

Irene's Action Plan for Positive Covid-19 Test or In Close Contact with Someone Who Has Covid-19

Irene's Follows the CDC December 10, 2020 Guidance

People who have been in close contact with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months.

People who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Stay home and monitor your health

- Stay home for 14 days after your last contact with a person who has COVID-19.
- Watch for fever (100.4°F), cough, shortness of breath, or [other symptoms](#) of COVID-19
- If possible, stay away from others, especially people who are at [higher risk](#) for getting very sick from COVID-19

Options to reduce quarantine

Reducing the length of quarantine may make it easier for people to quarantine by reducing the time they cannot work. A shorter quarantine period also can lessen stress on the public health system, especially when new infections are rapidly rising.

Your local public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine. Options they will consider include stopping quarantine

- After day 10 without testing
- After day 7 after receiving a negative test result (test must occur on day 5 or later)

After stopping quarantine, you should

- Watch for symptoms until 14 days after exposure.
- If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.
- Wear a mask, stay at least 6 feet from others, wash your hands, avoid crowds, and take other steps to [prevent the spread of COVID-19](#).

CDC continues to endorse quarantine for 14 days and recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus. CDC will continue to evaluate new information and update recommendations as needed.

If the infected person is a massage therapy student:

- Irene's will comply with contact tracing efforts, working with the Department of Health
- The student must quarantine as directed by CDC and Oakland County Health Division guidance
- Anyone at Irene's who had close contact with the infected person within the infectious period is notified that they have been exposed and they must quarantine as directed by CDC and Oakland County Health Division guidance

If the infected person is a faculty or staff member:

- Irene's will comply with contact tracing efforts, working with the Department of Health
- The person must quarantine must quarantine as directed by CDC and Oakland County Health Division guidance
- Anyone at Irene's who had close contact with the infected person within the infectious period is notified that they have been exposed, must quarantine as directed by CDC and Oakland County Health Division guidance

If the infected person is a student or supervisor working in the student clinic:

- Irene's will comply with contact tracing efforts, working with the Department of Health
- All of the massage practitioner's clients in close contact during the infectious period are informed that they were exposed and must quarantine as directed by CDC and Oakland County Health Division guidance
- The room(s), equipment and locker that the student or supervisor used will be thoroughly disinfected and left unused for three days if possible
- The student or supervisor must quarantine as directed by CDC and Oakland County Health Division guidance
- Anyone at Irene's who had close contact with the infected person must quarantine as directed by CDC and Oakland County Health Division guidance

Individuals are only allowed back on campus when after completing quarantine according to CDC and Oakland County Health Division guidance.