

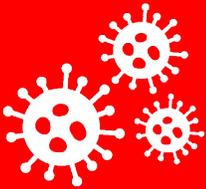
### INTRODUCTION

The Akron Area YMCA is diligently tracking essential trends and information provided by the CDC, the Ohio Department of Health, and our local county health departments.

### POSITIVE COVID-19 TEST RESULTS

Regardless of Symptoms or Vaccination Status:

- Isolation from work for 5 days from the onset of symptoms or 5 days from the date the positive test sample was taken if no symptoms are present; AND
- Notify all at work close contacts during infectious period; AND
- Report to health agencies: Summit County Health, Medina County Health, ODJFS (Childcare Only)
- After 5 Days, do you have a Fever?
  - YES: Continue isolation until your fever is gone and other symptoms have improved;
  - NO: Return to work; Wear a face covering for the next 5 days.



### EXPOSED and UNVACCINATED

If you are unvaccinated or your COVID-19 vaccines are NOT up-to-date, you must follow these precautions:

- Quarantine from work for 5 days after your last exposure; AND
- Test on day five after your last exposure (recommended); THEN
- After 5 Days, do you have symptoms or have you tested positive?
  - YES: Begin Isolation as described in Positive COVID-19;
  - NO: Return to work; Wear a face covering for the next 5 days.



### EXPOSED and VACCINATED

If you were exposed to someone who has COVID-19 and your vaccines are up-to-date (or if you have had a recent positive case), you do not need to Isolate or Quarantine from work and must follow these precautions:

- Wear a face covering for 10 days after your last exposure; AND
- Test on day five after your last exposure (recommended); AND
- If you develop symptoms or test positive, Isolate from work.



### KEY TERMS

- **Isolation** separates people sick with a contagious disease from people who are not sick.
- **Quarantine** separates and restricts people exposed to a contagious disease to see if they become sick.
- **Confirmed** case is when a test sample indicates a positive infection, even if the individual has no symptoms.
- **Probable** case is when an individual is experiencing one or more COVID-19 symptom(s) **AND** has had Close Contact with a COVID-19 positive person during their infectious period.
- **Close Contact/Exposed** is being within 6ft of an infected person for a total of 15+ minutes over a 24 hr period. ([more info](#))
- **Vaccinated** (up-to-date) means:
  - Received a booster dose of any COVID-19 vaccine in the past 6 months; OR
  - Completed the primary series (2 shots) of a Pfizer or Moderna vaccine less than 6 months ago; OR
  - Completed the primary series (1 shot) of the Johnson & Johnson vaccine less than 2 months ago.
- **Recent Positive** individuals that tested positive for COVID-19 in the past 90 days and have ended isolation.
- **Infectious Period** is 48 hours prior to onset of symptoms through 5 days after onset of symptoms. If no symptoms, then use the date the positive test sample was taken as the onset date.



# AKRON AREA YMCA

## COVID-19 ISOLATION & QUARANTINE

Revised 01/03/2021 | Handbook 4.8b

### COVID-19 SYMPTOMS ([more info](#))

People with COVID-19 have symptoms ranging from mild symptoms to severe illness. Symptoms typically appear 2-5 days after exposure to the virus. The following list of symptoms aid in identifying people who may have COVID-19:

<u>One of These</u>		<u>Two of These</u>
New uncontrolled cough	Chills	Nausea or vomiting
Shortness of breath; Difficulty breathing	Fatigue	Diarrhea
New loss of taste or smell	Muscle or body aches	Congestion or runny nose
Fever 100 F or higher	New onset severe headache	Sore throat

### VACCINATION INFORMATION

We encourage staff that wish to receive the COVID-19 vaccination do so; especially those working in child care programs. Vaccination will help protect you and those around you from getting COVID-19. Common side effects may be similar to COVID-19 but do not require Isolation or Quarantine if occurring within 3 days of a vaccine dose ([more info](#)). The YMCA encourages staff to work their normal schedules; however, we understand this may not be appropriate in all cases. Each staff person should coordinate their work schedule with their supervisor.

- **Common Side Effects** ([more info](#)): Pain or Swelling at injection Site, Fever, Chills, Tiredness, Headache
- **CDC Guidance:** [What to Expect after Getting a COVID-19 Vaccine](#)

### SOURCES

[CDC's Isolation & Quarantine Guidelines](#)

[Ohio Department of Health](#)

### QUESTIONS?

If you have a question for Human Resources about the YMCA's COVID-19 Policies & Practices, contact us at [hr@akronymca.org](mailto:hr@akronymca.org) or 330-376-1335 x1020.