

## For anyone entering Neuro or MCT buildings – Updated 1/12/2022

### ***If you were exposed to someone with COVID-19 and do not have symptoms:***

#### (Instructions for **Quarantine**)

##### **If you...**

- Have had your booster shot,  
OR;
- Completed the primary series of Pfizer or Moderna vaccine within the last 6 months,  
OR;
- Received the J&J vaccine within the last two months  
OR;
- Confirmed case of COVID-19 in the last 90 days.

##### **What to do:**

1. Wear a well-fitting mask around others for 10 days after exposure. People who are unable to tolerate masking should quarantine for 10 days.
2. Get tested on day 5, if possible.
3. You can continue to come to work or attend therapy sessions as long as you remain asymptomatic.

*If you develop symptoms at any time, stay home and get tested if you are able. See the **RED** section below.*

##### **If you...**

- Completed the primary series of Pfizer or Moderna vaccine more than 6 months ago and have not had your booster shot,  
OR;
- Received the J&J vaccine over 2 months ago and have not had your booster shot,  
OR;
- Are unvaccinated

##### **What to do:**

1. Stay home for 10 days after exposure, or 7 days with a negative test on day 5.
2. Continue to wear a well-fitting mask for 10 more days from the date of exposure. People who are unable to tolerate masking should remain in quarantine for the full 10 days.

*If you develop symptoms at any time, stay home and get tested if you are able. See the **RED** section below.*

### ***If you test positive or are experiencing symptoms of COVID-19***

#### (Instructions for **Isolation**)

##### **Who**

**EVERYONE** -- regardless of vaccination status.

##### **What should I do?**

- Stay home and away from others for 10 days.
- You can end your isolation period early after 7 days with a negative test on day 5 if you have no symptoms (or only mild symptoms that are improving). If you leave your home to go to work or attend a therapy session before the full 10 day period, wear a well-fitting mask while around others until 10 days after onset of symptoms.
- People who are unable to tolerate masking should remain in isolation for the full 10 days.
- If you have a fever, continue to stay home until 24 hours after your fever goes away without fever-reducing medicine.