

We are looking forward to having your child/family member at camp with us this summer! As we are preparing for camper arrivals, we are taking every precaution to ensure that our site is safe and healthy. One of the greatest things about camp is the group living and the friendships that develop over a week together. This also provides opportunities to share things that aren't as much fun – like germs and critters. We are taking proactive steps at the CUOL Camps and ask that you help us by following some pre-camp and post-camp advice.



Before You Come to Camp:

Flu-like Illness or Infection

We ask campers and staff to arrive in good health and ability to participate fully in our programs. Our screening process helps identify potential illness so that we can take appropriate action. Here are a few things we ask of you to help ensure a fun, healthy week at camp:

- 1) Please do not come to camp without first contacting us if your child has experienced any of the following: 1) if in the week prior to opening day, your child has had a fever over 100° F AND a cough or sore throat 2) if in 48 hours prior to opening day, your child has vomited.
- 2) Talk to your child about the importance of resting, eating right and drinking enough water. Come to camp rested. It will be a busy week of activity.
- 3) Emphasize hand-washing and the appropriate use of hand sanitizer. Teach your children about “social space” (keeping an arm’s length distance between people). Teach your child how to effectively cover his/her cough (www.coughsafe.com).

Packing for Prevention of Bed Bugs

We have had our site checked for bed bugs and have received the ‘all clear’ at the start of camp. With so many campers enjoying our camp, however, we are at risk of getting them during the summer. We are asking you to follow a few simple steps to help keep your home and our camp free of bed bugs. (Please note: while bed bugs may be a nuisance, there is no evidence that they transmit disease to people).

- 1) Visually inspect items for bugs. Take sleeping bags, blankets and luggage out of storage, place them outdoors and inspect them carefully for any signs of bugs or eggs.
- 2) Tumble bedding and luggage in clothes dryer. Place bedding or luggage in the clothes dryer and tumble them on high heat setting for 30 minutes. The heat from the dryer kills bugs and eggs. For items that cannot be placed in the dryer, vacuuming or cleaning with soap and water or alcohol based products will kill bugs.
- 3) Use a heavy gauge garbage bag as a liner in luggage. Place all clothing inside the liner and use a separate garbage bag for linens/bedding. Duffle bags and plastic bins are recommended as luggage (not suitcases).

Coming Home From Camp:

- 1) Inspect all items before bringing them indoors. Any bedding and clothes should go directly into the washer/dryer at hot temperatures. Tumble dry on high heat for at least 30 minutes.
- 2) For items that cannot be laundered, such as suitcases, vacuuming or cleaning with alcohol based cleaning products are options. Pay special attention to zippers, seams, buttons, cracks and crevices.
- 3) Wipe shoes with rubbing alcohol before bringing them into your home.

When in doubt, contact us. We’re in this together and want all the campers who come to our camps to have a wonderful week and return home better than they came.

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