

# 2024 CYO Day Camp Summer Camp Guide for Parents



CYO Day Camp  
499 Belgrove Drive  
Kearny NJ, 07032  
201-998-0088 x 4151  
[www.newarkoym.com](http://www.newarkoym.com)

# PLEASE NOTE

All policies and procedures in this booklet are as of  
March 10, 2024 and are subject to  
change and alteration based on the guidance of  
The NJ Department of Health  
The Kearny Department of Health  
The Archdiocese of Newark

The Health and Safety of your children and our camp families is our top priority. Pre Covid-19 this was always the case, and with ongoing situation we are in now it has only been increased!

Please know we take the current circumstances that we are all living in very seriously. Though Covid vaccinations have increased, Covid is still amongst us.

We have been, and will be, constantly monitoring the latest guidance from the CDC, NJ Department of Health, and the American Camp Association.

This booklet reflects updated precautions, adjustments to our program and answers to many of the questions that have been asked over the last few weeks.



## What should parents do every morning before sending their child to camp?

Please screen your child in the morning for the following symptoms:

- ⇒ Fever
- ⇒ Cough
- ⇒ Shortness of breath
- ⇒ Chills
- ⇒ Muscle pain
- ⇒ Headache
- ⇒ Sore Throat
- ⇒ Vomiting
- ⇒ Diarrhea
- ⇒ Loss of taste or smell

**Anyone with a fever of 100.4 should not attend Camp. If a child has a fever they must be picked up and return to home and be 24 hours fever free .**

Please refer to the Daily Screening List in the Appendix

## What should my child bring to camp everyday?

Every camper will be given a Camper Bag. We HIGHLY recommend that you write your child's FIRST and LAST name on the bag in the space provided.

- ⇒ Campers ages 7 to 12 MUST have a copy of their schedule with them
  - ⇒ If your child has pool the week they are at camp, they should bring a bathing suit, or maybe consider wearing it under the clothes.
  - ⇒ We HIGHLY recommend that Kinder Campers come to camp in their bathing suit under their clothes
  - ⇒ A towel for the Pool
  - ⇒ A change of shorts, underwear, t-shirt for after swimming
  - ⇒ For our Kinder campers, on the first day of camp, please send an extra set of clothes LABELED in a resealable plastic bag to be kept separately at camp
  - ⇒ Spray and/or face-stick sunscreen: Please NO Lotion – its explodes in their bags!
  - ⇒ Goggles for the pool (strictly optional)
  - ⇒ Water bottles: campers will be required to bring their own LABELED water bottle
  - ⇒ Toys and games are not permitted at camp. Consider Summer Reading books instead!
- We encourage campers to NOT wear sandals/ flip flops due to the risk of injury and the problems that they create when they break.

## What are the morning and afternoon drop off procedures ?

In the morning there is a 8am to 9am window of time for parents to drop off. The doors for camp will not open until 8am. No campers will be allowed inside prior to 8am. You may drop off later if you choose to.

We use a “stop, drop and go” procedure in the morning. Simply pull down the driveway to stop. A staff person will open the LEFT door for your child and you may then slowly drive away.

If you want to walk your child up to the Sign In Table, please park your car and then walk back.

In the afternoon Camp Activities start to wind down around 4pm. We have a 4:15pm to 5pm window for pick up. You may pick up sooner than 4:15pm, but all campers MUST be picked up by 4:59pm.

When you pick up your child in the afternoon you MUST have your Camper ID Card with your child's name on it. Please show it to the Staff upon arrival at the Sign Out Table.

If your child is picked up after 5pm you will receive a letter as a warning. After the 2nd time picking up your child late you will be assessed a \$25.00 late fee for this. After 3rd time, unfortunately your child will be terminated from camp.

## My child is going to be absent from camp. What do I do?

If your child is going to be absent, please contact the Camp Office, 201-998-0088, ext. 4151 and leave us a message. Please give us your child's name and the reason for their absence.

Please know there are no refunds for campers that miss camp due to health, vacations, summer school ,etc.

## Do you still have any sanitizing protocols at camp ?

Our facility has hand sanitizing units in all of our rooms, and outside,

Staff will be encouraged, but not required to make use of them throughout the day.

