

2020

**YOUTH CAMP COUNSELOR
COVID-19 TRAINING**

**West Windsor Township
Department of Public Health**



We Lead By Example !!



LEADING BY EXAMPLE

- Please keep in mind, as we move through this presentation, that you lead by example. Campers will look to you for guidance and they will follow your lead and behaviors.
- Therefore, it is very important that you understand the content of this presentation. I am sure that you may be familiar with some of the information that will be presented. We are required by the New Jersey State Department of Health as well as the West Windsor Township Department of Health to review this information with you and to attest that you have been properly trained and prepared.
- It is important that you implement or use what you will learn here on a daily basis.
- It is important that you ask questions. There are no silly or insignificant questions. Now is the time to be clear on this information and what is expected of you as a counselor.
- I understand that things will be very different at camp this year. This is a learning experience for all of us.
- So with that said, it is critical that we work together, communicate with each other and LEAD BY EXAMPLE during this 2020 summer camp season.





Transmission of Covid-19

- Covid-19 is caused by a virus.
- The virus is spread person to person .
- It is mostly spread by respiratory droplets released when an infected person talks, coughs or sneezes.
- These droplets land in the mouths or noses of people who are nearby or they could possibly be inhaled into the lungs.
 - Spread is more likely when people are in close contact with one another (within about 6 feet).



Surface Transmission



- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.
- Cleaning and disinfecting surfaces, like door knobs, countertops , toys and keyboards, is the best practice measure for the prevention of Covid-19.





Signs and Symptoms

- Covid-19 affects different people in different ways.
- Infected people have reported a wide range of symptoms.....
from mild symptoms to severe illness.
- Symptoms may appear anywhere from 2-14 days after exposure to
the virus.



Signs and Symptoms

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.



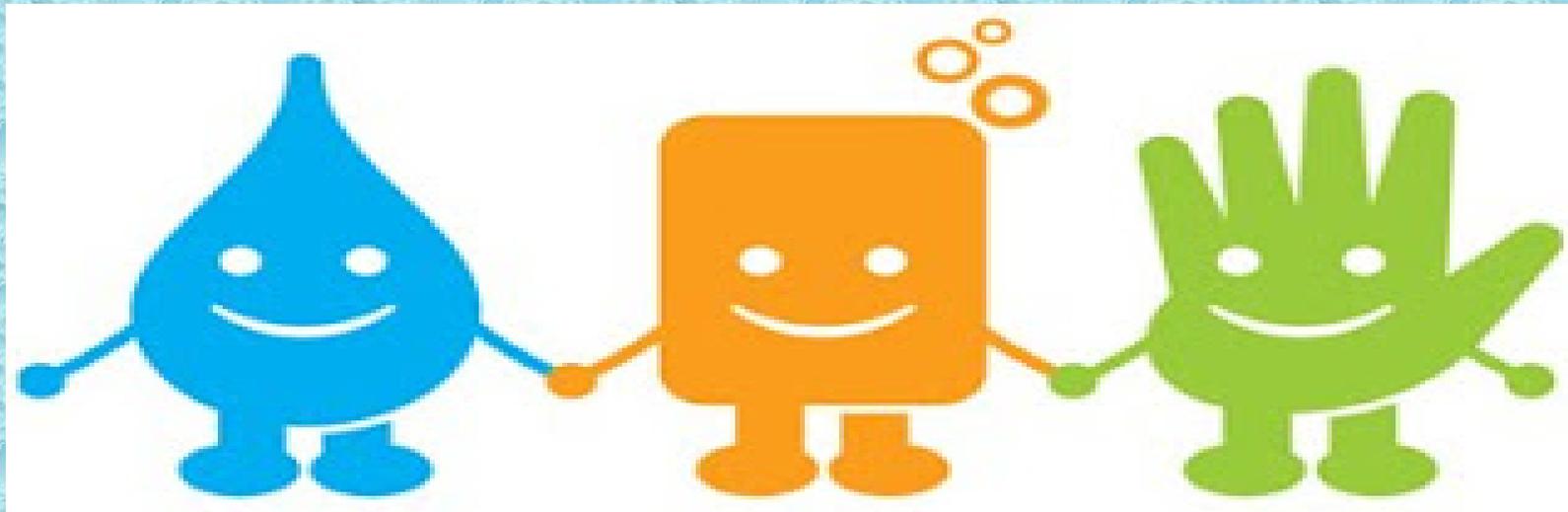
Promoting Behaviors That Reduce the Spread

1. Proper Hand Hygiene/Handwashing
2. Face Masks, Gloves and Social Distancing
3. Cleaning and Disinfection



PROPER HAND HYGIENE / HAND WASHING

The best way to prevent infection and spread of germs, including the coronavirus is by practicing good hand hygiene and regularly washing your hands with soap and water.



