

## Participant COVID-19 Self-Assessment

Please complete this self-assessment prior to coming to an event at Camp Harmison, Manidokan Camp and Retreat Center, or The West River Center.

1. If you are not feeling well the day your event starts, **please do not attend the event.**
  
2. If you have experienced COVID-19 symptoms (see link below) over the past 10 days or if you have been a close contact to someone with COVID-19, please follow current CDC guidance on quarantine and/or isolation (see link below). These requirements vary by vaccination status and presence of symptoms. If you have not completed the quarantine/isolation steps relevant to your situation, **please do not attend the event.**
  - **COVID-19 Symptoms:** <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
  - **CDC Quarantine/Isolation Guidance:** <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>
  - **Close contact** is someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute exposures for a total of 15 minutes.
  
3. If you have tested positive for COVID-19 **in the past 10 days**, or if you are awaiting the results of a COVID-19 test, **please do not attend the event.**

If you have questions about this self-assessment and are unsure if you are cleared to attend your event, please reach out to your group leader.

You can find out more about COVID-19 from the CDC at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>