

Coronavirus (COVID-19) Guidelines

Dear Retreat Guest,

At Lutherdale, the health and safety of our campers, retreat guests and staff is a top priority. As the number of cases of coronavirus increases in the U.S. we are implementing measures to prevent the spread of the virus and protect all our guests. Information on this is fluid, and the response to the spread of this virus continues to evolve. We want to assure you that camp leadership is staying up to date on the recent developments by monitoring the CDC (Centers for Disease Control and Prevention). As a camp ministry, we take creating a clean and safe environment for our guest seriously. As an American Camp Association Accredited Camp we have always taken great care to develop and maintain medical practices to address a variety of communicable diseases, both common and rare. Lutherdale has communicable disease plans in place that will be revised in cooperation with public health authorities as additional COVID-19 guidance is provided. We will be following protocols and requirements from the Walworth County Health Department.

We ask for your partnership to control the spread of communicable diseases by asking all retreat guests to monitor their health and respond appropriately. **In the event that you or someone in your group has a cough or fever, or has recently traveled to impacted regions, or been exposed to someone with the virus, please stay home and recover.** Around campus you will find antibacterial soap and hand sanitizer to help our guest stay safe. Encourage your group to take advantage of these resources to ensure that all of our guest stay healthy.

Thank you for your partnership in keeping camp a safe and healthy environment.

The Lutherdale Team
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Resources

Here are some ways that you can stay informed on the most current information. The CDC is continually updating protocols, so be sure to check frequently for the most up to date information.

What is COVID-19?

Coronaviruses are a large family of viruses. They are estimated to cause about a third of all cases of the common cold. COVID-19 is a viral respiratory illness caused by a new coronavirus that previously had not been found in people.

What are the symptoms?

People with confirmed COVID-19 have had mild to severe respiratory illness with symptoms of:

- Fever
- Cough
- Shortness of breath

The incubation period, or the time between when people are infected and start showing symptoms, appears to be 2-14 days. Because COVID-19 symptoms are similar to other illnesses like influenza, having these symptoms does not mean you have COVID-19.

How can I avoid getting sick?

To prevent the spread of COVID-19, take the same precautions that are recommended for avoiding other illnesses:

Wash your hands frequently with soap and warm water for at least 20 seconds before eating, after using the restroom or after blowing your nose. Find out more about proper handwashing.

Try to avoid touching your eyes, nose and mouth.

Cover coughs and sneezes.

Stay home when you're feeling sick.

Avoid close contact with those who are sick.

Regularly clean and disinfect commonly touched surfaces in your home and workplace

Where can I learn more about COVID-19?

For the latest updates on COVID-19, go to:

Wisconsin Department of Health Services

Centers for Disease Control and Prevention (CDC)