



Your Best Summer, Ever

Dr. Laura Update #2



Hello! It really feels like spring is around the corner here in Maine. Which makes me think about summer! This week's update is going to be a bit more practical, focusing on talking with parents & staff about pre-camp behaviors.



Pre-Camp Behaviors: A Healthy Camp Begins at Home

...and particularly during the pandemic. Camp requires diligent consideration of behaviors prior to camp to ensure that Camp can be successful in running a full camp season safely. Our main strategy is to limit SARS-CoV-2 from entering our camp in every way possible. As I have said previously, rates of COVID-19 in the pediatric population this spring will likely be factors of 10 higher than last spring. If SARS-CoV-2 is a meteor shower, then our pre-camp COVID 'atmosphere' consists of four layers:

1. Health Screenings
2. Testing
3. Safest Travel to Camp
4. Low Risk Pre-Camp Behaviors.



Campers and staff should be asked to participate in only low risk behaviors for at least 10 to 14 days prior to Camp. Low risk behaviors are those that can be done outdoors and/or with masking and physical distancing. Campers and staff should only be unmasked with immediate household family members during this time, specifically not eating in restaurants or other eating venues with individuals outside their family unit. Gatherings of groups outside the family household are not recommended; this includes weddings, graduations, religious gatherings, parties and playdates. Attending school, where masking and distancing is diligently employed, has not been shown to increase risk of COVID-19 and may be considered a low-risk behavior during this time. Campers and staff are encouraged to discuss their pre-camp plans with camp directors should there be any question.

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Helpful Low-Risk Materials

- 1) [What the Experts Say about COVID-19 Risks](#)
- 2) [Be Informed](#)

As always, stay safe and it is honor to work with you for Summer 2021!

Dr. Laura



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