



Lake Wapogasset Lutheran Bible Camp, Inc.

Wapo • Wilderness Canoe Base • Ox Lake

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Coronavirus (COVID-19) Guidelines

March 5, 2020

Updated March 12, 2020

Updated March 16, 2020

New information: We have decided to cancel all events and retreats happening at our sites through April 12, 2020. We will continue to monitor the situation and make changes as needed. It is our hope that by taking these measures now, we will be able to welcome guests back to our sites later this spring.

We care about the health of our campers, retreat guests and staff at Wapo, Ox Lake and Wilderness Canoe Base. As the number of cases of coronavirus (COVID-19) increases in the U.S. and globally, we're working hard to prevent the spread of the virus and protect our camp and retreat guests. We want to assure you that we are continuously monitoring the latest information from the CDC and local and state health departments.

The health and safety of our campers, retreat guests and staff are our top priority. Due to the nature of activity at our sites, we already hold high standards when it comes to health, hygiene and sanitation. In response to the concern over the spread of COVID-19, we were ready to immediately increase those measures at our sites. We will continue to adjust our guidelines as needed and implement necessary actions based on local and state health department recommendations.

We are asking all of our staff and retreat guests to consistently monitor their health and respond appropriately. In the event of cough or fever, or recent travel to impacted regions, or exposure to someone with the virus, **please stay home.**

Resources

Here are some ways that you can stay informed on the most current information. The CDC is continually updating protocols, so be sure to check frequently for the most up to date information.

What is COVID-19?

Coronaviruses are a large family of viruses. They are estimated to cause about a third of all cases of the common cold. COVID-19 is a viral respiratory illness caused by a new coronavirus that previously had not been found in people.

What are the symptoms?

People with confirmed COVID-19 have had mild to severe respiratory illness with symptoms of:

- Fever
- Cough
- Shortness of breath

The incubation period, or the time between when people are infected and start showing symptoms, appears to be 2-14 days. Because COVID-19 symptoms are similar to other illnesses like influenza, having these symptoms does not mean you have COVID-19.

How can I avoid getting sick?

To prevent the spread of COVID-19, take the same precautions that are recommended for avoiding other illnesses:

- Wash your hands frequently with soap and warm water for at least 20 seconds before eating, after using the restroom or after blowing your nose. Find out more about [proper handwashing](#)
 - Try to avoid touching your eyes, nose and mouth.
 - Cover coughs and sneezes.
 - Stay home when you're feeling sick.
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- Avoid close contact with those who are sick.
 - Regularly clean and disinfect commonly touched surfaces in your home and workplace

Where can I learn more about COVID-19?

For the latest updates on COVID-19, go to:

[Minnesota Department of Health](#)

[Wisconsin Department of Health Services](#)

[Centers for Disease Control and Prevention \(CDC\)](#)