



COVID-19 Symptoms: What to Look For

The following are symptoms commonly associated with COVID-19. Staff and/or campers exhibiting the below symptoms should be brought to the Camp Office immediately for follow-up by ACA Office Staff.

Common Symptoms:

- 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

Severe Symptoms:

If any child or staff appears to have severe symptoms, call emergency services immediately.

Before transferring to a medical facility, notify the transfer team and medical facility if the individual is suspected to have COVID-19.

Severe symptoms include the following:

- Extreme difficulty breathing (i.e. not being able to speak without gasping for air)
- Bluish lips or face
- Persistent pain or pressure in the chest
- Severe persistent dizziness or lightheadedness
- New confusion or inability to rouse someone
- New seizure or seizures that won't stop