



2019 Novel Coronavirus [COVID-19]

cdh.idaho.gov/dac-coronavirus | cdc.gov/coronavirus/2019-ncov/index.html

Updated April 29, 2020

Recommended Guidance for Youth Activities & Day Camps

Background

SARS-CoV-2 is a novel coronavirus that has emerged and caused coronavirus disease (abbreviated as COVID-19). Public health experts continue to learn about SARS-CoV-2, but based on current data and similar coronaviruses, spread from person-to-person happens most frequently among close contacts (those within about six feet) via respiratory droplets. Transmission of SARS-CoV-2 to persons from surfaces contaminated with the virus has not been documented yet, but current evidence suggests that SARS-CoV-2 may remain viable for hours to days on surfaces made from a variety of material.

Purpose

This guidance provides recommendations for organized youth activities and day camps. On April 23, 2020, Governor Brad Little released his Guidelines for Opening Up Idaho. Because youth activities and camps can support families, they are included in Stage One of the reopening plan. However, reopening does not mean returning to business as it once was. It is important to follow the CDC, state and local guidelines to ensure the safety of our community and to minimize the possibility of spreading the virus in an organized youth activity or camp setting. Please note: this guidance does not apply to overnight camps.

Please also refer to [CDH's guidance on childcare settings](#) for information specific to those providers.

Definitions

COVID-19 is caused by a new virus. There is much to learn about the [transmissibility, severity, and other features of the disease](#). Everyone can do their part to help plan, prepare, and respond to this significant public health threat.

Recommended Actions

Youth activity organizers and camp administrators can take important steps to help prevent and prepare for cases of COVID-19, including:

- Establish effective communication plans to stay in regular communication with all parents, youth, and staff. Your plan should ensure that all of your communications are culturally and linguistically sensible and accessible for children and families you serve.



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- Inform all parents and staff about steps everyone can take to prevent exposure and further spread. Update your organization/facility's preparedness plans.
 - Inform parents and staff about updates and/or changes to your policies or operations.
- Modify drop-off and pick-up procedures. Consider staggering arrival and drop off times and/or have staff come outside the facility to pick up the children as they arrive.
- Ask parents to check their children's temperature and ask staff to check their own temperature daily before coming to work.
 - If the parent thinks the child is sick, you should encourage them to call their healthcare provider.
- Establish an illness policy for children and staff at your facility if you do not already have one.
 - Encourage parents and staff to strictly follow your facility's illness policy and stay home when sick.
 - Establish a daily process for identifying and sending home children and staff who become sick.
 - If children and staff are exhibiting any concerning symptoms, you should use your illness policy to determine if they should stay home.
 - Separate sick children and staff from others until they can go home. When feasible, identify a "sick room" through which others do not regularly pass.
- Limit group sizes as much as possible and choose activities that encourage more physical space between children and/or youth.
 - If possible, activities should include the same group each day, and the same staff should remain with the same group each day.
- Daily activities and curriculum should support social distancing, striving to maintain at least 6 feet between everyone, children and staff. For example:
 - Eliminate large group activities
 - Limit the number of children in each program space
 - Increase distance between children during activities
 - Plan activities that do not require close physical contact between multiple children
 - Limit item sharing. If items must be shared, remind children to wash their hands or not to touch their faces after using these items
 - Minimize time standing in lines and take steps to ensure that distance between the children is maintained
 - Incorporate additional outside time and open windows frequently
- Provide outdoor activities when possible, with no more than one group of children in one outside area at a time.
 - Note that if your outdoor area is enclosed/not accessible to the public, you can use the outdoor play equipment, but it should be wiped down between groups of children if possible.
- Stagger meal and snack times. Eliminate family-style meals or shared food and follow social distancing during mealtimes. Provide bagged or individual lunches and snacks.