In addition there are hand sanitizer stations set up for campers and staff to use in our playground, pool area and the dining hall.

As precaution , all rooms and high touch areas will be cleaned and sanitized regularly.

Cafeteria tables and sports equipment will be cleaned regularly.

All areas and items will be cleaned with EPA-approved sanitizers.

## My Child is attending Early Morning Care. How does that work?

Early Morning Care is available from 7am to 8am. NO child should be dropped off earlier than 7am. Campers should be brought to the Dining Hall Building. This is located to the right of the blue basketball court and sun shelter. Morning Care is a flat rate of \$40 per week. Campers will receive cereal and juice.

## How are groups and classes working at Camp this Summer?

In the Summer of 2021 we were required by the State of NJ to keep all of our campers in a set “cohort/group/pod” for the week while they are at camp , and not allow them to change groups during the day.

This is no longer the case. We will once again be using our class scheduling model that campers have always enjoyed.

Campers will be grouped the following way - Kinder Campers Age 5, Kinder Campers Age 6, Campers ages 7 to 9, and Campers ages 10 to 12.

Campers ages 7 to 12 will change classes each hour on the hour. They will have 3 activities in the morning, and 3 in the afternoon.

### What are the different activities that my child could choose from each week?

**\*\*Please note this is for Campers ages 7 to 12 only**

Campers ages 7 to 12 will need to make a schedule for the week they are in camp. (more information on the next page on how you do that). Kinder 5 and 6 years olds DO NOT make schedules.

Each week the activities will change. We will offer several options per period. These will range from Sports (Kickball, Basketball, Hockey, Soccer, Volleyball) to Playground type activities (4 Squares, Gaga Ball, jump rope, chalk art, playground) to Art Classes (drawing, coloring, painting, sketch art, comic making) to specialty things such as Computers, Game Room, and Pool.

Campers can choose what they want to take, based upon what is available when they make their schedule.

Campers DO NOT need to take Pool, nor should they take it if they are not planning to swim. Just taking pool to sit around, takes up spots for children that want to swim and be in the Pool.

### How many spots and staff are there for each activity?

The number of spots and staff per activity vary based on the level of that activity.

For example at Pool there are only 40 spots per period. We offer 3 periods of pool for campers ages 7-9, and 3 periods for campers ages 10-12. (Kinder Campers do not use the pool). We have 4 Lifeguards for the Pool.

Most art type classes will have about 15-20 spots and be coordinated by 1-2 Counselors, and have 1-2 Counselors in Training.

Sport classes typically have spots for about 20 campers and 2 Counselors, with 1-2 Counselors in Training to assist.

Computers and Game Room classes typically also have about 20 spots per class, and typically 1-2 Counselors, with 1-2 Counselors in Training.



## How do I make my child's schedule each week?

The week BEFORE the week your child attends camp you will need to go to our website and click the link for our online platform to do this. It should take no more than 3-5 minutes. The portal will be open from 7pm on Tuesday to 7pm on Thursday.

### Here is when you need to make a schedule

If your child is attending the week of :

June 24th      Tues June 18 to Thur June 20

July 1st        Tue June 25 to Thur June 27

July 8th        Tues Jul 2 to Thur July 4

July 15th      Tues July 9 to Thur July 11

July 22nd      Tues July 16 to Thur July 18

July 29th      Tues July 23 to Thur July 25

Aug 5th        Tues July 30 to Thur Aug 1

Aug 12th      Tues Aug 6 to Thur Aug 8

You can visit

[www.rcan.org/oym](http://www.rcan.org/oym) and then click on the camp button.

Scroll to the bottom of the page and you will see a box that say "Click here to make your child's schedule for camp" . After clicking you will be redirected to a website to enter your child's name, pick their age group, and then their classes. You can submit up to 2 email addresses that you want the copy sent to.

You MUST print out a copy of your child's schedule and place it in their bag so they have it for the week.

Weekly reminder emails will be sent on Mondays to all parents.

## What is the daily schedule like for Camp.

Kinder Campers follow their own schedule as they have their own room and area to operate out of.

Campers ages 7 to 12 are on a 6 period schedule.

Here is the basic Camp Schedule for this year :

8am to 9am      Staggered Drop Off to side of Gym  
Campers sit by 1st period class

8:55am          Morning Welcome

9:00am          Period 1 til 9:55am

10:00am        Period 2 til 10:55am

11:00am        Period 3 til 11:55am

11:15am        Kinder Lunch til 11:45am

12:00pm until 12:30pm 7-9 Lunch

12:00pm –12:30pm Recess or Camp Meeting

12:30pm until 1pm 10-12 Lunch

12:00pm –12:30pm Recess or Camp Meeting

1:05pm          Period 4 til 1:55pm

2:00 pm        Period 5 til 2:55pm

3:00pm        Period 6 til 3:55pm

4:00pm        Clean up, Head to the Gym

5:00pm        Camp Day Ends

If you child comes in late we simply take them to their class.

Please note campers are in activities and not moving to the gym until 4pm. If you arrive prior to that, you might need to wait a few minutes for your child's class to arrive at the gym.

## My child wants to be with his friends, how does that work?

We would encourage to speak between parents and sign up online at a similar time, to guarantee that you can both choose the same classes.

Once a class has reached its max size, it will disappear from the website and not be able to be accessed.

## What about masks at camp?

Our Camp is licensed with the State of NJ. We need to follow any of the Governor's Executive Orders that might be set forth, and also all the NJ Health Department rules and guidelines. We understand parents have many different views on all of this. However we need to follow the rules and guidelines established for camps to be in compliance.

**CURRENTLY** right now in the State of NJ there are **NO MASK MANDATES** for Campers, Staff or CIT's. However, if anyone wants to wear a mask they are more than welcomed to do so.

Once again this summer we will have masks available at the Check in Table, and in the First Aid Room if any Campers, Staff or CIT's want one.

Masks are not to be worn when in the pool. Also those wearing a mask might consider not wearing one if they are engaging in a sport activity while out in the summer heat.



## What Security and Safety Procedures do you have in place for Camp?

As you enter the property you notice at the bottom of the driveway, just before our playground on your right is our Check In Table. There will be Staff on duty from 8am to 5pm. This Staff will help collect paperwork, receive campers that arrive, and answer questions you might have.

After 9:30am the driveway area is closed down to prevent thru traffic in the property. You can still enter the driveway and park at one of the spots near the Church building. These gates will stay up until about 3:30pm.

All of our buildings are keyed shut and entrance is only by key codes. This prevents any strangers from accessing buildings.

Staff utilize walkie talkies during the day to be in contact with each other should an emergency arise.

The Kearny Police are familiar with our property and we have a good working relationship with them and also the Fire Department.

All Camp Staff and CIT's wear colored staff shirts and Staff carry keyless entry badges to gain access to buildings.

All Camp Families are given **THREE** ID cards per child. At pick up you must show us your child's card to take your child home.



## What is Lunch like at Camp?

Hot lunch is served daily at camp in our air conditioned Dining Hall. The air conditioning and ceiling fans will be on to ensure air circulation.

There will be 3 lunch periods. Kinder Campers will eat by themselves. Campers ages 7 to 9 years olds will have their own lunch period, and then finally campers ages 10 to 12 will eat.

We will continue to offer our great hot lunches for all campers, staff and CIT's! This Summer again campers will be given their lunch in one self contained container.

Ice cream will be served 3 times a week and fruit the other two days of the week.

Campers will be encouraged to sanitize their hands at lunch.

Campers can bring their own lunch or snacks if they want. Please note for the safety of all we are a NUT FREE facility during Summer Camp.

We have placed a copy of the lunch menu and schedule in this booklet.



## Do you have a Pool?

At Camp we have an in ground pool that goes from 2 feet to 6ft depth.

Campers ages 7 to 12 can choose pool as one of their 6 classes. Campers DO NOT need to take pool if they do not want to. Campers can only choose pool as a class for 1 period per week. Campers swim everyday, unless it is thundering and lightning or it is torrentially raining.

Kinder campers do not use the pool—they have special inflatable water bouncies to use!

