

Reporting Symptoms and/or Exposure

All employees and campers are required to self-report any COVID-19 symptoms they experience while at camp or in the 72 hours before coming to camp. (see the list of symptoms below). In addition, they must report any known exposure to a COVID-19 case during 10 days before arriving to camp. Any participant, regardless of vaccination status, who is exposed to a COVID-19 case must test on day 3-5 after last exposure (In the case of a confirmed diagnosis of COVID-19, see Exclusion of COVID-19 Cases). Besides the testing requirement, the exposed individual may attend camp after exposure to a case so long as they remain asymptomatic. Symptoms and exposures will be included in our mandatory screening. (see Testing, Screening, and Quarantine)

If the camper or employee is offsite, reports may be submitted via email to execdir@cazadero.org. If onsite, reports must be submitted immediately to the health officer on duty. Upon notification of symptoms and/or exposure, the individual will be isolated and tested. Do not wait for a confirmed case to report symptoms. (see section: When Someone Gets Sick) CazPAC will follow-up about any reported symptoms and establish the conditions for isolation and/or returning to camp.

Common symptoms of COVID-19 include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache/stomachache/nausea
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Multiple episodes of vomiting or diarrhea