

Due to an increase of COVID 19 cases in our area, we are recommending that everyone wear a mask, regardless of vaccination status, when entering the building. Anyone who is NOT vaccinated MUST wear a mask inside the building unless they are in the water. In addition, we follow the [CDC recommendations](#) for exposure or if you test positive, which I've cut and pasted below. Please use the following protocols if you have been exposed to or if you test positive for COVID-19...

If you test positive for COVID-19, please contact your healthcare professional. If it is within 48 hours of having been in the facility, please contact Pete at pholcroft@nlaquatics.com, Tim at tholcroft@nlaquatics.com, Kristen at kholcroft@nlaquatics.com, or your coach if you have tested positive. For reference, close contact means within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period.

Someone who has been [fully vaccinated](#) and shows no symptoms of COVID-19 does not need to [quarantine](#). However, fully vaccinated close contacts should:

- [Wear a mask](#) indoors in public for 14 days following exposure or until a negative test result.
- Get tested 5-7 days after [close contact](#) with someone with suspected or confirmed COVID-19.
- Get tested and [isolate](#) immediately if experiencing [COVID-19 symptoms](#).
- [Self-tests](#) are one of several options for [testing for the virus that causes COVID-19](#) and may be more convenient than laboratory-based tests and point-of-care tests. Ask your healthcare provider or your local health department if you need help interpreting your test results.

Someone who tested positive for COVID-19 with a [viral test](#) within the previous 90 days and has subsequently recovered and remains without COVID-19 symptoms does not need to [quarantine](#). However, close contacts with prior COVID-19 infection in the previous 90 days should:

- [Wear a mask](#) indoors in public for 14 days after exposure.
- Monitor for [COVID-19 symptoms](#) and [isolate](#) immediately if symptoms develop.
- Consult with a healthcare professional for testing recommendations if new symptoms develop.
-

I think or know I had COVID-19, and I had symptoms

You can be around others after:

- 10 days since symptoms first appeared and
- 24 hours with no fever without the use of fever-reducing medications and

- Other symptoms of COVID-19 are improving*

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*

Note that these recommendations do not apply to people with severe COVID-19 or with weakened immune systems (immunocompromised).

I tested positive for COVID-19 but had no symptoms

- If you continue to have no symptoms, you can be with others after 10 days have passed since you had a positive viral test for COVID-19 (based on the date you were tested).

If you develop symptoms after testing positive, your 10-day isolation period must start over. Day 1 is your first day of symptoms. Follow the guidance above for “I think or know I had COVID-19, and I had symptoms.”

We hope all of our swim families have a safe and healthy holiday season!!