

COVID-19 Exposure Protocol

OUR POLICY

The health and safety of our patients and staff is of the utmost importance to us at *Ronai Physical Therapy and Sports Medicine* and we are following the updated guidance of the Centers for Disease Control (CDC) with regard to how to proceed when individuals are exposed to or diagnosed with COVID-19. The following guidelines are supported by the definitions below - taken from the CDC's most up to date guidance on 01/07/2022. We pay close attention to the evolving guidance and recommendations and will continue to update this policy as necessary.

If a patient reports **exposure** to an individual with COVID-19 we ask that they follow the recommended quarantine guidelines.

- 1) If you have completed your series of vaccinations for COVID-19 (all recommended initial vaccines and boosters) and are asymptomatic you can attend your appointment while wearing a close fitting mask (which is required at all times while within our facility)
- 2) If you have not completed your series of vaccinations for COVID-19 we ask that you refrain from attending until day 5 after exposure, and if possible obtain a negative test result.
- 3) If you develop symptoms we ask that you refrain from attending PT and follow the isolation guidelines set by the CDC and not attend until you are asymptomatic (no fever > 24 hours without fever suppressing medications, no cough or shortness of breath).

If a patient reports a **positive COVID-19** test result we ask that they isolate as defined by the CDC and refrain from attending PT until they are asymptomatic (no fever > 24 hours without fever suppressing medications, no cough or shortness of breath).

Exposure Definition:

The CDC defines an exposure as “Contact with someone infected with SARS-CoV-2, the virus that causes COVID-19, in a way that increases the likelihood of getting infected with the virus.”

Close Contact Definition:

The CDC defines a close contact as “Someone who was *less than six-feet away* from someone with a *laboratory confirmed or clinically confirmed diagnosis* of COVID-19 for a *cumulative total* of 15 minutes over a 24 hour period of time (i.e. 3 x 5 minute increments in a 24 hour period of time would count as a close contact).

01/07/2022

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

Quarantine Definition

- Stay home and away from other people for at least 5 days (day 0-5) from the last time you had contact with someone with confirmed COVID-19 diagnosis
- The date of your exposure is considered day 0
- Wear a close fitting mask if you are within 6 feet of any people
- For 10 days after your exposure monitor for a temperature of > 100.4 F, cough, shortness of breath, or other symptoms of COVID-19
- If you develop symptoms get tested immediately
- If you do NOT develop symptoms get tested at day 5 post exposure
 - If you test negative you can be around others, but wear a close fitting mask until day 10 after exposure to an infected person
 - If you test *positive* stay in isolation for 5 additional days, longer if symptoms persist

Isolation Definition

- Separate from people when you have a confirmed diagnosis of COVID-19
- You must isolate if you have a positive COVID-19 diagnosis
- You must isolate if you have suspected COVID-19 diagnosis until a negative test confirms lack of infection (i.e. awaiting test results)

Ending Isolation

- You may end isolation after 5 days IF you demonstrate no fever (> 100.4 F) for 24 hours WITHOUT the use of fever suppressing medication (Tylenol, Advil, etc) and your other symptoms have subsided (please note loss of taste and smell may persist for some time and these are not reasons to continue isolation)
- You should continue to wear a tight fitting mask while around others and in your home for day 6-10

Who does NOT need to quarantine

- You are over 18 years old and have received ALL of your recommended COVID-19 vaccinations (initial series and any recommended booster (>6 months from Moderna or Pfizer 2 shot series, >2 months from Johnson & Johnson shot recommend booster)
- You are between the ages of 5-17 and have completed your initial series of COVID-19 vaccinations
- You have had a confirmed diagnosis of COVID-19 within the last 90 days (you tested positive using a viral test)