

## BEING AT ANOKIJIG DURING COVID-19 OUTBREAK

### Preventing Exposure to and Spread of Coronavirus (COVID-19)

Camp Anokijig is committed to doing its part to protect the health and safety of our customers, employees, and communities during the novel coronavirus (COVID-19) outbreak. To that end, one portion of the guidelines that we've received include symptom logging for the 14 days prior to arrival at camp. A full quarantine during that time would be ideal however may not be practical. At a minimum we would ask the you refrain from activities' that would pose a high risk of dieses transmission as well as use all the prevention strategies below.:

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
- Put distance between yourself and other people outside of your home.
  - Stay at least 6 feet (about 2 arms' length) from other people.
  - Do not gather in groups.
  - Stay out of crowded places and avoid mass gatherings.
- Keeping distance from others is especially important for people who are at higher risk of getting very sick wear a cloth face cover when they have to go out in public
- Cover coughs and sneezes
- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

The following conditions may mean that you are at higher risk of being infected and/or more seriously affected. If you have any of these conditions, please contact our office to discuss in more detail your risk of being at Camp.

- Asthma
- Chronic kidney disease being treated with dialysis
- Chronic lung disease
- Diabetes
- Hemoglobin Disorders
- Immunocompromised
- Liver disease
- People aged 65 years and older
- People in nursing homes or long-term care facilities
- Serious heart conditions
- Severe obesity

No matter how careful we will be during your time at camp there is always a chance, however small, that you could contract the virus. Hence, with the utmost in safety in mind, we are also strongly suggesting that after your stay at camp that you do voluntarily quarantine yourself from others who may be at risk for at least 14 days.

Please complete and sign the chart below prior to arrival at camp.

Please record daily your symptoms below.

Day	Date	Temp	Cough	difficulty breathing	Chills	Muscle pain	Sore throat	loss of taste or smell	Known Contact with infected person
May 8									
May 9									
May 10									
May 11									
May 12									
May 13									
May 14									
May 15									
May 16									
May 17									
May 18									
May 19									
May 20									
May 21									
May 22 (only for Saturday arrivals)									

During this time period if you have a temperature of 100.4 degrees Fahrenheit or more, experience any of the other symptoms, or contacts please seek medical treatment and contact camp to delay your arrival.

I attest that the information above is true and correct to the best of my knowledge. I also understand that inaccurate information could put myself and many other at risk of disease up to and including death.

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

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date Signed