

10-Day Self-Health Assessment

To ensure the safety of all campers for the summer of 2021, we are requiring a 10-Day Self-Health Assessment prior to coming to camp. Campers will not be permitted to stay for camp without a completed 10-day Self-Health Assessment. Please fill out the table below marking **Y** (yes) or **N** (no) to any symptoms present and your camper's temperature each day. Please contact the camp immediately for any "yes" answers.

Camper Name:

Camp Event:

Assessment Start Date:

Camp Start Date:

Days until Camp	10	9	8	7	6	5	4	3	2	1
Fever or chills (100.4°F or higher)										
Cough, sore throat, congestion, or runny nose that you cannot attribute to another health condition										
New shortness of breath or difficulty breathing										
Fatigue that you cannot attribute to another health condition										
Muscle aches that you cannot attribute to another health condition or specific activity (such as physical exercise)										
Headache that you cannot attribute to another health condition										
New loss of taste or sense of smell										
Nausea, vomiting, or diarrhea										

In the past 10 days, have you been in contact with an individual who has been ill with respiratory complaints or fever, or who is known to have tested positive for Covid-19? **YES / NO**

In the past 30 days have you have tested positive for COVID-19? **YES / NO**

If YES, what was the date on which you were notified that you were no longer contagious with COVID-19?

Documentation will be required

To prevent close contact between campers and staff we will not be doing lice checks at check-in. Please check your camper's hair for lice and nits before arriving at camp. Were lice or nits found in your camper's hair? **YES / NO**

Parent Signature:

Date: