COVID-19 Policies

How COVID-19 spreads:

- COVID-19 spreads through close contact from person to person in respiratory droplets when someone who is infected coughs, sneezes, or talks
- It may be possible that a person can get COVID-19 by touching an object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but more is being learned about the virus

Protect Yourself and Others:

- Clean hands often; If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Practice social distancing and maintain 6 feet of separation between others in public
- Wear a cloth face cover to protect others and always cover coughs and sneezes
- Properly use PPE (safely remove and discard gloves after their intended use)

Returning to Work: The coronavirus disease (COVID-19) pandemic has changed many aspects of the current workplace, there are various considerations.

These include topics such as:

- Updated workplace layouts - workstations are 6 feet or more apart, employees can properly social distance while completing everyday duties.
- Social distancing measures and behavioral changes
- Education on common COVID-19 symptoms, and planned responses to COVID-19
- related symptoms and positive tests
- Updates to cleaning procedures
- Use of masks and face coverings
- Role, organization and industry-specific topics

Behavioral Changes

Employee Expectations

- **Hand-washing.** According to the CDC, one of the best actions to prevent spreading of coronaviruses is by washing hands with soap and water for at least 20 seconds. Encourage employees to wash their hands often, and consider creating policies to reinforce this behavior.
- **Ban or discourage shaking of hands.** While shaking hands is an instinct in many cases, this practice can spread germs, diseases and illnesses at an expedited rate.
- **Adjust meeting practices.** Encourage limited participants in meetings, advise them to spread out and avoid shared multi-touch devices.
- **Restrict unnecessary business travel.** Reducing travel can reduce the risk of COVID-19 being transmitted—define what types of business travel are acceptable.

Other things to take into consideration

- Personal Travel to other cities and states and the precautions you take, the people you are visiting take, and the people/cleanliness that you interact with while traveling
- How you use masks, cleanliness, and social distancing when off the clock
- How you interact with the community outside your immediate household

Cleaning Practices

Evaluating and updating ongoing cleaning practices can help ensure that COVID-19 isn't lingering in the air or on surfaces. Cleaning practices can help prevent the spread of COVID-19. These may include:

- Increasing the frequency of cleaning routines, and ensuring routines include multi-touch surfaces and devices
- Ensuring that cleaning routines include use of disinfectants
- Increasing access of cleaning supplies to employees, such as hand sanitizer, sanitizer wipes and more

Employee Assignments:

Dates	Break Room	Conference Rooms	The Cave	Door, knobs, and Frames	Personal Desks	
5/25 - 5/31						
6/1 - 6/7						
6/7- 6/14						
6/15 - 6/21						
6/22 - 6/28						
6/29 -7/5						
7/6 -7/12						
7/13 - 7/19						
7/20 - 7/26						
7/27 - 8/2						
8/3 - 8/9						
8/10 - 8/16						
8/17 - 8/23						

Masks and Face Coverings

Masks and Face Coverings Overview

The CDC currently recommends wearing face coverings in public.

What is the difference between masks and face coverings? A face covering refers to a cloth covering of the face, and is not a medical-grade mask. Masks refer to filtering respirators, such as an N95, K95, medical-grade or surgical mask. Masks are considered critical supplies that must continue to be reserved for health care workers and other medical first responders. Employers should review updated local guidelines to establish whether masks or face coverings are appropriate for their employees.

Benefits of masks and face coverings. Studies show that people with minimal or no symptoms can still have COVID-19. According to the CDC, while wearing face coverings shouldn't replace social distancing, face coverings can help prevent the transmission of COVID-19.

Effective Face Coverings, and Where to Get Them

The CDC lists guidelines for effective cloth face coverings, which include the following characteristics:

- A tight fit but comfortable on the face, allowing for breathing without restriction
- Secured with ties or ear loops
- Includes multiple layers of durable fabric, able to withstand washing for reuse
- Allows for breathing without restriction

For employees that are seeking face masks, they can often be made in-house or, in some cases, purchased. The CDC provides procedures for how face coverings can be made.

Signs and Symptoms of COVID-19

According to the CDC, COVID-19 can have a wide range of symptoms. These symptoms may appear 2-14 days after an individual contracts the virus. These symptoms include:

- Fever or measured temperature greater or equal to 100.4 degrees Fahrenheit
- Cough
- Shortness of breath /difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
- Diarrhea
- Known contact with a person who is lab confirmed to have COVID-19

Individuals should seek immediate medical attention if they display the following advanced symptoms:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

COVID-19 Screenings

Screening Employees for COVID-19 in the Workplace

According to guidance from the Equal Employment Opportunity Commission (EEOC), employers may choose to screen employees for COVID-19. As with any mandatory medical test, screenings must be job-related and consistent with business necessity. To ensure compliance, considerations for employers include:

- Any screenings must be conducted on a nondiscriminatory basis—for example, this may mean screening all employees entering a facility or work location.
- Test results should be treated as confidential medical records, in compliance with the Americans with Disabilities Act (ADA).
- Communications related to screenings should be delivered to all employees, including details of what screening practices will entail, expectations of employees and assurance that all screening will be completed in compliance with regulatory laws.

Conducting Screenings

Standard practices for screenings may include screening of employees/visitors/vendors/etc as they enter a work area. Screenings may include:

- General screening questions (Currently or in the past 14 days)
  - How are you feeling today - list symptoms
  - Has anyone in your family become ill with these symptom
- Assessment of COVID-19-related symptoms (observe)
- Taking the temperature of the person
  - Temperatures should be taken using a sanitary, no-touch thermometer.
  - According to the CDC, temperatures over 100.4 F are consistent with COVID-19 related symptoms.

