

Dear Ramah Galim Families,

We are so excited that Kayitz 2023 is almost here. Our staff and medical committee have been hard at work preparing to ensure that it is a safe and healthy summer. We wanted to share with you what to expect from a medical perspective along with some of our medical protocols so that you can best partner with us in that effort.

We are very hopeful that, this year, camp will run and feel very similar to pre-pandemic summers. We are fortunate to be in a time when vaccinations, herd immunity and strain severity have turned COVID into a nuisance rather than a serious threat. Our goal this summer is to minimize serious illness due to COVID at camp and to maximize the camp experience. As such, we are implementing the following policies:

- Everyone at camp is required to have a primary COVID vaccine series. Bivalent booster vaccines are strongly recommended.
- All campers and staff are required to submit the results of a rapid COVID antigen test performed within 24 hours before arrival.
- We will not be doing surveillance testing during the summer. We will only test those who are admitted to the infirmary with a fever or anyone for whom a positive test would result in a medical treatment.
- We will not be performing COVID testing on campers and staff who show cold symptoms or other mild symptoms.
- If we do identify a positive case of COVID at camp, we will *not* be testing broadly to identify asymptomatic or mildly symptomatic contacts.
- If a camper tests positive for COVID, parents will be asked to pick up their camper to recuperate for the five day isolation period at home. If the camper's family is not local, we will discuss with parents the option of the camper isolating at camp.
- Campers and staff who test positive for COVID will be able to return to camp activities on Day 6 as long as they are fever-free for at least 24 hours and have improving symptoms.
- Masks will be optional at camp. We understand that the vast majority of campers and staff will choose not to wear masks. We will welcome and support anyone who chooses to wear a mask at camp.

Since the beginning of overnight camps, there has always been what we lovingly refer to as "Camp Crud." Camp Crud is the not-so-medical name for all of the viruses that make their way through camp, and this year will be no different. One of those viruses will likely be COVID. We will see our share of sore throats, congested noses, and coughs, but those rarely get in the way of camp fun. We will continue to encourage hydration, to maintain good nutrition, to mandate

thorough handwashing, and to do our best to get campers the rest that they need to take on each day.

And to keep our community safe and healthy, here is what we ask you to do:

- Please submit all Health Forms. If you have not yet completed these forms, we ask that you do so now through the [CampInTouch portal](#).
- Please be sure that your child is up-to-date on all of their immunizations, including the COVID vaccine.
- Please be sure to send all medications, appropriately packaged and ready to be turned in during intake on Arrival Day (please pack medications in backpacks and carry on bags, not in suitcases). Information about proper packaging can be found [HERE](#).
- Please be sure to submit a COVID test 24 hours before arrival.
- Please be sure to be extra cautious about staying healthy before coming to camp. If you have an ill household contact the week prior to camp, do your best to isolate and mask around them to minimize the chances of bringing any viruses into camp.
- If you have any questions or concerns about these protocols, please contact us at [nurse@ramahnorcal.org](mailto:nurse@ramahnorcal.org) as soon as possible.

Thank you very much for your partnership in making Kayitz 2023 a safe, healthy and fun summer for our entire camp community!

In Health,

Irene Moff, MD, Medical Director  
Linda Oberstein, MD  
Dana Romalis, MD  
Miriam Sheinbein, MD  
Laura Wildmann, MD