How Germs Spread

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections from one person to the next. Germs can spread from other people or surfaces when you:

- Touch your eyes, nose, and mouth with unwashed hands**
- Prepare or eat food and drinks with unwashed hands**
- Touch a contaminated surface or objects**
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects**



You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After changing diapers or cleaning up a child who has used the toilet**
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage





How to wash your hands

Coronavirus advice

babylon



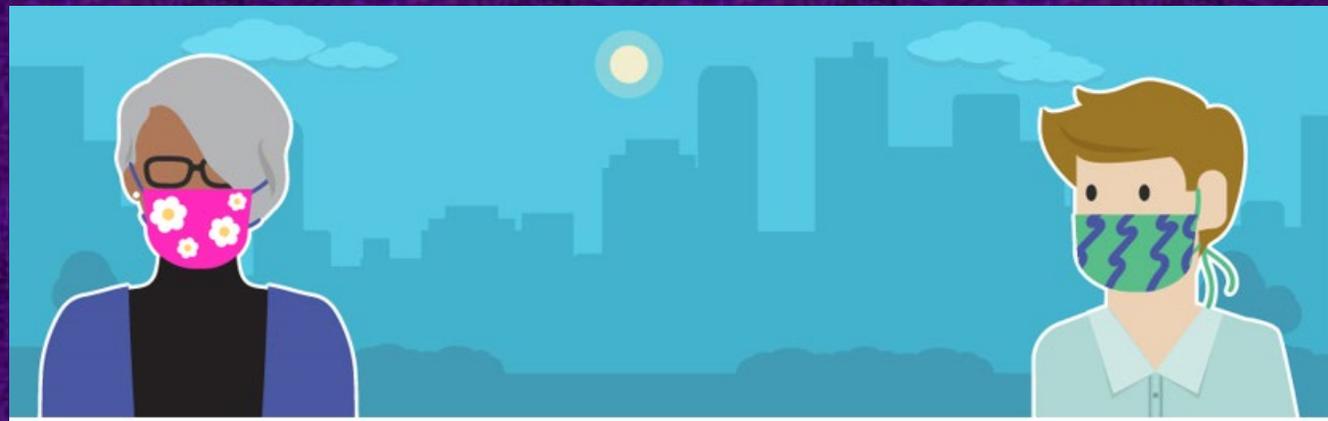
Respiratory Etiquette



- Encourage staff and campers to cover coughs and sneezes with a tissue.
- Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds.
- If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used (for staff and older campers who can safely use hand sanitizer).



Social Distancing, Face Masks and Gloves



SOCIAL DISTANCING

- **Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home.**
- **To practice social or physical distancing stay at least 6 feet (about 2 arms’ length) from other people.**
- **Limiting face-to-face contact with others is the best way to reduce the spread of coronavirus disease 2019 (COVID-19).**
- **Keeping space between you and others is one of the best tools we have to avoid being exposed to this virus and slowing its spread locally and across the country and world.**
- **Promote social distancing throughout the day as best as you can.**



Principles to Keep In Mind

- The more people a camper or staff member interacts with, and the longer that interaction, the higher the risk of COVID-19 spread. The risk of COVID-19 spread increases in youth camp settings as follows:
- **Lowest Risk:** Small groups of campers stay together all day, each day. Campers remain at least 6 feet apart and do not share objects. Outdoor activities are prioritized. All campers are from the local geographic area (e.g., city, town, county, community).
- **More Risk:** Campers mix between groups but remain at least 6 feet apart and do not share objects. Outdoor activities are prioritized. All campers are from the local geographic area (e.g., community, town, city, or county).
- **Even More Risk:** Campers mix between groups and do not remain spaced apart. All campers are from the local geographic area (e.g., community, town, city, or county).
- **Highest Risk:** Campers mix between groups and do not remain spaced apart. All campers are **not** from the local geographic area (e.g., community, town, city, or county).



Face Masks

- Staff and campers shall, at minimum, wear cloth face coverings when social distancing of 6 feet between individuals and/or assigned groups cannot be maintained, except where doing so would inhibit that individual's health.
- Additionally, staff and campers are encouraged to wear cloth face coverings unless (1) doing so would inhibit the individual's health, (2) the individual is in extreme heat outdoors, or (3) the individual is in the water.

