



COVID-19 Guidelines – 2022 Summer Season Programs

With the continued concerns about COVID-19, Cordova Recreation & Park District (CRPD) would like to clarify our guidelines for the Summer of 2022. This notice replaces any previously issued notices and instructions provided by the District. Amendments to these guidelines will be made in writing and made available to participants and guardians, if the participant is under 18 as required.

The health and safety of our participants and staff is our top priority. CRPD follows the recommendations of Centers for Disease Control and Prevention (CDC), California Department of Public Health (CDPH) and Sacramento County Public Health. The full description and details of the CDPH guidelines on isolation and quarantine can be found here: [CDPH Isolation-Quarantine Guidance](#).

All participants who experience symptoms or test positive for COVID-19 should not attend CRPD programs. The District requests to be notified of all positive COVID-19 cases to assist us in determining further exposures. Participants/Guardians of Participants may reach out to the staff member providing the program or Andrea White, Human Resource Manager at (916) 842-3315 or Awhite@crpd.com. CRPD will keep all medical information confidential and will only disclose it on a need-to-know basis. The CDC defines COVID-19 symptoms as fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.

Guidelines for CRPD Participants

All persons with COVID-19 symptoms, regardless of vaccination status or previous infection, should:

- Self-isolate and test as soon as possible to determine infection status; notify CRPD if test positive
- Remain in isolation while waiting for testing results. If not tested, they should continue isolating for 10 days after the day of symptom onset
- Consider continuing self-isolation and retesting in 1-2 days if testing negative with an antigen test, particularly if tested during the first 1-2 days of symptoms.
- Continue to self-isolate if test result is positive, follow recommended actions below (Table 1)
- If test is negative, participants can return to CRPD programs once they are symptom free for 24 hours.

Table 1: Persons Who Should Isolate

Persons Who Test Positive for COVID-19	Recommended Actions
Everyone, regardless of vaccination status, previous infection or lack of symptoms.	<ul style="list-style-type: none"> • Stay home (PDF) for at least 5 days after start of symptoms (or after date of first positive test if no symptoms). • Isolation can end after day 5 if symptoms are not present or are resolving and a diagnostic specimen* collected on Day 5 or later tests negative. • If unable to test, choosing not to test, or testing positive on Day 5 (or later), isolation can end after Day 10 if fever-free for 24 hours without the use of fever-reducing medications. • If fever is present, isolation should be continued until 24 hours after fever resolves. • If symptoms, other than fever, are not resolving, continue to isolate until symptoms are resolving or until after Day 10. • Per CDPH masking guidance, infected persons should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see masking section below for additional information). <p>*Antigen test preferred.</p>

All persons exposed to someone with COVID-19 (“Close Contact”), regardless of vaccination status or previous infection, should:

- Test within 3-5 days after last exposure
- Wear a tight-fitting mask around others indoors for 10 days after exposure
- If symptoms develop, test and stay home and follow protocol in Table 1
- “Close Contact” is defined as: Someone sharing the same indoor airspace, e.g., home, clinic waiting room, airplane etc., for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes) during an infected person's infectious period, two days prior to symptoms or positive test results.

For more information on COVID-19, including symptoms and treatment, visit the CDC website at www.cdc.gov. If you have questions or wish to discuss any of the information set forth in this correspondence, please contact Andrea White at Awhite@crpd.com or (916) 842-3315.