

(Instructions for **Quarantine**)

<p>If you were exposed to someone who was diagnosed with COVID-19, Influenza, or RSV and do not have symptoms, regardless of your vaccination status:</p>	<ol style="list-style-type: none"> 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.
<p><i>*If you were exposed repeatedly to COVID, Influenza, or RSV and have no way to isolate yourself from the person who is sick, such as taking care of a sick child at home who has been diagnosed with one of these illnesses, you are more likely to contract that illness yourself. Depending on the extent of the exposure, we may recommend close monitoring for 2-3 days following the exposure to determine if you develop any symptoms before deciding to come into the office*</i></p> <p><i>If you develop symptoms at any time, stay home and get tested if you are able. See the RED section below.</i></p>	

(Instructions for **Isolation**)

<p>If you are experiencing symptoms of COVID but test negative:</p>	<p>It's unlikely that you have COVID if you get either:</p> <ol style="list-style-type: none"> 1. One NAAT or PCR test (non-rapid) and test negative <u>OR</u> 2. Two rapid tests 48 hours apart and both are negative <p>In this case, you can return to the clinic when you've been fever free for 24 hours and other symptoms are improving. All other illnesses (including influenza and RSV) follow this guidance as well.</p> <p><i>*If there is a high suspicion of COVID, such as the development of a fever, cough, or shortness of breath following a known exposure, then additional isolation time may be warranted*</i></p>
<p>If you test positive or are experiencing symptoms of COVID-19, regardless of vaccination status.</p>	<ol style="list-style-type: none"> 1. Stay home and away from others for 10 days. 2. You can end your isolation period early after 7 days with a negative test on day 5, have been fever free for 24 hours, and all other symptoms 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. 3. People who are unable to tolerate masking should remain in isolation for the full 10 days. 4. If you have a fever, continue to stay home until 24 hours after your fever goes away without fever-reducing medicine.