Response to Employees/Person who Have Symptoms - Please see update from CDC dated March 30, 2022

- **Advise employees to report symptoms immediately.** Employees should be advised to report symptoms through phone or digital communication channels, if at all possible. Reassure the employee that their identity will remain confidential, and be sure to help them coordinate taking leave or paid time off in the event they require isolation. *Add process of communication policy
- **Employee should be evaluated for COVID-19.** Ensure that any individuals coming within 6 feet of an employee reporting symptoms are wearing appropriate PPE.

- **Isolate employees who are suspected of having COVID-19.** Staff assisting with potentially infection person must wear PPE and use social distancing when possible
    - Individual must leave immediately or isolate in back storage room till ride arrives
    - Record symptoms
    - Track and record personnel interactions within the organization, community, and family member (we will contact each with a suspected COVID personnel)
    - Contact Physician or Health Dept. In the Nueces County area, the Public Health District provides testing through a screening process which begins by calling 361-826-7200 for a phone assessment based on CDC guidelines consisting of travel and/or symptoms. Limited physician offices and urgent cares are also providing testing with commercial insurance following the same CDC guidelines.
    - Contact everyone who may have been in contact with symptomatic person

Response to Participants who Have Symptoms

Same as above and we will contact the family as soon as possible. The family will be responsible for picking up the participant and taking them to be tested/screened. If a potential infected participant was not exposed to the staff/program then the program may proceed as scheduled. If the infected participant was exposed to staff/program, there will be a brief pause as we determine the potential spread, and on a case-to-case basis decide the best plan of action for the remainder of the program, based on the facts. The potentially infected participant should self-isolate with family until results are disclosed. If negative they may return to camp. If positive, they may not return to camp and a decision will be made about the rest of the camp, based on facts and the number of potential spreads found.

When there is a symptomatic person, all parents and participants will be informed about the steps being taken and they have the option to 1) keep teens at the Youth Odyssey program, or 2) pick up their teen.

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Responding to an Employee's
Positive Coronavirus Test

Should an employee test positive for COVID-19, the next steps should include:
- Responding directly to the employee
- Isolating the employee
- Notifying employees, partners, vendors and participants/families
- Disinfecting appropriate work areas

Respond Directly to the Employee
- In these uncertain times, it can be easy to overreact. Reassure the employee that their identity will remain confidential, and be sure to help them coordinate taking leave or paid time off until they've recovered.
- You will also need to ask the employee some potentially difficult questions, including with whom the employee has been in contact within the last two weeks.
- Obtaining this information is essential so that you can directly notify customers and other employees that they may have been directly exposed to COVID-19.

Isolating the Employee
According to the CDC, employees who have COVID-19 should go into isolation immediately. Isolation should continue until the following conditions are met.

For employees who **were exposed** to COVID-19 and **are not** up to date on COVID-19 vaccinations, isolation should continue until the following three conditions are met:

1. Isolate for five days at home with no fevers, without assistance of fever reducing medicines
2. Other symptoms have improved
3. At least five days have passed since initial symptoms
4. A negative COVID-19 test is recommended for return to work.
5. Continue to take precautions for 10 days after exposure.

For employees who **were exposed** to COVID-19 and are up to date on COVID-19 vaccinations, isolation is not required unless you develop symptoms. It is recommended that you get a COVID-19 test after five days after you had close contact with someone with COVID-19. Continue to take precautions for 10 days after exposure.

Employers should follow guidance of a health care provider, and their local health department| when making any determinations. Decisions may be impacted by local or specific circumstances.

Responding to an Employee's
Positive Coronavirus Test (continued)

Notify Employees, Customers, Vendors, Guests, and Parents/Families:

- Recommend the employee self-quarantine for the next 5-10 days (depending on vaccinations, see CDC guidelines), and monitor themselves for symptoms of COVID-19.
- Directly notify any co-workers, parents, participants or customers with whom the ill employee had been in contact with, share the cleaning plan, and what the 10 day plan is, and what could happen
- Make determinations on who should be self-isolating.

10 Day plan could include:

According to the CDC, COVID-19 can remain on hard surfaces for up to 12 hours.
- We may consider closing the office:
  - ○ for a few days so that it can be thoroughly cleaned and disinfected, up to 72 hours, and employees may work remotely
  - ○ for an extended period of time (which will impact programs - this decision will be made by the Executive Director and the Board of Directors) and communicated with the entire organization.
- Self monitoring for those who have been exposed and reporting to HR or Executive Director
- If the employee has not been in the office for seven days or more, additional cleaning may not be required to supplement standard cleaning procedures.

How to Clean and Disinfect After a Positive Test

The CDC provides best practices for cleaning and disinfecting your facility after a positive coronavirus case. These steps include:

- Close off all areas visited by the person, and open windows and use ventilating fans with airflow—after opening up the airflow, then wait 24 hours before beginning cleaning.
- After 24 hours, cleaning staff should then disinfect all areas and equipment used by the person.
- According to the CDC, COVID-19 can remain on hard surfaces for up to 12 hours. They outline the best steps for cleaning are as follows:
  - ○ Ensure all cleaning staff are using personal protective equipment. These may include: Gloves, Gowns, Face Coverings

How to Clean and Disinfect After a Positive Test (continued)

- Begin by cleaning surfaces using soap and water.
- After the surfaces are clean, apply disinfectant. The Environmental Protection Agency list appropriate disinfectants for use against SARS-CoV-2, the virus that causes COVID-19.
- For soft surfaces, best cleaning practices are similar to those of surfaces—however, you can clean by laundering if possible. If not an option, continue cleaning with a disinfectant.
- For any laundry, clean according to the manufacturers' instructions, and use the warmest possible water setting before drying items completely.
- For electronics, clean according to the manufacturers' instructions. If no guidance is available, use alcohol-based wipes or sprays containing at least 70% alcohol, before drying completely.
- Once employees return, continue routine cleaning and disinfecting.