Campers will be tested on the first day of the week in a pool test. If a camper chooses not to take the pool test, or states that they are a non-swimmer they will be given a wrist band to wear and will be restricted to the shallower (2-3ft) end of the pool.

At the Pool area there are 6 Changing Stall that campers can use to change into or out of their bathing suits. We encourage campers to wear their suits under the clothes to speed up the changing process. Campers should pack a bag with their bathing suit and towel in it.

## What will rainy & extreme heat days at camp be like?

We have plenty of indoor space to move classed inside and still continue the day for them when the weather becomes an issue.

Counselors will plan alternate activities should we be forced inside due to weather .

When the National Weather Service puts "Heat Index Warnings" in effect we typically move all afternoon sport activities inside to alternate activities.



## How and when do I make payments for camp?

If you are paying your child's tuition for camp weekly that fee is due either the Friday prior to the week or at the latest the Monday that your child starts. You may give the money to your children and they can turn it in at the Sign In table when they have their daily Covid screening done.

For CHECKS—checks should be payable to “CYO Day Camp”, and include your child's FIRST & LAST name on it.

For CASH - please place it in an envelope with your child's name on the outside. A receipt will be issued to you and available at pick up in the afternoon.

Once the camp season has started PLEASE do not make payments at the Main Office located in the front of the Center on Belgrove Drive. All accounting for Camp will have been transferred to our Camp Office.

Payments should be made in the morning or afternoon and turned in at the gym, or during the day at the Camp Office.

## What if my child takes medication or has an inhaler or epi pen?

Just like at school, parents need to send these things into camp.

We have First Aid Staff on site that will administer any medication that your child might need. Campers ARE NOT to be carrying medication with them. This includes Tylenol!

If your child has an Epi Pen or an Inhaler those should be stored in the Camp Office in our secure Medicine Cabinet.

We have a Medical Distribution Form that should be completed and returned to the Camp the first day your child attends with the medicine in a Ziplock Bag.

A copy of this form is in the Appendix Section of this booklet.



## What happens if my child gets hurt at camp?

Any child that becomes hurt or ill will be sent to the Camp Office. If the injury is anything more than a common scrape or cut, you will be called and alerted to the situation. We DO NOT CALL you for every band aid that we give out.

We have agreements with the local EMS and Clara Maass Medical Center to transport and treat campers if the situation is life threatening. Otherwise if there is a more severe injury that is not life threatening we will contact you immediately.

Children will be sent home if they have a fever, rash, have vomited, or show signs of a contagious disease. You will be responsible to take your child home from camp. PLEASE do not send sick children to camp!!!

## What is the lunch menu for camp this Summer?

Camp this year will be a weekly rotation schedule for lunch.

Monday	Macaroni and Cheese, Tator Tots Chocolate Chip Cookie, Ice Cream
Tuesday	Beef Tacos, Curly Fries M&M Cookie, Fruit of the Day,
Tuesday	Chicken Tenders, BBQ, Honey Mustard, Fries S'mores Cookie, Ice Cream
Monday	Penne Marinara, Mozzarella Sticks Oreo's, Fruit of the Day
Friday	Pizza, French Fries Sugar Cookie, Ice Cream



**Campers receive 1 Capri Sun Juice Pack with Lunch each day.**

**Fruit of the Day examples** – Apple, Orange, Grapes, Melon & are optional – campers do not need to take it if they do not want it

Ice Cream/ Ice Pops, etc. are served Mondays/ Wednesday/ Fridays and are optional – campers do not need to get them if they do not want

If a camper chooses to bring their own lunch, they should keep it in their camp bag for the morning. **We DO NOT** collect or store them.



