



COVID-19 Protocols -

1. Prevention & Safety Measures

Vaccination: Stay up to date with COVID-19 vaccines and boosters as recommended by local health authorities (like the CDC or WHO).

Masking: Recommended in crowded or poorly ventilated indoor spaces. Required in healthcare settings or during outbreaks.

Hand Hygiene: Wash hands frequently with soap and water or use hand sanitizer (at least 60% alcohol).

Ventilation: Ensure good airflow in indoor environments (open windows, use air filters, etc.).

Distancing: Maintain physical distance where possible, especially in high-risk areas or during outbreaks.

2. Symptoms & Testing

Common Symptoms: Fever, cough, fatigue, loss of taste/smell, sore throat, headache, or difficulty breathing.

Testing: Use rapid antigen or PCR tests if symptomatic or exposed. Self-isolate while waiting for test results.

3. Exposure Guidelines

Close Contact: Monitor for symptoms for 10 days and test at least 5 days after exposure.

No symptoms: Mask for 10 days, especially around high-risk individuals.

Symptoms: Isolate and test as soon as possible.

4. Isolation Protocols

If You Test Positive: Stay home for at least 5 days from symptom onset or positive test (Day 0 is first day).

End isolation after 5 days only if: No fever for 24 hours without medication and Symptoms are improving.

Mask for a total of 10 days, even after isolation ends.

Avoid high-risk individuals and settings (e.g., nursing homes) during those 10 days.