Health and Wellness Resources

For health and wellness resources, guidelines from the CDC:

- Stress and Coping
- Prevent Getting Sick
- If You Are Sick or Caring for Someone

For updates related to COVID-19, employers are encouraged to follow updates from the CDC and OSHA. Resources include:

Interim Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 (COVID-19)

OSHA Guidance for Employers

Specific guidelines exist for industries such as health care, laboratories, transportation and more. For specifics, employers can access up-to-date information from the CDC's Coronavirus Disease-2019 Resource.

In-Person Program Procedures

Programs - in session

- Students are strongly encouraged to receive the vaccine if they are eligible.
- Staff will follow the guidelines of the partnering organization at which the program is taking place. Otherwise, the following guidelines will be followed.
- Students are signed in one-on-one for confidentiality
  - Screening questions
  - Record Temperature
- Students must receive verbal Covid briefing and sign the written Covid Acknowledgment Document before departing
- Staff will have hand sanitizer available at all times
- Wipe/spray disinfection tables, chairs, vehicles, equipment after every use (let dry completely before storing and leaving for the day)
- Allow ample time to wash hands and disinfect as needed
- Masks must be worn when participating in program
- Everyone will practice 6 foot social distancing
- Programs will be held outside or in a large indoor space
- Masks will be provided for students if they do not have them.
- Strikes will be given for students who are unwilling to comply with Covid rules in the same way they are given if they cannot comply with behavior rules.
  - Communication with site coordinators, partners, and parents will ensue as needed with noncompliance.

Day-long / Weekend / Leadership Camp Specific Requirements

- Participants will be screened daily by a guardian for the week leading up to camp.
- Participants will provide a negative Covid-19 test dated within 72 hours of arrival.
- Participants will bring extra masks with them to camp.
- Students who live in the same household may share a tent.
- Must receive Covid briefing and sign Covid Acknowledgment Document before departing
- Masks may be removed when outside, sitting down and greater than 6 feet apart
- Masks may be removed in tents
- Participants will each have their own tent unless sharing with a family member.
- Participants will have their own set of dishes that they are responsible for keeping and cleaning throughout the weekend.
- Staff will use proper sanitation and cleanliness while preparing food.
- Temperature will be checked and document as needed and at the very end of the trip before drop off/pick up
- Parents must wear masks and abide by social distancing protocol when picking up/dropping off student(s)
- Strikes will be given for students who are unwilling to comply with Covid rules in the same way they are given if they cannot comply with behavior rules.
  - Communication with site coordinators, partners, and parents will ensue as needed with noncompliance.

Transporting Participants

- Everyone will wear a mask while in the vans
  - no eating in the van
- Participants will be staggered inside, no sitting right next to another person
- Van will be cleaned after every returning trip
- Allow time for participants to eat outside of the van

Meal / Snack Time

- Everyone will practice social distancing while eating, masks may be removed
- *Meals served with disposable utensils, napkins, cups, and plates*
- Wash hands and/or sanitize before and afterwards
- Sanitize all surfaces and seats
- Food will be pre-packaged or prepared ahead of time, no buffet style

<u>Participant who is symptomatic</u>

- If a participant is showing symptoms, they will be isolated (employee using PPE)
- Contact their families for immediate pick up and give screening phone number
- Contact everyone that participant has been in contact with (on Youth Odyssey's part) and inform of symptomatic participant (keeping name confidential)
- In order for that participant to return to programs, they must have proof of a **negative** test and be free of all symptoms
- Youth Odyssey does have the right to restrict certain participants if they feel staff, partners, and other participants are at risk of infection

When there is a symptomatic person, all parents are participants and will be informed about the steps being taken and they have the option to:

1) Keep teen at Youth Odyssey program trusting the safeguards being taken, or
2) pick up their teen.

Participant testing positive

- If a teen has been tested positive in the past, they will not be allowed to participate till there have been two negative tests (after recovering and 72 hours apart)
- If a participant has tested positive during a program, they must be picked up immediately and are not permitted to return until they have:
  - Self-isolated
  - Are 5-10 days symptom free
  - Have two negative tests at least 72 hours apart
  - And are currently symptom free
- Staff will contact all families, partners and inform of the positive test, that they were in contact and should self isolate for at least 5 days or consider getting tested (keeping name confidential)

Day/Weekend/Leadership Camp Covid-19 Arrival Policies - See attached flowchart

The following policies must be followed by all Youth Odyssey Summer Camp Participants. The policies are subject to change based on national, state, and local guidelines. If the policies change, all participants and families will be notified ASAP.

At this time we understand that not everyone is able to receive or desiring to receive a Covid-19 vaccination. If you are able to receive a vaccination prior to your arrival, we would encourage doing so. *Regardless of whether you are vaccinated or not,* the following policies are in place for your summer camp 2022 participation.

Prior to Arrival (unvaccinated youth and staff):
- Self-isolate for 7 days prior to arrival. Self-isolation means the following:
  - Limiting visits to public spaces to essential trips only (i.e. grocery stores, pharmacies, medical visits and other essential services)
  - Avoid large gatherings
  - Avoiding all travel outside the country
- Self-monitor for symptoms prior to leaving and complete the attached self-monitor form. This will be collected upon arrival to the Youth Odyssey office.
- Take a Covid test no more than 3 days prior to your arrival at the Youth Odyssey office. You must present proof of a negative result upon arrival to the Youth Odyssey office.

