

April 20, 2022

COVID-19 POLICIES

UPDATE: As of 04/20/22, the COVID-19 community level in Anchorage is **low** and Alaska Hand Rehabilitation does not require universal masking at this time.

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 required to wear a mask if they have recovered from an illness or been exposed to COVID-19 in the past 10 days.
- Patients may request to be treated in a private room and ask that their therapist wear a mask during treatment.
- 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 and wear a mask in public for 10 days.
- **Fully Vaccinated****: Carefully monitor for symptoms and wear a mask 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.
- Please wear a mask in public for 10 days after 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.
- Please wear a mask in public for 10 days after symptom onset.

We reserve the right to require universal masking in the future depending on COVID-19 community levels and public health guidelines.

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.