



## COVID-19 POLICY

TO: All Staff & Participants  
FROM: Human Resource Manager, Shae Lind  
DATE: January 11, 2022  
SUBJECT: COVID-19 Policy

**Policy Title:** COVID-19 Policy

### **Policy:**

**Isolation:** If you have tested positive for COVID-19 or if you have symptoms of COVID-19 and are waiting for your test results, you should isolate regardless of your vaccination status. First day of isolation is the first full day after you started feeling symptoms or tested positive.

You can stop isolating after 5 full days if:

- You tested positive, but don't have any symptoms
- You had mild symptoms, you are starting to feel better, and don't have a fever.

After five full days of isolation, you should continue taking precautions for five more days.

- Wear a well fitted mask around others.

**Quarantine:** If you have been exposed to someone who has COVID-19, you may need to quarantine. Quarantine means staying away from other people for a certain amount of time to make sure you don't spread the virus. Even if you don't feel any symptoms, you might be contagious after exposure to COVID-19.

Exposure happens when you have close contact with someone who has COVID-19. Close contact means you have been within six feet of an infectious person for a total of 15 minutes over a 24-hour period.

People who need to quarantine after exposure include:

- People who are not vaccinated
- People who have not completed a primary COVID-19 vaccine series. A primary series means two doses of Pfizer or Moderna, or one dose of Johnston & Johnson.
- People aged 18 or older who have completed a primary vaccine series but have not received a third (booster) dose and are eligible for one.

If you have to quarantine, you should stay home for five days after you were exposed to COVID-19. Your first day of quarantine is the first full day following your exposure.

- At the end of your quarantine, wear a well fitted mask around others for 5 days
- Get tested on day 5 after your exposure
- If you develop symptoms get tested and begin isolation

People who don't need to quarantine after exposure include:

- If you have received all recommended vaccine doses, including third doses and

additional primary shots for some immunocompromised people.

- People aged 5-17 years who have completed the primary series of COVID-19 vaccines.
- People who have tested positive for COVID-19 (with a viral test, not antibody test) within the past 90 days.

If you were exposed but you don't need to quarantine:

- Wear a well-fitted mask around others for 10 days and avoid high risk people and settings.
- Get tested 5 days after exposure
- If you develop symptoms get tested and start isolation.