

We are looking forward to having your child/family member at camp with us! We take every precaution to ensure that our site is safe and healthy. One of the greatest things about camp is the group living and the friendships that develop over a week together. This also provides opportunities to share things that aren't as much fun – like germs and critters. We are taking proactive steps at the CUOL Camps and ask that you help us by following some pre-camp and post-camp advice.



### **Before You Come to Camp:**

#### **Flu-like Illness, Virus or Infection, COVID**

We ask campers and staff to arrive in good health and ability to participate fully in our programs. Our screening processes help identify potential illness so that we can take appropriate action. Here are a few things we ask of you to help ensure a fun, healthy week at camp:

- Please do not come to camp without first contacting us if your child has experienced any of the following: 1) if within 14 days prior to opening day, your child has had a fever over 100° F, a cough, sore throat or shortness of breath or any symptoms associated with COVID, influenza or any communicable disease. 2) if in 48 hours prior to opening day, your child has vomited. **Please do not come to camp if you believe your camper has been exposed to a confirmed or suspected case of COVID, influenza or any communicable disease.**
- Emphasize hand washing and the appropriate use of hand sanitizer. Teach your child how to effectively cover his/her cough and sneeze ([www.boogiewipes.com/teaching-kids-cough-sneeze/](http://www.boogiewipes.com/teaching-kids-cough-sneeze/)).

#### **Head Lice**

Please have your child screened within 48 hours of attending camp. Upon arrival at the CUOL camps, if your camper is found to have nits or live lice, in order for them to remain at camp, they may be treated, however, they will miss a good part of the first day of camp (takes approximately 4-5 hours) and you will be responsible for the expense. Please note: any pre-camp treatment must be done at a lice center. If a chemical, over-the-counter treatment is used, the camp reserves the right to re-treat.

#### **Packing for Prevention of Bed Bugs**

We have had our site checked for bed bugs and have received the 'all clear' at the start of camp. With so many campers enjoying our camp, however, we are at risk of getting them during the summer. We are asking you to follow a few simple steps to help keep your home and our camp free of bed bugs. (Please note: while bed bugs may be a nuisance, there is no evidence that they transmit disease to people).

- 1) Visually inspect items for bugs. Take sleeping bags, blankets and luggage out of storage, place them outdoors and inspect them carefully for any signs of bugs or eggs.
- 2) Tumble bedding and luggage in clothes dryer. Place bedding or luggage in the clothes dryer and tumble them on high heat setting for 30 minutes. The heat from the dryer kills bugs and eggs. For items that cannot be placed in the dryer, vacuuming or cleaning with soap and water or alcohol based products will kill bugs.
- 3) **Duffle bags and plastic bins are recommended as luggage (not suitcases).** Use a heavy gauge garbage bag as a liner in luggage. Place all clothing inside the liner and use a separate garbage bag for linens/bedding.

#### **After Camp:**

Inspect all items before bringing them indoors. Any bedding and clothes should go directly into the washer/dryer at hot temperatures. Tumble dry on high heat for at least 30 minutes. For items that cannot be laundered, such as suitcases, vacuuming or cleaning with alcohol-based cleaning products are options. Pay special attention to zippers, seams, buttons, cracks and crevices. Wipe shoes with rubbing alcohol before bringing them into your home.

When in doubt, contact us. Our goal is for all campers who come to our camps to have a wonderful week and return home better than they came.