

Meadowbrook Summer Programs
Protocols for COVID-19 Case and Close Contacts
Summer 2021

SARS-CoV-2, the virus that causes COVID19 symptoms has been shown to be highly contagious. This document outlines protocol to help mitigate spread among campers and staff at Meadowbrook Camp. This protocol is based on the most current guidelines from the MA DESE and MA DPH to respond to COVID19 cases in the camp setting and their close contacts. This protocol will continue to be updated as guidance is updated and based on state and local health metrics.

Close contacts include any individuals who are within 3 feet of the infected camper or staff member, while indoors, for a cumulative total of 15 minutes in a classroom, in other camp spaces, on the bus or at an extracurricular activity in a 24 hr. period starting from 2 days prior to the onset of symptoms or for asymptomatic patients 2 days prior to the test specimen collection until the time the patient is isolated.

Please STAY HOME if you have any of the symptoms listed.

Below is the full list of symptoms for which caregivers should monitor their children, and staff should monitor themselves:

- Fever (100.0° Fahrenheit or higher), chills, or shaking chills (CDC has lowered the temperature from 100.4 to 100.0)
- Cough (not due to other known cause, such as chronic cough)
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Sore throat
- Headache *when in combination with other symptoms*
- Muscle aches or body aches
- Nausea, vomiting, or diarrhea
- Fatigue, when in combination with other symptoms
- Nasal congestion or runny nose (not due to other known causes, such as allergies) *when in combination with other symptoms*

If staff or camper have any of these symptoms, they must get a test for active COVID-19 infection prior to returning to camp.

A [list of test sites is available here](#), and Massachusetts also has an [interactive testing map](#). You can also go to PM Pediatrics, NWH or a testing site recommended by your PCP.

Symptomatic person in camp.

- Evaluated by camp nurse.
- Symptoms are deemed consistent with COVID-19 based on best practices by camp nurse.
- Separate individual in isolation room.
- Camper or staff member sent to Primary Care Physician for follow up and testing orders.
Individual must stay home while awaiting test results.

- **If Test is Positive:**
 1. Remain at home for at least 10 days and 24 hrs. have passed without a fever* and with improving symptoms. *(no fever medication being used)
 2. Monitor symptoms
 3. Notify the camp of positive test result
 4. Answer any calls from the local Department of Public Health or MA Community Tracing collaborative to help identify close contacts to help prevent transmission
 5. Secure release from local Department of Public Health once cleared for return to camp

- **If Test is Negative:**
 1. Camper or staff member may return to camp once they have improving symptoms and without fever for 24 hrs. without fever reducing medicine.
 2. If provider makes an alternative diagnosis for COVID-19 like symptoms, the individual may return to camp based on the recommendations for that alternative diagnosis (i.e. strep, influenza).

- **If Individual is not tested:**
 1. Camper or staff must stay home for 10 days from the start of symptoms and can return to camp after 10 days, as long as symptoms have improved and they have been without fever for at least 24 hours prior to their return to camp without the use of fever reducing medication.

Individual(s) Exposed to COVID-19 positive person (Close Contact):

1. Anyone who is deemed a **close contact** (within 3 ft. of the person **while indoors**, who tested positive for COVID-19 for more than 15 cumulative mins. while the person was infectious. The infectious period begins 2 days prior to the onset of symptoms. If someone is asymptomatic, the infectious period is considered to begin 2 days prior to the collection of their positive test).
2. If this individual is unvaccinated, they would need to **quarantine** at home and be tested ideally 5 days after they were last exposed and follow the protocols below for return.
3. Close contacts who were exposed to a COVID-19 positive individual **in the classroom or on the bus while both individuals were masked** do not have to quarantine unless they were within 3 feet of distance of the COVID-19 positive individual for a total of 15 minutes during a 24-hour period. This does not apply if someone was identified as a close contact outside of the classroom, on the bus (e.g. extracurriculars, lunch, etc.) or if masks are not worn by both persons at the time of the exposure.
4. **Close contacts who were exposed to a COVID positive person outdoors at anytime do not need to quarantine.**
5. **Close contacts who are fully vaccinated** do not need to quarantine or get tested after exposure, as long as they do not show any symptoms. Individuals are considered fully vaccinated two weeks after their second dose of a two-dose series (Pfizer or Moderna) or two weeks after a single-dose vaccine (Johnson & Johnson).
6. All other close contacts must follow the standard protocol for when a close contact may return to camp.
7. **You must quarantine if you are unvaccinated:**
 - If 10 days after your exposure you have no symptoms, you can end quarantine.
 - You can end your quarantine after 7 days if you get tested and are negative for the [virus](#). Testing should occur on or after the 5th day.

If close contacts choose not to be tested:

1. This individual must remain home in self-quarantine for 10 days from last exposure to index case and have no symptoms before ending quarantine.
2. If that individual becomes symptomatic during that time, it is recommended that they be tested. If test is positive, they can then return to camp after a minimum of 10 days from onset of symptoms and 24 hrs. fever free and symptoms have resolved.
3. Follow all recommendations of local DPH.

● **If close contact tests Positive:**

1. Remain at home for at least 10 days and 24 hrs. have passed with no fever* and symptoms are improving. *(no fever medication being used)
2. Monitor symptoms.
 1. Notify the camp of positive test result.

2. Answer any calls from the local Department of Public Health or MA Community Tracing collaborative to help identify close contacts to help prevent transmission.
3. Secure release from local Department of Public Health once cleared for return to camp

Camper or Staff Flagged via Wellness screening

- **If camper or staff member answers yes to any of the wellness questions in the morning:**
 1. Said camper or staff member will stay home
 2. Camp nurse will follow up during the day to discuss reasons for camper or staff being flagged and therefore remaining at home.
 3. Camper or Staff member will be asked to call PCP and get tested.
 4. Camper or Staff member **must stay home while awaiting test results.**
- **If Camper or Staff member is not tested**, they must stay home for 10 days from the start of symptoms and can return to camp after 10 days, as long as symptoms have improved and they have been without fever for at least 24 hours prior to their return to camp without the use of fever reducing medication.
- **If provider makes an alternative diagnosis for COVID-19 like symptoms**, the individual may return to camp based on the recommendations for that alternative diagnosis (i.e. strep, influenza) and be symptom free for 24 hrs. without fever and the use of fever reducing medication.

Asymptomatic Camper or Staff who Tests Positive during Lab screening tests

- **If camper or staff member tests positive during a lab screening test they will:**
 1. Quarantine at home for 10 days without any symptoms and no fever for 24 hrs. may return to camp if no symptoms develop at any time during quarantine.
 2. Follow all recommendations from local DPH and secure a release before returning to camp.
 3. If symptoms develop, continue to quarantine and remain at home until at least 10 days post onset of symptoms and 24 hrs. fever free without fever reducing medication.

Campers participating in Organized Sports after a COVID positive diagnosis

1. Any camper, who has tested positive for COVID, must call their pediatrician's office for a pre-participation screen after COVID for organized sports.