

Staff Guidelines for Group COVID Training

Behaviors and precautions participants should abide by to prevent the spread of COVID-19, include:

- Instruct how and when to effectively wash and sanitize hands (before eating, after going to the bathroom, if cough or sneeze is not buried in sleeve, etc.).
- Instruct how to practice physical distancing in various settings (hiking, sleeping, swimming etc.)
- Inform which symptoms to look out for and when to report them and to whom (cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, loss of taste or smell, etc.).
- Teach proper coughing etiquette (into the shoulder).
- Other camp-specific policies or guidelines.

- Encourage participants to talk about how they are feeling. Tell participants they can ask you any questions and make yourself available to talk and listen.
- Be calm and reassuring; be careful not only about what you say but how you say it.
- Be a source of comfort.
- Listen for underlying fears or concerns. Ask questions to find out what a concerned participant knows about COVID-19.
- Let participants know that fear is a normal and acceptable reaction.
- Provide only honest and accurate information. Correct any false information they may have heard. Note: Make sure to be considerate with participants when correcting any information.
- If you do not know the answer to a question, say so. Do not speculate.
- Make sure participants know how the virus can spread and how to prevent it from spreading.
- Talk about what the camp is doing to protect participants from getting sick.
- Tell participants that even though the COVID-19 pandemic is serious, hospitalizations and death are rare, especially in young healthy individuals.
- Let participants know that teens and children seem to get a milder illness when compared to adults.

Speak in age-appropriate language:

–Early elementary school aged children: Provide brief, simple information that balances COVID-19 facts with appropriate reassurances that adults are there to help keep them healthy and to take care of them if they do get sick. Give simple examples of the steps they make every day to stop germs and stay healthy, such as washing hands.

–Upper elementary and early middle school aged children: This age group often is more vocal in asking questions about whether they indeed are safe and what will happen if COVID-19 spreads in their area. They may need assistance separating reality from rumor and fantasy. Discuss the efforts national, state, and community leaders are making to prevent germs from spreading and keep people healthy.

–Upper middle and high school aged children: With this age group, issues can be discussed in more depth. Refer them to appropriate sources of COVID-19 facts. Provide honest, accurate, and factual information about the current status of COVID- 19.

- Reduce stigma, especially against individuals of Asian descent and those who have traveled recently.
- Direct participants with questions you cannot answer and/or fears you cannot assuage to administration or the designated staff member(s) responsible.
- Have follow-up conversations with participants who have asked questions or expressed concerns.