

January 26, 2022

COVID-19 Policies

How We're Staying Safe

The safety of our patients and staff is our first priority. To mitigate risk of COVID-19, we have enacted the following procedures:

- All patients, staff, and visitors are screened upon entering the clinic.
- All patients, staff, and visitors are required to wear masks while inside and practice social distancing.
- Hand sanitization stations are set up throughout the clinic. Staff and patients must wash their hands before and after treatment and use hand sanitizer regularly.
- Exercise equipment, tools, and surfaces are disinfected after every use.
- Telehealth appointments are available for patients that cannot attend in-person appointments.
- Patients may elect to be treated in a private room.

If you are exposed to COVID-19...

If you have had close contact with someone with COVID-19 and are asymptomatic, please refer to the following guidelines according to your vaccination status:

- **Unvaccinated or Received Final Dose More Than Six Months Ago***: Get tested for COVID-19 and quarantine for 5 days. Monitor for symptoms for 10 days.
- **Fully Vaccinated****: Carefully monitor for symptoms for 10 days. Quarantine not required unless instructed by a public health official or healthcare provider.

**The CDC recommends individuals who have not received their final initial dose or booster dose of the COVID-19 vaccine quarantine for 5 days following exposure.*

***A person is fully vaccinated two weeks after their second dose of the Pfizer or Moderna vaccine, or after their single dose of the Johnson & Johnson vaccine.*

If you have symptoms of COVID-19...

- Get tested for COVID-19 and isolate until you receive your results.
- If you test negative, your symptoms are improving, and you are fever free for at least 24 hours without the use of fever reducing medication, you may discontinue isolation.
- It is recommended that you wear a mask in public for at least 10 days after your symptom onset.

If you test positive for COVID-19...

- Isolate for at least 5 days since symptom onset or positive test.
- You may discontinue isolation after 5 days if symptoms are improving and you are fever free for at least 24 hours without the use of fever reducing medication.
 - If symptoms are not improved or you still have a fever after five days, isolate for an additional 5 days.
- It is recommended that you wear a mask in public for at least 10 days after your positive test.

The above is not intended to supersede instructions given by a public health authority or healthcare provider. Some individuals may be required to adhere to alternative isolation or quarantine protocols. Please call your doctor if you have or believe you may have COVID-19. Please speak to a member of staff or contact our practice manager, Kati Hackenberger, if you have any questions or concerns.

COVID-19 GUIDELINES

ISOLATE

**IF YOU TEST
POSITIVE FOR
COVID-19**

Isolate for at least 5 days since symptom onset or positive test. You may discontinue isolation after 5 days if symptoms are improving and you are fever free for at least 24 hours without the use of fever reducing medication. If symptoms are not improved or you still have a fever after five days, isolate for an additional 5 days. It is recommended that you wear a mask in public for at least 10 days after your positive test.

GET TESTED and ISOLATE

**IF YOU HAVE
ANY
SYMPTOMS**

Get tested for COVID-19 and isolate until you receive your results. If positive, see above. If you test negative, your symptoms are improving, and you are fever free for at least 24 hours without the use of fever reducing medication, you may discontinue isolation. It is recommended that you wear a mask in public for at least 10 days after your symptom onset.

UNVACCINATED OR FINAL DOSE > 6 MONTHS AGO*:

GET TESTED and QUARANTINE

Get tested for COVID-19 and quarantine for 5 days. Monitor for symptoms for 10 days.

FULLY VACCINATED**:

GET TESTED and MONITOR

Carefully monitor for symptoms for 10 days. Quarantine not required unless instructed by a public health official or healthcare provider.

**IF YOU ARE
EXPOSED TO
COVID-19**

The above is not intended to supersede instructions given by a public health authority or healthcare provider. Some individuals may be required to adhere to alternative isolation or quarantine protocols. Please call your doctor if you have or believe you may have COVID-19.

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