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Coronavirus (COVID-19) Guidelines

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The health and safety of our campers, retreat guests and staff are our top priority. As the number of cases of coronavirus (COVID-19) increases in the U.S. and globally, we're working hard to prevent the spread of the virus and protect our camp and retreat guests. To stay healthy, it's important to stay informed.

We are asking all of our staff and retreat guests to consistently monitor their health and respond appropriately. In the event of cough or fever, or recent travel to impacted regions, or exposure to someone with the virus, **please stay home**.

We will be following protocols and requirements from the North Carolina Dept. of Health and Human Services.

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:

[North Carolina Department of Health and Human Services](http://www.ncdhhs.gov)

[Centers for Disease Control and Prevention](http://www.cdc.gov)

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