

## **COVID 19 POLICY UPDATE 09/16/23**

The Italian Cultural Center generally follows CDC guidelines in regards to testing and isolation for COVID-19.

The guidelines are public and available online:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html>  
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

The following is a summary for a quick reference.

### **If you have been in close contact with someone who tested positive for COVID:**

Day=0 is the day of your contact

- You should start taking precautions (wear mask indoor in public)
- Get tested on day 6 and 7 (a standard home antigen test kit has two test vials, please use both 24 hours apart ): if the tests are NEGATIVE and you have no symptoms you may end isolation.
- If you test POSITIVE, and have no symptoms, you should continue to isolate to day 10. If you do not develop symptoms by day 10 you may end isolation.
- If you test POSITIVE and develop symptoms, you should continue isolation. For return to work, please see below.

**If you are sick with symptoms suspicious for COVID** (fevers, runny nose, cough, fatigue) you should strongly consider testing yourself for COVID-19 (home antigen tests are acceptable).

Day=0 is the day your symptoms started.

- If you test is NEGATIVE , you may return to work when your symptoms are improving. Please use both test vials of a standard home antigen test kit, 24hours apart.
- If your test is POSITIVE you should start isolation and stay home for 5 days.
- If you had mild symptoms, you may return to work after 5 days if your symptoms are improving.
- If your symptoms are not improving or if you had more severe symptoms or if you were hospitalized, you should consult your health care provider as far as when safe to return to work.
- If you choose not to test yourself, please stay home until your symptoms fully resolve.

### **MASK WEARING:**

If you test POSITIVE, regardless of the severity of your illness, the CDC recommends wearing a mask until day 10 when indoors or with people that are more likely to sick from COVID.