

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.