Checklist for Staying Safe From COVID-19 at Summer Camp

Families can use this checklist as you prepare to send your child to summer camp. Review this checklist with your child so they know the precautions they can take to help stay protected from COVID-19.

- **Check the risk COVID-19 poses to the camp community.** Use CDC's [COVID-19 Community Levels](#) tool to check the risk COVID-19 poses where your child is going to camp, to help you make decisions about your child's safety.

- **Get your child vaccinated.** The best thing you can do to protect your child from COVID-19 and help ensure they have a memorable experience this summer is to make sure your child [is up to date](#) with their COVID-19 vaccines in time for camp.

  COVID-19 vaccines are currently available for everyone ages 5 and older. You can find them near you at [vaccines.gov](#). **If your child is first getting vaccinated, make sure they get their 2nd dose at least 2 weeks before the start of their camp session.**

- **Pack plenty of masks.** [*Be sure to check your [COVID-19 community level](#) and update your camp's masking protocols accordingly.*] You'll want to send your child with the most protective, best-fitting [mask](#) your child will wear.

- **Make sure your child knows about good handwashing techniques and pack plenty of hand sanitizer.** Remind your child to wash their hands often. The most effective [handwashing](#) method involves soap and water. But when soap and water aren't available, your child can use a hand sanitizer that contains at least 60% alcohol.

- **Test to prevent spread to others.** Reduce the risk of spreading COVID-19 by getting your child [tested](#) as close to the start of camp as possible. If your child tests positive for COVID-19, follow CDC's [quarantine and isolation guidance](#). Please let camp staff know whether your child tests positive or negative.

- **Keep your child home if exposed to COVID-19 and not up to date with their vaccines.** If your child isn't up to date with their COVID-19 vaccines and has been in [close contact](#) with someone who has COVID-19, keep them home from camp for 5 days, get them tested, and take precautions (such as wear a mask around others) until day 10, per CDC [guidance](#), and notify camp staff.

- **Keep your child home if they have symptoms consistent with COVID-19.** If your child has any of the following symptoms, you should keep them home from camp, get them tested for COVID-19, and notify camp staff:

  - 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

- **Take extra precautions if your child is at high risk for severe illness from COVID-19.** Children with [certain health issues](#) have a greater chance of getting very sick from COVID-19. These health issues include:

  - Asthma
  - Diabetes
  - Obesity
  - Sickle cell disease

  Talk with your child's health care provider to determine whether it's safe for them to attend camp or if they need to take extra precautions while at camp, such as wearing a more protective mask. Please notify camp staff of any extra precautions your child needs before their camp session starts.