## **What are the rules of the camp? Is there anything I should review with my child? :**

**Yes, we would ask you to please review with your child the following...**

- ⇒ Listen, Respect, and Keep Hands to yourself
- ⇒ Wear sneakers or sturdy shoes
- ⇒ No Cell Phones, tables, air pods, toys, video games, are to be out from 9am to 4pm!
- ⇒ Campers ages 7 to 12 are to have a copy of their schedule with them each day
- ⇒ No bare feet, or shirts off unless you are at the pool
- ⇒ Clean up after yourself ... on the fields, in our rooms, at the pool, dining hall, gym, etc.
- ⇒ No gum chewing. It just makes a mess.
- ⇒ No cursing allowed at camp.
- ⇒ Campers must stay with their class, you cannot just change classes.
- ⇒ Campers must be with a counselor, or CIT at all times
- ⇒ Fighting and other crude gestures and actions are not permitted
- ⇒ Respect other campers, Staff, CIT's and property.
- ⇒ Objects that belong on the ground are to stay on the ground

**PLEASE UNDERSTAND ... We are not responsible for any lost items such as cell phones, iPads, jewelry, cards, video games, toys, and sunglasses that campers might bring to camp. If you are concerned it might get broken, etc. - DO NOT LET THEM BRING IT!**

**In the Appendix Section are TWO important documents to review:**

- 1. Our Behavior Management Plan. This details the repercussions when campers break the rules of camp.**
- 2. What campers should not have out during the camp day.**

## **How will I get notifications about Camp? How will you communicate to us?**

**The two best ways to get information about camp will be**

- ⇒ **Each Monday we will send an email out to all Camp Parents with information for that week, regardless if your child is in camp that week.**
- ⇒ **Visit our website at [www.newarkoym.com](http://www.newarkoym.com) and click on the "Summer Camp" page to get information there**

**If you ever have a question you can always call the Camp Office at 201-998-0088 ext 4151 or email Rich.**



## **What happens if a camper, CIT or staff member develops Covid –19 like symptoms while at camp ?**

If a child, CIT or staff has a fever of 100.4 or COVID-19 symptoms, they will be escorted to a Quarantine Room and parents will be notified to pick them up as soon as possible. They may return to camp only with clearance from their doctor and in accordance with the current DOH guidelines .

## **What happens if my child tests positive for Covid-19?**

First with numbers lowering daily in the state of NJ lets hope and pray this does not take place.

However, the CYO Day Camp will maintain the confidentiality of the individual at all times while mitigating the situation.

Currently in the State of NJ the guidelines for someone that tested positive for Covid (regardless of vaccination status) are:

- You should stay home and isolate for at least 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house but should continue to wear a mask around others for 5 additional days.
- If you have a fever, continue to stay home until you are fever-free for 24 hours without the use of fever-reducing medication and other symptoms improve

It is our expectation that you will notify us if your child, or any member of your household or someone who your family came in close contact or tests positive for COVID-19.

Those campers, CIT's or staff members - depending on their vaccination status may be asked to remain home for up to 5 days, or monitor their symptoms.

We will contact the Town Board of Health and follow their instructions and guidance on all requirements.

## **What if my child has to quarantine after getting Covid-19?**

You can get an additional week of camp during the summer.

## **What if my child came in close contact with someone outside of camp and has to quarantine, will we be able to get a refund or credit for days missed?**

There will be no refund or credit for families who have to quarantine because of a close contact outside of camp.

## **What if my family travels somewhere that requires a quarantine period upon return from their destination?**

We will not issue any refunds or credits based on your summer travel affected by Covid.

Currently right now if you travel within the United States you no longer need to quarantine.

# Appendix Section

Please review these important documents



CYO Day Camp  
499 Belgrove Drive  
Kearny NJ, 07032  
201-998-0088 x 4151  
[www.newarkoym.com](http://www.newarkoym.com)

# CYO Day Camp Daily Pre Screen Checklist

**Help us make Camp as safe as possible!**

Any of the symptoms below could indicate a COVID-19 infection and may put you at risk for spreading illness to others. Please note that this list does not include all possible symptoms and some people may experience any, all, or none of these symptoms. This is not about keeping you away - it is about protecting you and all that are at Camp!

