

## IBTTA HEALTH & SAFETY GUIDELINES

This policy was updated on March 28, 2022.

<b>CALCULATING ISOLATION</b>	
<b>Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected.</b>	
<b>IF YOU...</b>  <b>Tested positive for COVID-19 or have symptoms, regardless of vaccination status</b>	<ul style="list-style-type: none"> <li>— Stay home for at least 5 days</li> <li>— If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house</li> <li>— Wear a mask around others for 5 additional days and avoid being around people at high risk</li> </ul> <p><i>If you have a fever, continue to stay home until your fever resolves</i></p>
<b>CALCULATING QUARANTINE</b>	
<b>The date of your exposure is considered day 0. Day 1 is the first full day after your last contact with a person who has had COVID-19.</b>	
<b>IF YOU...</b>  <b>Were exposed to COVID-19 and ARE up to date on COVID-19 vaccinations</b>	<ul style="list-style-type: none"> <li>— Wear a mask around others for 10 days</li> <li>— Avoid being around people who are at high risk</li> <li>— Test on day 5, if possible.</li> </ul> <p><i>If you develop symptoms, get a test &amp; stay home</i></p>
<b>IF YOU...</b>  <b>Were exposed to COVID-19 and are NOT up to date on COVID-19 vaccinations</b>	<ul style="list-style-type: none"> <li>— Stay home for at least 5 days</li> <li>— Wear a mask around others for 5 additional days and avoid being around people who are at high risk</li> <li>— Test on day 5, if possible.</li> </ul> <p><i>If you develop symptoms, get a test &amp; stay home</i></p>
<b>IF YOU</b>  <b>were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)</b>	<ul style="list-style-type: none"> <li>— Wear a mask around others for 10 days</li> <li>— Avoid being around people who are at high risk</li> </ul> <p><i>If you develop symptoms, get a test &amp; stay home.</i></p>