

# COVID TRAVEL TIPS

1

## MAKE DECISION WITH STAFF, COMMITTEE, AND/OR SESSION

Youth workers should work closely with staff, committee, and/or session to create plans for programming and travel. Follow the guidelines set by your church.

2

## CHECK FOR SYMPTOMS

Youth and Adults should self-check for symptoms for the two weeks prior to the trip. Please refer to the latest COVID-19 Self-Screening Tool located on Montreat Website. That website address is <https://montreat.org/y-ya-events/covid19-myc>. This will be updated throughout the summer based on latest safety practices. You should also consult with your church's safety guidelines that are in place.

3

## WHILE IN MONTREAT

Abide by guidelines lined out by NC Overnight Camping. Bring a Thermometer and check temperatures daily. Use Montreat's daily symptom checker located on Montreat's website, <https://montreat.org/y-ya-events/covid19-myc>. Leaders will be responsible for immediately isolating a sick participant from other in the group and arranging for a COVID Test. Tests are easily accessible in Black Mountain. Make sure your church's COVID plan provides guidelines for what to do in the event a youth or leader present symptoms. If presumed positive for COVID by medical professionals youth will need to be quarantined for the remainder of the trip. If possible, leader should make plans for the parents to pick up the isolated youth. If that is not possible, keep participant isolated for the remainder of the trip.

4

## MASKS

Require all youth and adults to wear masks that cover their mouth and nose while traveling, and while congregating in groups. Purchase extra masks so youth and adults have a clean mask each day.

5

## SLEEPING ARRANGEMENTS

Arrange rooms for sleeping with CDC guidelines in place. We recommend keeping beds six feet apart to allow for social distancing while in bedrooms. You also may want to designate a room for quarantining if a group member starts feeling ill.

6

## COVID TESTING

As part of your church's travel plan, you may want to consider whether or not to request participants to have COVID testing prior to departure in conjunction with quarantining.

7

## SANITIZING

The church may want to purchase individual hand sanitizer for each participant and/or hand soap for each bathroom to help ensure cleanliness and proper hand-washing.

## ACCORDING TO THE CDC, COVID SYMPTOMS MAY INCLUDE:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea