Kroka Hygiene Protocol
For Summer 2020

Our hygiene is directly related to our health, and a healthy world is what we are looking for. By keeping ourselves healthy, we are helping create a healthier world. Please follow our hygiene protocol to maintain a safe and healthy community at Kroka this year.

1. **DAILY HEALTH CHECK:** All students must participate in a daily health check with a Kroka staff member.
   - Take the student’s temperature and record it on the provided chart. Report temperatures over 99 to the Camp Nurse and/or your course director.
   - Physical check: how is your body feeling today? Do you have any of the following symptoms? (headache, fever, nausea/vomiting, diarrhea, chills, body aches, shortness of breath).
   - Emotional check: is there anything that we should know about?

2. **RIGOROUS AND FREQUENT HAND WASHING:** Keeping hands clean is the most important thing we can do to keep the community healthy.
   - Students must wash or sanitize hands after using the bathroom, before preparing food, before entering any buildings, and after using shared tools and equipment.
   - Wash hands for at least 20 seconds with soap and water following our hand washing protocol, or apply and rub alcohol-based hand sanitizer on your hands for 20 seconds.

3. **HEALTHY HABITS:**
   - Avoid touching your face, especially with unwashed hands
   - Cover coughs and sneezes with your elbow
   - Maintain 6ft distance from anyone outside your group
   - Don’t share water bottles or eating utensils with others

4. **IF YOU ARE FEELING SICK** or experiencing symptoms of illness, speak with a Kroka staff member immediately and maintain physical distance from others in your group until a staff member can attend to you.