Prior to Arrival (vaccinated youth and staff):
- Self-isolate for 7 days prior to arrival. Self-isolation means the following:
  - Limiting visits to public spaces to essential trips only (i.e. grocery stores, pharmacies, medical visits and other essential services)
  - Avoid large gatherings
  - Avoiding all travel outside the country
- Self-monitor symptoms and complete the attached self-monitor form. This will be collected upon arrival to the Youth Odyssey office.
- If no symptoms then a Covid test is not necessary
- If symptoms appear, take a Covid test no more than 3 days prior to your arrival at the Youth Odyssey office. You must present proof of a negative result upon arrival to the Youth Odyssey office.
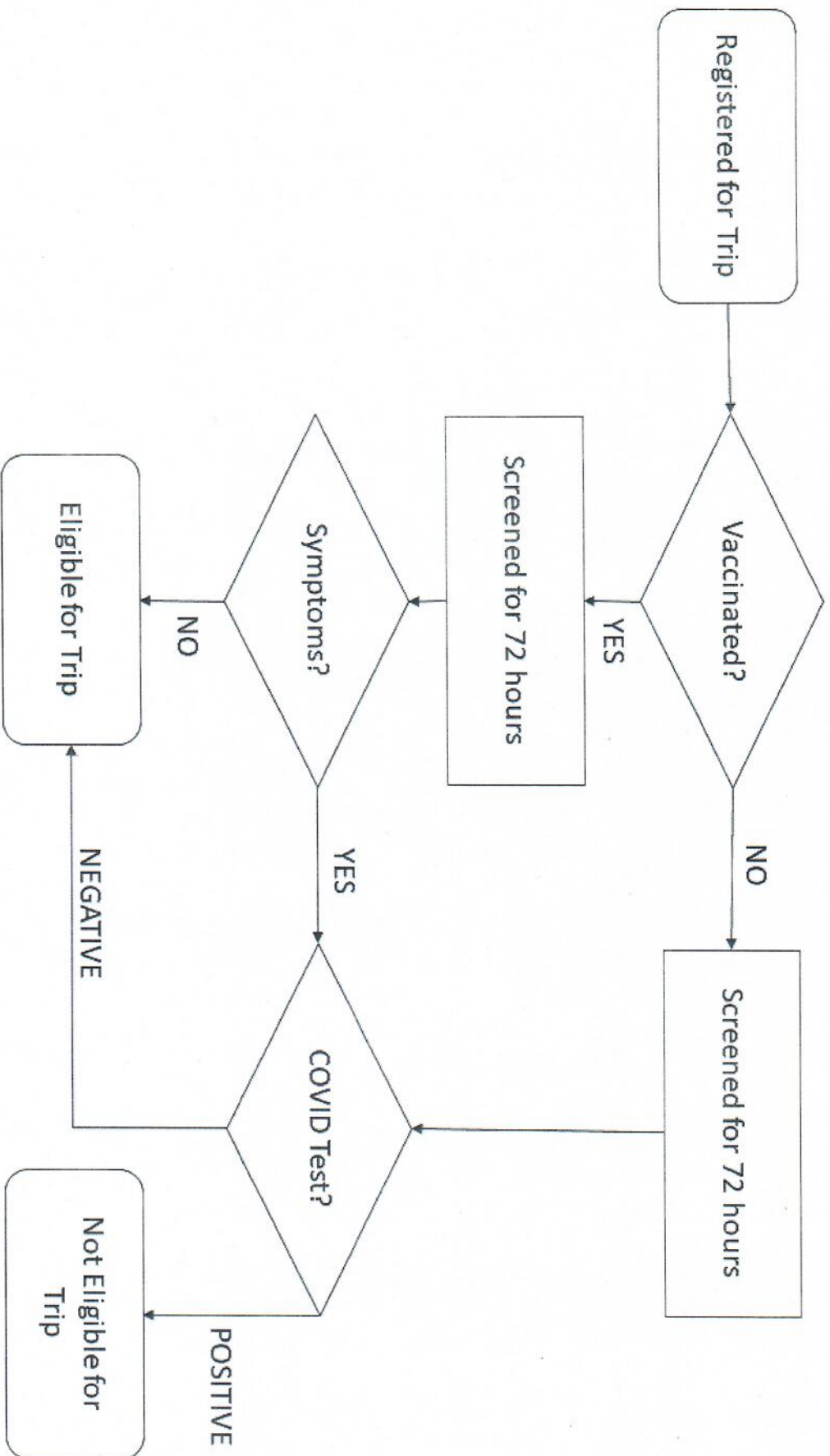
*Participants that have been diagnosed with Covid-19 in the 90 days prior to the start of camp do not need to take a Covid test. However, you will need to present proof of the positive test including the diagnosis date.

If you have questions regarding our arrival policies, please email Tony Minter at tony.minter@youthodyssey.com.

Youth Odyssey COVID Policy for Camps and Trips

```
                    Registered for Trip
                            │
                            ▼
                      ◇ Vaccinated? ◇
                      /            \
                   YES              NO
                    │                │
                    ▼                ▼
          Screened for 72 hours   Screened for 72 hours
                    │                │
                    ▼                ▼
              ◇ Symptoms? ◇      ◇ COVID Test? ◇
              /         \         /            \
            NO          YES   NEGATIVE      POSITIVE
             │           │       │              │
             ▼           └───────┘              ▼
       Eligible for Trip                 Not Eligible for Trip
```

Summer Camp Participant
Self-Monitor/Pre Screening Form

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We are thankful that you are partnering with us to continue to ensure a healthy Youth Odyssey community. **This completed form, along with your negative Covid test result is required upon arrival.**

Participant Name_____ Date of Birth _____

Camp Attending_____ Vaccinated (yes /no)_____

7 days prior to your arrival at Youth Odyssey:
We are asking that you begin the process of self-isolating, to reduce your risk of exposure to Covid-19. By self-isolating, we mean limiting exposure to non-family members, avoiding large gatherings and limiting nonessential travel.