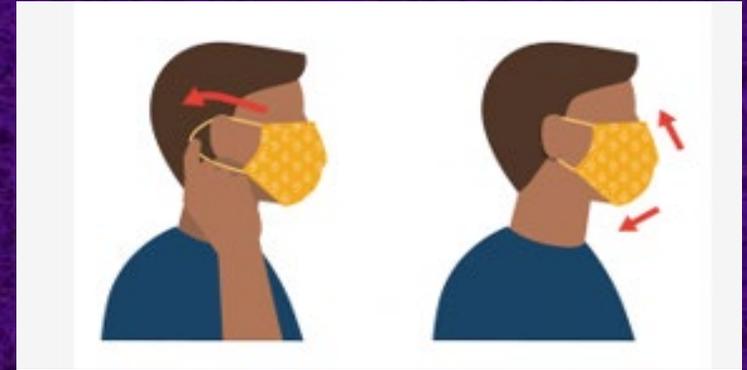


Face Masks cont'd

- **Face coverings are encouraged to be worn by campers and are most essential in times when physical distancing is difficult to maintain.**
- **It is understood that face coverings may be challenging to campers (especially younger campers) to wear in all-day settings such as camp.**
- **Cloth face coverings should NOT be put on children under age two because of the danger of suffocation.**

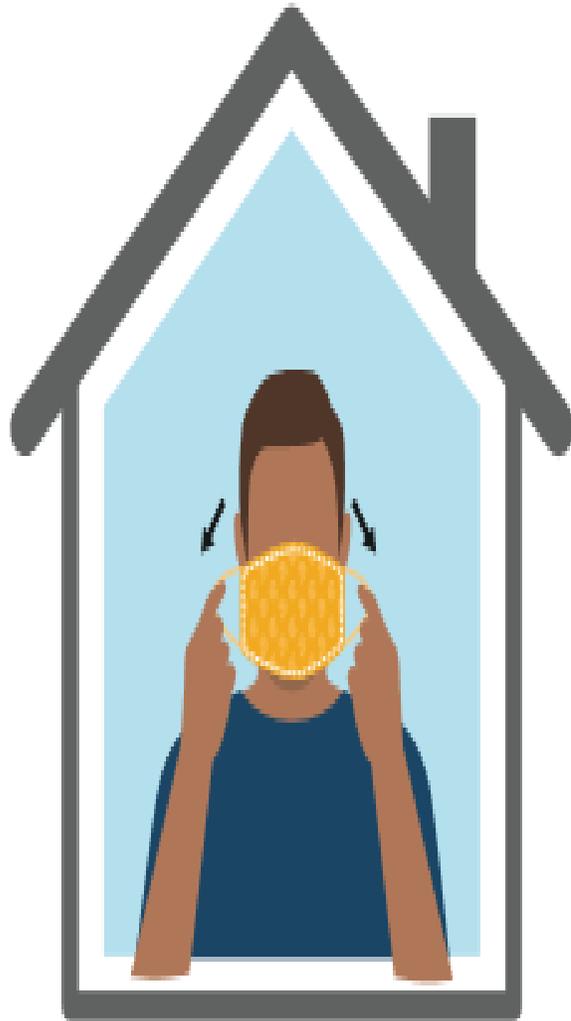


Wear Your Face Covering Correctly



- Wash your hands before putting on your face covering
- Wear your Face Covering Correctly
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily





TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water





USE THE FACE COVERING TO HELP PROTECT OTHERS

- Wear a face covering to help protect others in case you're infected but don't have symptoms
- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands



IN CONCLUSION

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person between people who are in close contact with one another (within 6 feet)
- Discourage sharing of items that are difficult to clean, sanitize, or disinfect.
- Report illness to the Camp Medical Director





Cleaning and Disinfecting

- Cleaning an item or surface with soap and water removes dirt or soil.
- Sanitizing frees dirt as well as reduces the number of germs or pathogens on an item or surface.
- Disinfecting means to clean something with a chemical in order to destroy disease-causing organisms.
- There are EPA- approved disinfectants used against Covid-19. It is important that the appropriate cleaning or disinfectant product be used.

ALL THREE WILL HELP REDUCE THE RISK OF EXPOSURE





Steps that you take to prevent spread of flu and the common cold will also help prevent coronavirus.

- Wash hands often with soap and water. If not available, use hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid contact with people who are sick.
- Stay home while you are sick and avoid contact with others.
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.
- Wear a face covering when you are unable to properly social distance.



THANK YOU
STAY SAFE AND WELL!!

WEST WINDSOR TOWNSHIP DEPARTMENT OF HEALTH
Serving West Windsor, Hightstown and Robbinsville
in conjunction with the
WEST WINDSOR TOWNSHIP RECREATION DEPARTMENT