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- Increase the frequency of cleaning, sanitizing, and disinfecting your childcare facility. Chlorine-based sanitizers are known to be most effective against viruses and bacteria.
 - Make sure to strictly follow manufacturer's instructions.
 - Refer to the [CDC's guidance on cleaning and disinfection](#) for more information.
- Staff are encouraged to implement cleaning, sanitizing, and disinfecting practices of the following areas:
 - Door handles, crash bars, doorknobs
 - Light switches
 - Entry windows
 - Office counters and surfaces, classrooms furniture
 - Handrails
 - Sinks and drinking fountains
 - Dispensers
 - Bathrooms
 - Anything else that is handled frequently by multiple children and staff
 - Note: Consider removing materials from the classroom that are harder to clean (e.g. soft toys and porous materials). A list of recommended EPA registered disinfectants to use can be found here: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
- Teach children/youth and staff to wash hands often with soap and water for at least 20 seconds.
 - If soap and water are not available, use alcohol-based hand sanitizer (60% alcohol).
 - Encourage hand washing by children and staff through education, scheduled time for handwashing, and the provision of adequate supplies.
- Use "respiratory etiquette." Cover your cough or sneeze with a tissue.
 - See [CDC's Cover Your Cough page](#) for more information.
 - Post signs. Signs should be highly visible and remind staff, visitors, and students to perform hand hygiene, sneeze/cough into their elbow, put used tissue in a waste receptacle, and to wash hands immediately after using tissue.
 - Provide adequate supplies within easy reach, including tissues and no-touch trashcans.
 - Recommend everyone to avoid close greetings like hugs or handshakes.
- Recommend that everyone use face coverings at all times.
 - CDC recommends that everyone 2 years and older should wear a cloth face covering over their nose and mouth when in the community setting.
 - This is an additional public health measure people should take to reduce the spread of COVID-19 in addition to (not instead of) social distancing, frequent hand cleaning and other everyday preventive actions.
 - A cloth face covering is not intended to protect the wearer, but may prevent the spread of virus from the wearer to others.
- Transportation
 - Design camp activities to limit or eliminate group transportation (large vans, buses)



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- Sanitize or wash all passengers hands before boarding
- Encourage face coverings due to close proximity
- Space riders as far apart as possible
- If multiple doors (side door and rear entry door), use one as entrance and one as exit
- Routinely clean and disinfect high-touched surfaces

Youth or Employee Being Tested for COVID-19 or Has Symptoms but is not Tested

- Any child/youth or employee being tested for COVID-19 should not be in the facility and should be isolated at home while waiting for test results.
- If the test result is negative or testing was not done, the child or employee should stay home until fever has been gone for 3 days and symptoms improve.
- Youth and staff in a household with someone being tested for COVID-19 or who has symptoms but has not been tested should also stay home.

Employee with Lab-Confirmed COVID-19

- Dismiss children and staff for 2-5 days. This initial short-term dismissal will allow your local health district to have time to gain a better understanding of the COVID-19 situation impacting your organization/facility, and for custodial staff to clean and disinfect the affected areas.
 - Work with the local health district to determine appropriate next steps, including whether an extended closure is needed to stop or slow further spread of the virus.
- Notification: When an employee notifies you of a positive COVID-19 test and the employee is not already isolated at home, they must be sent home immediately.
 - Advise the employee to stay in isolation.
 - Ask the employee which coworkers and children they have been in close contact with starting two days before the onset of symptoms. The Centers for Disease Control and Prevention (CDC) defines close contact as “a person that has been within 6 feet of the infected employee for a prolonged period of time (at least 10 minutes)”.
 - Central District Health (CHD) will contact you to obtain this information for the purpose of determining those at highest-risk. Not every employee will be contacted (only those at highest risk). CDH will also follow up with the person confirmed to have COVID-19 to advise of next steps. If a modified drop-off and pick-up procedures were implemented at your facility, parents will not fall in the category of “close contact” and, therefore, are a low-risk.
 - Consider alerting your staff and parents of exposed children/youth as soon as possible, but remember to keep it confidential as required by the Americans with Disabilities Act (ADA).
 - Your message should include:
 - Possible dates of exposure



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- Reminder to employees and parents that there is current community spread of COVID-19. Advise them to watch for signs and symptoms which develop within 2 – 14 days from possible exposure
 - Remind employees and parents how to best protect themselves from COVID-19 and the importance of staying home if they are sick
 - Let your employees and parents know what your establishment is doing as a result of exposure (e.g. closing, cleaning, etc.)
 - Remind your employees and parents of the establishment’s illness policy
 - Where to find reputable sources and information for COVID-19 (CDC, local health department, www.coronavirus.idaho.gov)
- Cleaning: It is recommended to close off areas used by the ill employee or child and wait as long as practical before beginning cleaning and disinfection to minimize potential for exposure to respiratory droplets.
 - Open outside doors and windows to increase air circulation in the area.
 - If possible, wait up to 24 hours before beginning cleaning and disinfection. The CDC offers guidance on how best to clean an area in which an infected person was present. <https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-building-facility.html>