7 days prior to your arrival at Youth Odyssey:
As a part of your commitment to the health of Youth Odyssey, for seven days prior to your arrival, you **must** record your temperature. If you have a temperature greater than 100.3 F, you **must** contact us immediately at tony.minter@youthodyssey.com.

Day:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7 (Arrival Day)
Temp:							

Self-Monitoring:
1. Symptoms in the last 7 days: Check any that apply (if you check any, you must contact us immediately at tony.minter@youthodyssey.com)
   - ❑ Fever over 100.3 F
   - ❑ Cough (new or changing)
   - ❑ Shortness of breath
   - ❑ Body Aches
   - ❑ Change in taste, smell or appetite
   - ❑ Generally not feeling well
2. Contact history- Check any that apply (if you check any, you must contact us immediately at (tony.minter@youthodyssey.com).
   - ❑ You have been diagnosed with Covid-19 in the last 7-10 days
   - ❑ You have had close contact with someone exposed or diagnosed with Covid-19 in the last 7-10 days.
   - ❑ A household member is under investigation for Covid-19 or on a watch list for Covid-19 exposure.

Your health and safety is our #1 priority. In light of the Covid-19 Pandemic, we think it's important that you understand our efforts to manage your health and safety so that you can make an informed choice. We are focused on taking all reasonable measures to prevent the spread of Covid-19 within our Youth Odyssey Community.

Participant Signature _____ Date_____

Guardian Signature _____ Date_____

Resource Page

Listed below are various places around Corpus where you can receive a free Covid-19 test. We recommend scheduling an appointment if at all possible to ensure you receive your test results in a timely manner.

Information below collected from:
https://www.cctexas.com/sites/default/files/COVID-19-Test-Collection-Sites.pdf

- Nueces County Public Health Mobile Testing
  - https://www.nuecesco.com/county-services/public-health/covid-19-testing

- Amistad Community Health Center
  - Mon-Fri
  - Call 361-884-2242 to register for an appointment

- Coastal Bend Wellness Foundation
  - Mon-Fri
  - Call 361-356-9572 to register for an appointment

- CVS Pharmacy
  - Call your local CVS for information

- Walgreens Pharmacy
  - 4501 Ayers St, Corpus Christi, TX 78415
  - 361-852-0338

- Physicians Premier ER
  - Call any location to register for an appointment

- Christus Promptu Urgent Care
  - Call any location to register for an appointment

- StatCare Urgent Care
  - Open to walk-ins. Call any location for information.

- TLC Complete Care ER-Corpus Christi
  - Call 361-336-0136 to register for an appointment

Quarantine and Isolation

Updated Mar. 30, 2022

Quarantine and Isolation Calculator

A tool to help determine how long you need to isolate, quarantine, or take other steps to prevent spreading COVID-19.

Get Started

This information is intended for a general audience. Healthcare professionals should see Ending Isolation and Precautions for People with COVID-19.

People with COVID-19 and close contacts should follow the recommendations outlined on this page. These recommendations do not change based on COVID-19 community levels.

Quarantine

If you were exposed

Quarantine and stay away from others when you have been in close contact with someone who has COVID-19.

Isolate

If you are sick or test positive

Isolate when you are sick or when you have COVID-19, even if you don't have symptoms.

When to Stay Home

Calculating Quarantine

The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact with a person who has had COVID-19.** Stay home and away from other people for at least 5 days. Learn why CDC updated guidance for the general public.

IF YOU Were exposed to COVID-19 and are NOT up to date on COVID-19 vaccinations	Quarantine for at least 5 days	After quarantine	Take precautions until day 10
	Stay home Stay home and quarantine for at least 5 full days.	**Watch for symptoms** Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.	**Wear a well-fitting mask** Wear a well-fitting mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.
	Wear a well-fitting mask if you must be around others in your home.	**Avoid travel** It is best to avoid travel until a full 10 days	If you must travel during days 6-10, take precautions.

Do not travel.

Get tested
Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

after you last had close contact with someone with COVID-19.

If you develop symptoms
Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitting mask around others.

Avoid being around people who are more likely to get very sick from COVID-19.

IF YOU Were exposed to COVID-19 and are up to date on COVID-19 vaccinations

No quarantine
You do not need to stay home **unless** you develop symptoms.

Get tested
Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

Watch for symptoms
Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms
Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitting mask around others.

Take precautions until day 10

Wear a well-fitting mask
Wear a well-fitting mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.

Take precautions if traveling

Avoid being around people who are more likely to get very sick from COVID-19.

IF YOU were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)

No quarantine
You do not need to stay home **unless** you develop symptoms.

Watch for symptoms
Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms
Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitting mask around others.

Take precautions until day 10

Wear a well-fitting mask
Wear a well-fitting mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.

Take precautions if traveling

Avoid being around people who are more likely to get very sick from COVID-19.

Calculating Isolation

Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected. If you have COVID-19 or have symptoms, isolate for at least 5 days.

IF YOU Tested positive for COVID-19 or have symptoms, regardless of vaccination status

Stay home for at least 5 days
Stay home for 5 days and isolate from others in your home.

Wear a well-fitting mask if you must be around others in your home.

Do not travel.

Ending isolation if you had symptoms
End isolation after 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.

Ending isolation if you did NOT have symptoms
End isolation after at least 5

Take precautions until day 10

Wear a well-fitting mask
Wear a well-fitting mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

Do not travel
Do not travel until a full 10 days after your symptoms started or the date

full days after your positive test.

your symptoms started or the date your positive test was taken if you had no symptoms.