**BEFORE coming to Camp please check your child for these symptoms:**

## Column A

<input type="checkbox"/>	Fever (measured or subjective)
<input type="checkbox"/>	Chills
<input type="checkbox"/>	Rigors (shivers)
<input type="checkbox"/>	Myalgia (muscle aches)
<input type="checkbox"/>	Headache
<input type="checkbox"/>	Sore Throat
<input type="checkbox"/>	Nausea or Vomiting
<input type="checkbox"/>	Diarrhea
<input type="checkbox"/>	Fatigue
<input type="checkbox"/>	Congestion or runny nose

## Column B

<input type="checkbox"/>	Cough
<input type="checkbox"/>	Shortness of Breath
<input type="checkbox"/>	Difficulty Breathing
<input type="checkbox"/>	New loss of smell
<input type="checkbox"/>	New loss of taste

If **TWO OR MORE** of the fields in Column A are present **OR AT LEAST ONE** field in column B is present, please **DO NOT** Come to Camp and contact the Camp Office.

## Part 2: Close Contact/Potential Exposure

**Please verify if:**


<input type="checkbox"/>	Have you have had close contact (within 6 feet of an infected person for at least 15 minutes) with a person with confirmed COVID-19
<input type="checkbox"/>	Someone in your household is diagnosed with COVID-19
<input type="checkbox"/>	Have You traveled to an area of high transmission or on the NJ State Quarantine list

If **ANY** of the fields in Part 2 are true, your should NOT attend Camp. Please contact the Camp Office

**Please keep this posted in your house somewhere and refer to it each day before sending your child to camp!**

**This Form IS FOR YOU - it is NOT submitted to us.**

Camper Name \_\_\_\_\_ Age \_\_\_\_\_

<b>Behavioral Management Policy</b>		<b>2024 Disciplinary Action Log</b>			
<b>Offense</b>	<b>1st Time</b>	<b>2nd Time</b>	<b>3rd Time</b>	<b>4th Time</b>	
<b>Drugs, Alcohol, and or weapons at camp</b>	IMMEDIATE EXPULSION FROM CAMP Date _____ NO REFUND				 <p><i>The CYO Summer Day Camp reserves the right to adjust these actions accordingly due to the severity of each incident</i></p>
<b>A. Stealing</b>	-Write Up Report	EXPULSION FROM CAMP			
<b>B. Willful destruction of property</b>	-Phone Call to Parents - 1 day Suspension	EXPULSION FROM CAMP			
<b>C. Found leaving camp boundaries</b>	Date _____	NO REFUND			
<b>Fighting Verbal Bullying Physical Bullying, Endangering another Camper's well being</b> (hitting biting, slapping, etc)	-Write Up Report -Phone Call to Parents -loss of some camp activities Date _____	Write Up Report -Phone Call to Parents - 1 day Suspension Date _____	EXPULSION FROM CAMP Date _____ NO REFUND		
<b>Inappropriate Behavior, Cursing, Etc</b>	Verbal Warning Date _____	- Write Up Report - Phone Call to Parents Date _____	Write Up Report - Phone Call to Parents - - 1 day Suspension Date _____	EXPULSION FROM CAMP Date _____ NO REFUND	

**STAFF NOTES**

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# Parents Please Help Us Out ...

DURING the Camp Day - 9am to 4pm the following things ARE NOT to be out of Campers Bags or used



Cell Phones

Ipads/ Tablets, Kindles, etc

Laptops

iWatches



Air Pods, Ear Buds, etc

Headphones



Video Game Systems

Toys, Stuffed Animals, Dolls

Fidget Spinners

Pokemon Cards, etc

If Campers bring any of the above they can ONLY be used at before the camp day starts (7am to 8:45am) or after 4pm, waiting to be picked up in the Gym. In a rare case ONLY Administrative Staff might allow them to be used during the day. We recommend campers take advantage of the time and bring any summer reading assignments or a book to read! Campers will be given a warning, and then the item will be taken from them and kept in the Camp Office until the child is picked up.



There is to be NO GUM at Camp.

Please make sure campers discard it **BEFORE** they are dropped off!