Child/Youth with Lab-Confirmed COVID-19

- Dismiss children/youths and staff for 2-5 days. This initial short-term dismissal will allow your local health district to have time to gain a better understanding of the COVID-19 situation impacting your organization/facility, and for custodial staff to clean and disinfect the affected areas.
 - Work with the local health district to determine appropriate next steps, including whether an extended closure is needed to stop or slow further spread of the virus.
- Notification: When a parent notifies you of a positive COVID-19 test in their child, if the child is not already isolated at home, they must be sent home immediately. Central District Health (CDH) will work with you to determine those at highest-risk. Not every employee or child (child’s parent in this case) will be contacted, only those at highest risk. CDH will also follow up with the parent to advise of next steps. If a modified drop-off and pick-up procedures were implemented at your facility, other parents will not fall in the category of “close contact” and, therefore, will be at low-risk.
 - Advise the child to stay in isolation.
 - Ask the child which employees and children they have been in close contact with starting two days before the onset of symptoms. The Centers for Disease Control and Prevention (CDC) defines close contact as “a person that has been within 6 feet of the infected employee for a prolonged period of time (at least 10 minutes)”.
 - Central District Health (CHD) will contact you to obtain this information for the purpose of determining those at highest-risk. Not every employee will be contacted (only those at highest risk). CDH will also follow up with the person confirmed to have COVID-19 to



advise of next steps. If a modified drop-off and pick-up procedures were implemented at your facility, parents will not fall in the category of “close contact” and, therefore, are a low-risk.

- Consider alerting your staff and parents of exposed children as soon as possible, but remember to keep it confidential as required by the Americans with Disabilities Act (ADA).
- Your message should include:
 - Possible dates of exposure
 - Reminder to employees and parents that there is current community spread of COVID-19. Advise them to watch for signs and symptoms which develop within 2 – 14 days from possible exposure
 - Remind employees and parents how to best protect themselves from COVID-19 and the importance of staying home if they are sick
 - Let your employees and parents know what your establishment is doing as a result of exposure (e.g. closing, cleaning, etc.)
 - Remind your employees and parents of the establishment’s illness policy
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People with COVID-19 who have stayed home (home isolated) can stop home isolation under the following conditions:

- People will not have a test to determine if they are still contagious. They will be cleared to return to work after these three things have happened:
 - They have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers), AND
 - Other symptoms have improved (for example, when their cough or shortness of breath have improved), AND
 - At least 7 days have passed since symptoms first appeared

Potential Exposure to Lab-Confirmed COVID-19

- If you or an employee at your facility think you or they have been exposed to someone with laboratory-confirmed COVID-19, follow the steps below to monitor your health and avoid spreading the disease to others if you get sick.



- You generally need to be in close contact with a sick person to get infected. Close contact includes:
 - Living in the same household as a sick person with COVID-19
 - Caring for a sick person with COVID-19
 - Being within 6 feet of a sick person with COVID-19 for about 10 minutes, or
 - Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.).
 - People who have been in close contact with a person who is sick from COVID-19 should stay home for 14 days since the last day of contact with the infected individual and monitor their health.
 - If you have not been in close contact with a sick person with COVID-19, you should monitor your health for 14 days since the last day of contact with the infected individual. Your risk of becoming ill is lower than for someone who has had close contact.
 - If you get sick with fever, cough or shortness of breath (even if your symptoms are very mild), contact your healthcare provider. They will evaluate your symptoms, determine if you need to be tested for COVID-19, and instruct you on care, self-observation and/or isolation.

Reporting COVID-19 Exposures and Confirmed Cases Associated with Your Program

- Per Idaho Department of Health and Welfare (IDHW) guidance, you should report if you have staff or families exposed or determined to be infected with COVID-19. Please call 211 (1-800-926-2588) for all reporting needs.

Resources

[ACN Coronavirus COVID-19 Considerations for Camps](#)

[ACA COVID-19 – Resource Center for Camps](#)

[CDH Coronavirus Monitoring](#)

[IDHW Protocol for Stage 1 – Youth Activities](#)

[IDHW Resources for the Novel Coronavirus](#)

[Environmental Cleaning & Disinfection Recommendations](#)

[How & When to Wash Your Hands](#)

[Higher Risk Populations](#)

[Printable Resources](#)



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CDH Call Center (208-321-2222 M-F 8:30-4:30)

Sources:

CDC, Coronavirus Disease 2019 (COVID-19), <https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>