If you got very sick from COVID-19 or have a weakened immune system You should isolate for at least 10 days. Consult your doctor before ending isolation.

Avoid being around people who are more likely to get very sick from COVID-19.

DEFINITIONS

Exposure

Contact with someone infected with SARS-CoV-2, the virus that causes COVID-19, in a way that increases the likelihood of getting infected with the virus.

Close Contact

A close contact is someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute exposures for a total of 15 minutes. People who are exposed to someone with COVID-19 after they completed at least 5 days of isolation are not considered close contacts.

Quarantine

Quarantine is a strategy used to prevent transmission of COVID-19 by keeping people who have been in close contact with someone with COVID-19 apart from others.

Who does not need to quarantine?

If you had close contact with someone with COVID-19 and you are in one of the following groups, you **do not need to quarantine.**

- You are up to date with your COVID-19 vaccines.
- You had confirmed COVID-19 within the last 90 days (meaning you tested positive using a viral test).

If you are up to date with COVID-19 vaccines, you should wear a well-fitting mask around others for 10 days from the date of your last close contact with someone with COVID-19 (the date of last close contact is considered day 0). Get tested at least 5 days after you last had close contact with someone with COVID-19. If you test positive or develop COVID-19 symptoms, isolate from other people and follow recommendations in the Isolation section below. If you tested positive for COVID-19 with a viral test within the previous 90 days and subsequently recovered and remain without COVID-19 symptoms, you do not need to quarantine or get tested after close contact. You should wear a well-fitting mask around others for 10 days from the date of your last close contact with someone with COVID-19 (the date of last close contact is considered day 0). If you have COVID-19 symptoms, get tested and isolate from other people and follow recommendations in the Isolation section below.

Who should quarantine?

If you come into close contact with someone with COVID-19, you should quarantine if you are not up to date on COVID-19 vaccines. This includes people who are not vaccinated.

What to do for quarantine

- Stay home and away from other people for at least 5 days (day 0 through day 5) after your last contact with a person who has COVID-19. The date of your exposure is considered day 0. Wear a well-fitting mask when around others at home, if possible.
- For 10 days after your last close contact with someone with COVID-19, watch for fever (100.4°F or greater), cough, shortness of breath, or other COVID-19 symptoms.

- If you develop symptoms, get tested immediately and isolate until you receive your test results. If you test positive, follow isolation recommendations.
- If you do not develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.
  - If you test negative, you can leave your home, but continue to wear a well-fitting mask when around others at home and in public until 10 days after your last close contact with someone with COVID-19.
  - If you test positive, you should isolate for at least 5 days from the date of your positive test (if you do not have symptoms). If you do develop COVID-19 symptoms, isolate for at least 5 days from the date your symptoms began (the date the symptoms started is day 0). Follow recommendations in the isolation section below.
  - If you are unable to get a test 5 days after last close contact with someone with COVID-19, you can leave your home after day 5 if you have been without COVID-19 symptoms throughout the 5-day period. Wear a well-fitting mask for 10 days after your date of last close contact when around others at home and in public.
  - Avoid people who are have weakened immune systems or are more likely to get very sick from COVID-19, and nursing homes and other high-risk settings, until after at least 10 days.
- If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19, as well as others outside your home throughout the full 10 days after your last close contact with someone with COVID-19.
- If you are unable to quarantine, you should wear a well-fitting mask for 10 days when around others at home and in public.
- If you are unable to wear a mask when around others, you should continue to quarantine for 10 days. Avoid people who have weakened immune systems or are more likely to get very sick from COVID-19, and nursing homes and other high-risk settings, until after at least 10 days.
- See additional information about travel.
- Do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until after 10 days after your last close contact with someone with COVID-19.

After quarantine

- Watch for symptoms until 10 days after your last close contact with someone with COVID-19.
- If you have symptoms, isolate immediately and get tested.

Quarantine in high–risk congregate settings

In certain congregate settings that have high risk of secondary transmission (such as correctional and detention facilities, homeless shelters, or cruise ships), CDC recommends a 10-day quarantine for residents, regardless of vaccination and booster status. During periods of critical staffing shortages, facilities may consider shortening the quarantine period for staff to ensure continuity of operations. Decisions to shorten quarantine in these settings should be made in consultation with state, local, tribal, or territorial health departments and should take into consideration the context and characteristics of the facility. CDC's setting-specific guidance provides additional recommendations for these settings.

Isolation

Isolation is used to separate people with confirmed or suspected COVID-19 from those without COVID-19. People who are in isolation should stay home until it's safe for them to be around others. At home, anyone sick or infected should separate from others, or wear a well-fitting mask when they need to be around others. People in isolation should stay in a specific "sick room" or area and use a separate bathroom if available. Everyone who has presumed or confirmed COVID-19 should stay home and isolate from other people for at least 5 full days (day 0 is the first day of symptoms or the date of the day of the positive viral test for asymptomatic persons). They should wear a mask when around others at home and in public for an additional 5 days. People who are confirmed to have COVID-19 or are showing symptoms of COVID-19 need to isolate regardless of their vaccination status. This includes:

- People who have a positive viral test for COVID-19, regardless of whether or not they have symptoms.
- People with symptoms of COVID-19, including people who are awaiting test results or have not been tested. People with symptoms should isolate even if they do not know if they have been in close contact with someone with COVID-19.

What to do for isolation

- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.
- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Take steps to improve ventilation at home, if possible.
- Avoid contact with other members of the household and pets.
- Don't share personal household items, like cups, towels, and utensils.
- Wear a well-fitting mask when you need to be around other people.

Learn more about what to do if you are sick and how to notify your contacts.

Ending isolation for people who had COVID-19 and had symptoms

If you had COVID-19 and had symptoms, isolate for at least 5 days. To calculate your 5-day isolation period, day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed. You can leave isolation after 5 full days.

- You can end isolation after 5 full days if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved (Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).
- You should continue to wear a well-fitting mask around others at home and in public for 5 additional days (day 6 through day 10) after the end of your 5-day isolation period. If you are unable to wear a mask when around others, you should continue to isolate for a full 10 days. Avoid people who have weakened immune systems or are more likely to get very sick from COVID-19, and nursing homes and other high-risk settings, until after at least 10 days.
- If you continue to have fever or your other symptoms have not improved after 5 days of isolation, you should wait to end your isolation until you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved. Continue to wear a well-fitting mask through day 10. Contact your healthcare provider if you have questions.
- See additional information about travel.
- Do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until a full 10 days after your first day of symptoms.

If an individual has access to a test and wants to test, the best approach is to use an antigen test[1] towards the end of the 5-day isolation period. Collect the test sample only if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved (loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation). If your test result is positive, you should continue to isolate until day 10. If your test result is negative, you can end isolation, but continue to wear a well-fitting mask around others at home and in public until day 10. Follow additional recommendations for masking and avoiding travel as described above.

[1]As noted in the labeling for authorized over-the counter antigen tests: ☑ Negative results should be treated as presumptive. Negative results do not rule out SARS-CoV-2 infection and should not be used as the sole basis for treatment or patient management decisions, including infection control decisions. To improve results, antigen tests should be used twice over a three-day period with at least 24 hours and no more than 48 hours between tests.

Note that these recommendations on ending isolation do not apply to people who are moderately ill or very sick from COVID-19 or have weakened immune systems. See section below for recommendations for when to end isolation for these groups.

Ending isolation for people who tested positive for COVID-19 but had no symptoms

If you test positive for COVID-19 and never develop symptoms, isolate for at least 5 days. Day 0 is the day of your positive viral test (based on the date you were tested) and day 1 is the first full day after the specimen was collected for your positive test. You can leave isolation after 5 full days.

- If you continue to have no symptoms, you can end isolation after at least 5 days.

- You should continue to wear a well-fitting mask around others at home and in public until day 10 (day 6 through day 10). If you are unable to wear a mask when around others, you should continue to isolate for 10 days. Avoid people who have weakened immune systems or are more likely to get very sick from COVID-19, and nursing homes and other high-risk settings, until after at least 10 days.

- If you develop symptoms after testing positive, your 5-day isolation period should start over. Day 0 is your first day of symptoms. Follow the recommendations above for ending isolation for people who had COVID-19 and had symptoms.

- See additional information about travel.

- Do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until 10 days after the day of your positive test.

If an individual has access to a test and wants to test, the best approach is to use an antigen test[1] towards the end of the 5-day isolation period. If your test result is positive, you should continue to isolate until day 10. If your test result is positive, you can also choose to test daily and if your test result is negative, you can end isolation, but continue to wear a well-fitting mask around others at home and in public until day 10. Follow additional recommendations for masking and avoiding travel as described above.

[1]As noted in the labeling for authorized over-the counter antigen tests 🗗 : Negative results should be treated as presumptive. Negative results do not rule out SARS-CoV-2 infection and should not be used as the sole basis for treatment or patient management decisions, including infection control decisions. To improve results, antigen tests should be used twice over a three-day period with at least 24 hours and no more than 48 hours between tests.

Ending isolation for people who were moderately or very sick from COVID-19 or have a weakened immune system

People who are moderately ill from COVID-19 (experiencing symptoms that affect the lungs like shortness of breath or difficulty breathing) should isolate for 10 days and follow all other isolation precautions. To calculate your 10-day isolation period, day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed. If you are unsure if your symptoms are moderate, talk to a healthcare provider for further guidance.

People who are very sick from COVID-19 (this means people who were hospitalized or required intensive care or ventilation support) and people who have weakened immune systems might need to isolate at home longer. They may also require testing with a viral test to determine when they can be around others. CDC recommends an isolation period of at least 10 and up to 20 days for people who were very sick from COVID-19 and for people with weakened immune systems. Consult with your healthcare provider about when you can resume being around other people. If you are unsure if your symptoms are severe or if you have a weakened immune system, talk to a healthcare provider for further guidance.

People who have a weakened immune system should talk to their healthcare provider about the potential for reduced immune responses to COVID-19 vaccines and the need to continue to follow current prevention measures (including wearing a well-fitting mask and avoiding crowds and poorly ventilated indoor spaces) to protect themselves against COVID-19 until advised otherwise by their healthcare provider. Close contacts of immunocompromised people—including household members—should also be encouraged to receive all recommended COVID-19 vaccine doses to help protect these people.

Isolation in high-risk congregate settings

In certain high-risk congregate settings that have high risk of secondary transmission and where it is not feasible to cohort people (such as correctional and detention facilities, homeless shelters, and cruise ships), CDC recommends a 10-day isolation period for residents. During periods of critical staffing shortages, facilities may consider shortening the isolation period for staff to ensure continuity of operations. Decisions to shorten isolation in these settings should be made in consultation with state, local, tribal, or territorial health departments and should take into consideration the context and characteristics of the facility. CDC's setting-specific guidance provides additional recommendations for these settings.

This CDC guidance is meant to supplement—not replace—any federal, state, local, territorial, or tribal health and safety laws, rules, and regulations.

Recommendations for Specific Settings

These recommendations do not apply to healthcare professionals. For guidance specific to these settings, see

These recommendations do not apply to healthcare professionals. For guidance specific to these settings, see

- Healthcare professionals: Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2
- Patients, residents, and visitors to healthcare settings: Interim Infection Prevention and Control Recommendations for Healthcare Personnel During the Coronavirus Disease 2019 (COVID-19) Pandemic

Additional setting-specific guidance and recommendations are available.

