

COVID-19 QUARANTINE PROTOCOLS

- 1. Symptoms and Tested Positive ... Must Quarantine. Can return after:**
 - At least 10 days since first symptoms, **AND**
 - At least 24 hours without fever, **AND**
 - Symptoms have improved, **AND**
 - Feel well enough to fully participate
- 2. No Symptoms but Tested Positive ... Must Quarantine. Can return after:**
 - 10 days since Positive Test, **OR**
 - After receiving 2 negative tests in a row, at least 24 hours between tests
- 3. Symptoms but Tested Negative ... Must Quarantine. Can return after:**
 - Fever-free without fever-reducing meds for 48 hours, **AND**
 - Written note from doctor confirming **NOT** COVID-19, **AND**
 - Feel well enough to fully participate
- 4. In Direct Contact with someone who has Tested Positive ... Must Quarantine. Can return after:**
 - 14 days from date of contact with individual with no symptoms of illness
 - Direct Contact defined as within 6' for at least 15 minutes within two days prior to person developing symptoms