# 2024 CYO Day Camp Medicine Administration Permission

(return this ONLY if your child has an inhaler , epi pen, or needs medicine distributed during the camp day)

I \_\_\_\_\_ give permission for the CYO Day Camp  
(name of parent/ guardian)

First Aid Staff permission to administer \_\_\_\_\_  
(medication/ dosage)

to my child \_\_\_\_\_.  
(name of camper)

This medication is for \_\_\_\_\_.  
(condition/ reason for medication)

So we know this is to be administered (please CIRCLE and specify times, etc) :

Daily \_\_\_\_\_

As Needed \_\_\_\_\_

In case of Emergency \_\_\_\_\_

Parents Name \_\_\_\_\_

Cell Phone Number \_\_\_\_\_

Work Phone Number \_\_\_\_\_

REMINDER: Campers ARE NOT allowed to carry medications with them throughout the day, they must be kept in the camp Office!

Parents Signature \_\_\_\_\_

Parents Name Printed \_\_\_\_\_

Date \_\_\_\_\_

**Please return this to Camp with your Child and their medication in a Ziploc type bag with the child's name on it!**

# Symptoms of Coronavirus (COVID-19)

**Know the symptoms of COVID-19, which can include the following:**



**Symptoms can range from mild to severe illness, and appear 2–14 days after you are exposed to the virus that causes COVID-19.**

## **Seek medical care immediately if someone has Emergency Warning Signs of COVID-19**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



**Centers for Disease  
Control and Prevention**  
National Center for Emerging and  
Zoonotic Infectious Diseases

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# HOW TO PROTECT YOURSELF AND OTHERS | COVID-19

## Get a COVID-19 vaccine



- COVID-19 vaccines are effective at keeping you from getting COVID-19, especially severe illness and death.
- Vaccines are safe, effective, and free!

## Wear a mask



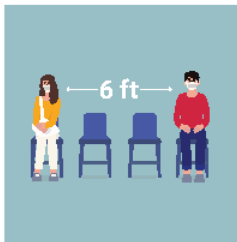
In indoor public places, people ages 2 and older should wear a mask if they are:

- Not fully vaccinated
- Fully vaccinated in an area with substantial or high transmission
- Fully vaccinated with weakened immune systems

In general, in outdoor settings, you do not need to wear a mask.

In areas with high numbers of COVID-19 cases, consider wearing a mask in crowded outdoor settings and for activities with close contact with others who are not fully vaccinated.

## Stay 6 feet from others



Stay 6 feet apart from people who don't live in your household.

Remember that some people without symptoms may be able to spread the virus.

Keeping distance from others is especially important for people are at higher risk of getting very sick.

## Avoid crowds and poorly ventilated places



Being in crowds like in restaurants, bars, fitness centers, or movie theaters puts you at higher risk for COVID-19.

Avoid indoor spaces that do not offer fresh air from the outdoors as much as possible.

If indoors, bring in fresh air by opening windows and doors, if possible.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

## Test to prevent spread to others

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- Over-the-counter self-tests can be used at home or anywhere, are easy to use, and produce rapid results.
- Consider using a self-test before joining indoor gatherings with others who are not in your household.

## Wash your hands often

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Wash your hands often with soap and water, especially after you have been in a public place.

If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.

Avoid touching your eyes, nose, and mouth with unwashed hands.

## Cover coughs and sneezes

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Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Do not spit.

Throw used tissues in the trash.

Immediately wash your hands with soap and water or use hand sanitizer that contains at least 60% alcohol.

## Clean and disinfect

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Clean high touch surfaces daily.

If someone is sick or has tested positive for COVID-19, disinfect frequently touched surfaces.

If surfaces are dirty, clean them using detergent or soap and water prior to disinfection.

## Monitor your health daily

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Be alert for symptoms.

Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.

Take your temperature if symptoms develop.

If you have symptoms, especially if you've been around someone with COVID-19, get tested as soon as possible.



## **Camp Contact Information**

### **Camp Office (during the 8 weeks of Camp)**

**201-998-0088 x4151**

Our Camp Secretary is in the Office M-F from 8:30am to 4:30pm the 8 weeks of Camp. If you need to leave us a message after hours, or on the weekend please leave it on the voicemail and we will call you back

### **Reaching the Camp Director, Rich Donovan**

His Office 201-998-0088 x 4150 (year round)

Email him at [richard.donovan@rcan.org](mailto:richard.donovan@rcan.org) (year round)

Call the Camp Office (during the Camp Season)