- These recommendations on quarantine and isolation do apply to K-12 School settings. Additional guidance is available here: Overview of COVID-19 Quarantine for K-12 Schools
- Travelers: Travel information and recommendations
- Congregate facilities and other settings: guidance pages for community, work, and school settings

Ongoing COVID-19 Exposure FAQs

I live with someone with COVID-19, but I cannot be separated from them. How do we manage quarantine in this situation?   ⌄

It is very important for people with COVID-19 to remain apart from other people, if possible, even if they are living together. If separation of the person with COVID-19 from others that they live with is not possible, the other people that they live with will have *ongoing* exposure, meaning they will be repeatedly exposed until that person is no longer able to spread the virus to other people. In this situation, there are precautions you can take to limit the spread of COVID-19:

- The person with COVID-19 and everyone they live with should wear a well-fitting mask inside the home.
- If possible, one person should care for the person with COVID-19 to limit the number of people who are in close contact with the infected person.
- Take steps to protect yourself and others to reduce transmission in the home:
  - **Quarantine** if you are not up to date with your COVID-19 vaccines.
  - **Isolate** if you are sick or tested positive for COVID-19, even if you don't have symptoms.
  - **Learn** more about the public health recommendations for testing, mask use and quarantine of close contacts, like yourself, who have ongoing exposure. These recommendations differ depending on your vaccination status.

What should I do if I have ongoing exposure to COVID-19 from someone I live with?   ⌄

Recommendations for this situation depend on your vaccination status:

If you are not up to date on COVID-19 vaccines and have ongoing exposure to COVID-19, you should:

- Begin quarantine immediately and continue to quarantine throughout the isolation period of the person with COVID-19.
- Continue to quarantine for an additional 5 days starting the day *after* the end of isolation for the person with COVID-19.
- Get tested at least 5 days after the end of isolation of the infected person that lives with them.
  - If you test negative, you can leave the home but should continue to wear a well-fitting mask when around others at home and in public until 10 days after the end of isolation for the person with COVID-19.
- Isolate immediately if you develop symptoms of COVID-19 or test positive.

If you are up to date with COVID-19 vaccines and have ongoing exposure to COVID-19, you should:

- Get tested at least 5 days after your *first* exposure. A person with COVID-19 is considered infectious starting 2 days before they develop symptoms, or 2 days before the date of their positive test if they do not have symptoms.
- Get tested again at least 5 days after the end of isolation for the person with COVID-19.
- Wear a well-fitting mask when you are around the person with COVID-19, and do this throughout their isolation period.
- Wear a well-fitting mask around others for 10 days after the infected person's isolation period ends.

Isolate immediately if you develop symptoms of COVID-19 or test positive.

What should I do if multiple people I live with test positive for COVID-19 at different times? ⌄

Recommendations for this situation depend on your vaccination status:

- If you are not up to date with your COVID-19 vaccines, you should:
  - Quarantine throughout the isolation period of *any* infected person that you live with.
  - Continue to quarantine until 5 days *after* the end of isolation date for the *most recently infected* person that lives with you. For example, if the last day of isolation of the person most recently infected with COVID-19 was June 30, the new 5-day quarantine period starts on July 1.
  - Get tested at least 5 days *after* the end of isolation for the *most recently infected* person that lives with you.
  - Wear a well-fitting mask when you are around *any* person with COVID-19 while that person is in isolation.
  - Wear a well-fitting mask when you are around other people until 10 days after your last close contact.
  - Isolate immediately if you develop symptoms of COVID-19 or test positive.
- If you are up to date with COVID-19 your vaccines , you should:
  - Get tested at least 5 days after your first exposure. A person with COVID-19 is considered infectious starting 2 days before they developed symptoms, or 2 days before the date of their positive test if they do not have symptoms.
  - Get tested again at least 5 days *after* the end of isolation for the *most recently infected* person that lives with you.
  - Wear a well-fitting mask when you are around *any* person with COVID-19 while that person is in isolation.
  - Wear a well-fitting mask around others for 10 days after the end of isolation for the *most recently infected* person that lives with you. For example, if the last day of isolation for the person most recently infected with COVID-19 was June 30, the new 10-day period to wear a well-fitting mask indoors in public starts on July 1.
  - Isolate immediately if you develop symptoms of COVID-19 or test positive.

I had COVID-19 and completed isolation. Do I have to quarantine or get tested if someone I live with ⌄ gets COVID-19 shortly after I completed isolation?

No. If you recently completed isolation and someone that lives with you tests positive for the virus that causes COVID-19 shortly after the end of your isolation period, you do not have to quarantine or get tested as long as you do not develop new symptoms. Once all of the people that live together have completed isolation or quarantine, refer to the guidance below for new exposures to COVID-19.

- If you had COVID-19 in the previous 90 days and then came into close contact with someone with COVID-19, you do not have to quarantine or get tested if you do not have symptoms. But you should:
  - Wear a well-fitting mask indoors in public for 10 days after your last close contact.
  - Monitor for COVID-19 symptoms for 10 days from the date of your last close contact.
  - Isolate immediately and get tested if symptoms develop.

- Isolate immediately and get tested if symptoms develop.
- If more than 90 days have passed since your recovery from infection, follow CDC's recommendations for close contacts. These recommendations will differ depending on your vaccination status.

More Information

How to Determine a Close Contact for COVID-19

How To Talk To Your Close Contacts

Covid-19 Quarantine vs. Isolation

Last Updated Mar. 30, 2022