

Home Symptom Screening

We all need to continue to take precautions to prevent the spread of the COVID-19 virus among children, who are not yet eligible for the vaccine. Though children are less susceptible to the disease, they can still become sick and have severe outcomes, as well as carry the disease to other vulnerable people. Based on the best available information from the Center for Disease Control, parents, caregivers, and guardians are strongly encouraged to monitor their children for symptoms of infectious illness every day through home-based symptom screening.

The symptoms of COVID-19 can vary widely – from mild symptoms to severe illness. Children and adolescents with the virus that causes COVID-19 may experience any, all, or none of these symptoms. These symptoms may appear 2-14 days after exposure to the virus that causes COVID-19.

Caregivers: Please check your child for these symptoms before they come to camp. Check symptoms for changes from usual or baseline health:

- Temperature of 100.4 degrees Fahrenheit or higher
- Sore throat
- Cough (for students with chronic cough due to allergies or asthma, a change in their cough from usual)
- Difficulty breathing (for students with asthma, check for a change from their baseline breathing)
- Diarrhea or vomiting
- New onset of severe headache, especially with a fever

Or has the camper

- been in close contact with someone with COVID-19?
- taken part in activities that puts them at higher risk for COVID-19 because they cannot physically distance as needed, such as participating in contact sports, attending a gathering with other children or family?
- been asked or referred to get COVID-19 testing?

If your child DOES have any of the symptoms above:

- Keep the child home. Students who are sick or have been exposed to Covid should not attend camp.
- Contact Arianne Marriot (email and cell) or Kristan Hutchison (khutchison@musnaz.org) or call/text 360-265-8357) and report that your child is sick.
- Get your child tested for COVID-19.
- CDC has a [Coronavirus Self Checker](#)* available in its website, which may help you make decisions about seeking medical care for possible COVID-19.