

UPDATED COVID PROTOCOLS FOR IEGA STUDENTS

JANUARY 11, 2022

RETURN TO GYM

POTENTIAL EXPOSURE

If you have had a potential exposure from a COVID positive person, whether at IEGA or elsewhere in your life, you count back two days from the when that person had any symptoms, or tested positive, to determine when you begin your masking or quarantining. Your next steps will be dependent on your vaccination status (see below). *An infected person can spread COVID-19 starting 2 days before the person has any symptoms or tests positive. People who have COVID-19 don't always have obvious symptoms. (CDC)*

You are still considered a close contact, and have the potential for exposure, particularly with the Omicron variant, even if you were wearing a mask while the COVID positive person was less than six feet from you for a cumulative total of 15 minutes, particularly when you are inside. (CDC)

If You Were Exposed to Someone with COVID-19 (Quarantine)

If you are:

- 12 years and older, and have been boosted OR
 - 5 to 11 years old and have completed the primary series of the Pfizer vaccine
1. You must wear a mask around others for 10 days
 2. Test on day 5
 - a. If you are negative, nothing changes. You can continue to come to gym.
 - b. If you are positive, you must isolate at home for 5 days and then take a Rapid Antigen Test on day 5.
 - i. If you are negative you can return to gym, but must continue to wear a mask around others for 5 additional days.

If you develop symptoms (fever, cough, runny nose, sore throat, loss of smell/taste), you should get tested.

If you are:

- 12 years and older, and have been NOT been boosted OR
 - 5 to 11 years old and you have NOT completed the primary series of the Pfizer vaccine OR
 - Unvaccinated
1. You must stay home for 5 days and quarantine
 2. Test on day 5
 - a. If you are negative you can return to gym on or after Day 6, but must continue to wear a mask around others for 5 additional days.
 - b. If you are positive, you must isolate at home for 5 additional days and then take a Rapid Antigen Test on day 10. You should be able to return to gym after that.

If you develop symptoms (fever, cough, runny nose, sore throat, loss of smell/taste), you should get tested.

If You Test Positive for COVID-19 (Isolate)

Everyone, regardless of vaccination status must:

1. Stay home for 5 days and isolate
2. If you have no symptoms or your symptoms are resolving after 5 days you can test on day 5.
 - a. If your results are negative, you can return to gym on or after Day 6 and must continue to wear a mask around others for 5 additional days.
 - b. If you are positive, you must isolate at home for 5 additional days and then take a Rapid Antigen Test on day 10. You should be able to return to gym after that.

If you have a fever, you must continue to stay home until your fever resolves and then test.