At any time, you may call the office to get an update on your camper's general well-being.

**What is the availability of testing for COVID-19 in your area?**

At this time, our medical director, in collaboration with Blue Ridge Community Health, has made it possible for any Camp Pinnacle camper or counselor who is demonstrating significant symptoms to be tested for COVID-19. 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 are also working directly with the Henderson County Health Department as a resource for testing options.

**What happens if my camper is having symptoms and is quarantined?**

If your camper is quarantined while at camp, they 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 in case we need to quarantine campers this summer. If quarantined, a nurse will attend to your camper's healthcare needs, monitor symptoms, and 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 about what items you can pack for your camper in case they do need to be quarantined. Examples include books, coloring books, cards, thread to make friendship bracelets, etc. (no electronics).

**What is the staff size of the Health Center?**

We will have two to three RNs at the Health Center who will be living on-site 24/7. Our medical director, Dr. Morris, is on call 24/7 to provide as-needed care. He holds physician-run clinics for sick or injured campers two to three times a week, or 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 counselors hold a wilderness first aid certification.

**What precautions are the nurses taking to treat campers and staff? How will the Health Center handle sick campers versus campers needing TLC?**

The Health Center is a fully functioning clinic that will follow the CDC's "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) 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.

**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 see the nurse**