

Hello Ajawah families!

IMPORTANT UPDATE about COVID testing for camp this summer. Based on continued decreases in COVID cases across the state, and across the country, CDC and the Minnesota Department of Health have recently updated their guidance for summer camps. There is now specific guidance around testing, which is a single Negative **COVID test 1-3 days prior to arrival at camp**. Our medical team has recommended we change to this approach for testing to be in line with the new CDC and MDH guidance. We feel this provides the same level of safety, with the benefit of allowing campers to be unmasked within their pods the entire time they are at camp (no waiting for results of the arrival test).

We want to make sure everyone is on the same page about the things we can all do to keep COVID out of Camp Ajawah this summer. Those things are:

1. **Get vaccinated** if you are eligible (everyone ages 12 and up are now eligible). More campers arriving at camp who are fully, or partially, vaccinated further reduces the risk of COVID-19 entering or spreading at camp. This could be vital to the health of the entire camp community, and upon return home, the health of your extended family.
2. Stick to **low risk activities in the 2 weeks before you arrive** at camp to reduce your risk of being exposed (and therefore potentially exposing other campers and staff).
  - a. Avoid all non-essential travel and gatherings, included but not limited to restaurants, social gathering, etc.
  - b. Wear a mask in groups and indoor spaces outside of your home environment.
  - c. Maintain 6 feet physical distancing in groups outside of your home environment.
3. Have a **PCR type COVID test collected 1-3 days prior to your arrival** at Ajawah. This means you should schedule the test on Thursday, Friday, or Saturday prior to the Sunday you arrive. **You will need to provide documentation of the results of this test on arrival at camp.**
  - a. **Only PCR type tests are accepted (not antigen or antibody)**. See below for testing resources.
  - b. Different testing facilities take different amounts of time to get a result, so make sure you inquire of the testing facility you are using as to expected result time when making your appointment. You will need to have the results in hand prior to coming to camp.
  - c. Acceptable documentation of a negative test includes a photo of the result, a paper copy of the result, or showing the negative result from an online result portal. The result must also clearly show the participants name and date of birth.
  - d. For participants who have had COVID-19 infection less than 90 days (but more than 14 days) before your session starts, please bring a copy of the positive test result. If it will have been more than 90 days since your positive result on the day you start camp, you will need to follow the procedure above for pre-camp testing.
  - e. *If your test result is not back on arrival day, please call camp at 651-462-5720 to discuss and let us know that you will be unable to come on the opening day, as campers will not be admitted without proof of negative test.*

We are so excited to see you soon! Thank you in advance for helping us make sure we have a fun, COVID free summer at Camp Ajawah!

## Resources for PCR type COVID tests

Minnesota Department of Health (MDH) sponsored testing is available **free of charge to anyone**. They ask for insurance information if you have insurance, but it is not required.

Minnesota Department of Health at home testing (performed by Vault Health, results typically within 2-3 days from mailing, saliva/spit test):

English: <https://www.health.state.mn.us/diseases/coronavirus/testsites/athome.html>

Hmong: <https://www.health.state.mn.us/diseases/coronavirus/testsites/athomehmg.pdf>

Minnesota Department of Health testing centers (performed by Vault Health, results typically within 1-2 days, saliva/spit test):

English: <https://www.health.state.mn.us/diseases/coronavirus/testsites/community.html>

Hmong: <https://www.health.state.mn.us/diseases/coronavirus/testsites/hmong.html>

The vast majority of clinics, urgent cares, hospitals and pharmacy based testing sites offer PCR testing and will run it through your health insurance. All major plans (private and government) still have no cost sharing for COVID testing (so should be 100% covered with no out of pocket).

Major hospital/clinic systems (results typically within 1-2 days)

Health Partners/Park Nicollet: <https://www.healthpartners.com/covid-19/testing/>

M Health/Fairview: <https://mhealthfairview.org/covid19>

Allina: <https://www.allinahealth.org/coronavirus-covid-19/your-safety/screening-and-testing>

North Memorial: Call 763-581-CARE to schedule an appointment

Walgreens:

Both “Diagnostic Lab Test (PCR)” (results typically within 2-3 days) and “Rapid Diagnostic Test (ID NOW)” (results typically <24 hours) are acceptable.

<https://www.walgreens.com/findcare/covid19/testing>

MedExpress (results typically within 2-3 days):

<https://www.medexpress.com/covid19.html>

CVS/Minute Clinic:

[https://www.cvs.com/minuteclinic/covid-19-testing?icid=mc\\_homepage2\\_covid\\_19\\_testing](https://www.cvs.com/minuteclinic/covid-19-testing?icid=mc_homepage2_covid_19_testing)

Over the Counter tests:

**BUYER BEWARE!!** Please note that most tests you can purchase yourself are antigen tests, which are NOT accepted. There is only one PCR test that can be purchased at the drugstore, called Pixel (saliva test collected at home and mailed to Labcorp). There is another PCR test you can buy online directly from the manufacturer, called Lucira (fully at home).

1. Pixel is a saliva test that you mail to, or drop off at a lab (Labcorp), similar to the MN Department of Health at home tests. Results are typically 2 days from when the sample arrives at the lab (so must take shipping time into account, which may make getting results back in time too tight). Ordering a test directly from Labcorp allows you to enter

your insurance information when ordering the test for (potentially) no out of pocket cost. (Select recommended by a physician for reasoning for testing). These kits can also be purchased at some Walgreens and CVS locations for \$119-\$129 each.

2. Lucira is a self collected nasal swab that is fully at home. Results in 30 minutes. You must order the kit directly from the manufacturer and they do not take insurance. Cost is \$55 out of pocket. Would require a picture of the camper swabbing their nose and then a picture of the indicator lights on the test kit showing negative for proof of completion and documentation..