

# Coronavirus FAQ: Background, Prevention, and Monitoring

As many of us are aware, there is a growing number of Coronavirus/COVID-19 cases in the United States, with, as of March 5, 2020, at least one confirmed case in North Carolina. Camp Monroe has been in touch with the Scotland County Health Department, The Redwoods Group, and the American Camp Association to ensure Camp Monroe is following the best practices to prevent the infection and spread of COVID-19. We want to reassure and support our families and community and to help with prevention and spread of the virus at home and school.

## What does Camp Monroe do to prevent communicable diseases?

Because camp is a closed community, we have always taken great care to develop and maintain medical practices to address a variety of communicable diseases.

**There is a registered nurse on site at Camp Monroe 24 hours a day while camp is in session.** While all of our staff are, at minimum, American Red Cross Certified in CPR/First Aid, our camp nurse is there to ensure the safety of the campers and staff beyond first aid. This includes dispensing medicine, maintaining the infirmary, and more advanced care when required.

It is a requirement of all campers at check-in to have their temperature taken. **Every camper must be fever free for at least 24 hours before they are allowed to attend camp.**

**It is standard practice to wash hands before setting up for and eating meals.** There is a sanitizer station installed at the front of the cafeteria line to doubly ensure everyone's hands are clean before eating.

## What is Coronavirus/COVID-19?

There are many coronaviruses circulating in the human population, most of which are relatively harmless and cause mild illnesses such as the common cold. The recent outbreak is related to a novel coronavirus—one not previously seen in the human population—and which is causing a disease known as coronavirus disease 2019 (COVID-19). According to James Hamblin MD, a lecturer at Yale School of Public Health and expert in communicable diseases, the reason that COVID-19 is likely to prove so difficult to contain is that it is highly infectious, and yet sometimes shows no symptoms at all. In other words, it can be dangerous to certain patients—especially the elderly or those with underlying health issues—but can also be transmitted from person-to-person without being detected.

## What can you do to help and prepare?

The most important advice is to follow similar procedures for the flu virus. This includes:

- **Wash your hands** and wash them at least **20 seconds with soap and water.**
- Standard good hygiene practices such as **sneezing or coughing into your elbow** or **using a tissue** (and then disposing of that tissue immediately). It is also recommended to not touch your face as much as possible.
- Use alcohol-based hand sanitizer, where hand washing is not practical.
- **Wash and disinfect surfaces regularly.**
- Consider avoiding handshakes or prolonged physical contact.
- If you are showing any signs of illness, **STAY HOME.**
- **Face masks are not recommended as a prevention measure** among the general public. Please leave them for health care workers.
- Monitor news sources and government websites for updates and follow travel advisories or other preventative recommendations.
  - [CDC](https://www.cdc.gov)
  - [WHO](https://www.who.int)

While Camp Monroe is prepared to put additional safety measures in place as needed, we do not foresee making any programmatic or schedule changes to the summer 2020 calendar. As always, if you have any questions or concerns, please do not hesitate to contact us at (910) 276-1654 or [office@monroecamp.org](mailto:office@monroecamp.org).