

SOUTHINGTON-CHESHIRE COMMUNITY YMCAs ILLNESS/COVID-19 DECISION TREE

If a Participant/Staff Member Exhibits COVID-19 Symptoms:

Key Covid-19 signs and symptoms are: Feeling feverish, measured temp of 100.0 F or more, chills, uncontrolled new cough, shortness of breath, difficulty breathing, loss of taste or smell. There are other more nonspecific signs and symptoms. For a full list, see CDC web page at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Individual has COVID-symptoms <u>BUT</u> has not had close contact to a person diagnosed with COVID-19	Individual tests negative	Return once there are no symptoms for 24 hours and/or a note from a healthcare provider.
	Individual tests positive	Remain at home (except to get medical care), monitor symptoms, notify the Y immediately, assist the Y in contact tracing efforts and answer phone calls from public health officials/contact tracing staff. Stay in self-isolation for at least 10 days from the onset of symptoms and until at least 24 hours have passed with no fever (without fever-reducing medications) and with improvement in other COVID-19 symptoms.
	Individual is not tested or waiting for test results	Stay in Self-Isolation for at least 10 days from the onset of symptoms <i>and</i> until at least 24 hours have passed with no fever (without fever reducing medications) and with improvement in other symptoms. <i>Can return to the Y earlier if obtains note from healthcare provider with an alternate diagnosis.</i>

Individual has COVID-symptoms <u>AND</u> had close contact to a person diagnosed with COVID-19	Individual tests negative	Stay in Self-Isolation for at least 10 days from the onset of symptoms <i>and</i> until at least 24 hours have passed with no fever (without fever reducing medications) and with improvement in other symptoms.
	Individual tests positive	Remain at home (except to get medical care), monitor symptoms, notify the Y immediately, assist the Y in contact tracing efforts and answer phone calls from public health officials /contact tracing staff. Stay in self-isolation for at least 10 days from the onset of symptoms and until at least 24 hours have passed with no fever (without fever-reducing medications) and with improvement in other COVID-19 symptoms.
	Individual is not tested or waiting for test results	Stay in Self-Isolation for at least 10 days from the onset of symptoms <i>and</i> until at least 24 hours have passed with no fever (without fever reducing medications) and with improvement in other symptoms.

** Individual does not have COVID-symptoms <u>BUT</u> had close contact to a person diagnosed with COVID-19	Individual tests negative – sample taken Day 5 or after	Remain at home in self-quarantine for 7 days from the last exposure to the person diagnosed with COVID-19, continue to monitor symptoms daily for 14 days.
	Individual tests positive	Remain at home (except to get medical care), monitor symptoms, notify the Y, and assist public health and the Y in contact tracing efforts. Stay at home until 10 days have passed since the date of the positive COVID-19 test.
	Individual is not tested	Remain at home in self-quarantine for 10 days from the last exposure to the person diagnosed with COVID-19, continue to monitor symptoms daily for 14 days.

Isolation: When you are experiencing symptoms or have a confirmed diagnosis of COVID-19.

Quarantine: When you have been exposed but you are not experiencing symptoms.

Close Contact: Spending at least 15 minutes cumulatively over a 24 hour period within 6 feet of a person with confirmed COVID-19, or a direct exposure to possibly infected droplets of saliva or nasal mucus (e.g. begin sneezed or coughed on)

COVID-19 test for work attendance: This is a viral test (rapid or PCR) NOT an antibody test.

**** Individual with a positive Covid-19 test result within 90 days and are recovered with no further symptoms, or have been fully vaccinated are not required to quarantine if in close contact with a person diagnosed with Covid-19.**