Covid Isolation and Exposure Guidelines





Testing positive for Covid

BLSD

Test positive for covid, regardless of vaccination status or symptoms

Covid symptoms-Isolate at home for at least 5 days

No symptoms but test positive-Isolate at home for 5 days After day 5- no symptoms or symptoms improving and fever free for 24 hours

Can return to regular activity, but need to wear a mask for an additional 5 days (will need to sit in designated area while eating)

After day 5-Symptoms not improving and/or fever continues

Continue to isolate and seek medical advice

*Please Note: The tests referenced above are SARS-CoV-2 viral (PCR or antigen) tests. They should be proctored/observed by someone and cannot be an over the counter, at home test that was self-administered without a proctor.



Exposed to Covid positive contact

Exposure to Covid positive contact

Exposure defined as 2 or more of the following--contact longer than 15 minutes -within touching distance -poorly ventilated indoor setting -neither you or contact wearing a mask -elevated coughing, heavy breathing, singing, shouting

Regardless of vaccine statuswear a mask for 10 days and test on day 6, sooner if develop symptoms

Athletesadditionally test upon initial notification of exposure

Test positive on day 6 after exposure

Isolate at home and start isolation guidelines

Test negative on day 6 after exposure

May continue with regular activities- but continue to wear a mask for total of 10 days

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