

IF YOU Were exposed to COVID-19 and are NOT up to date on COVID-19 vaccinations

Quarantine for at least 5 days

Stay home

Stay home and quarantine for at least 5 full days. (Dancers will need to attend class virtually for 5 days.)

Wear a well-fitting mask if you must be around others in your home.

Do not travel.

Get tested

Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

After quarantine

Watch for symptoms

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

Avoid travel

It is best to avoid travel until a full 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms

Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitting mask around others.

Take precautions until day 10

Wear a well-fitting mask

Wear a well-fitting mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.

If you must travel during days 6-10, take precautions.

Avoid being around people who are more likely to get very sick from COVID-19.

IF YOU Were exposed to COVID-19 and are up to date on COVID-19 vaccinations

No quarantine

You do not need to stay home unless you develop symptoms.

Get tested

Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

Watch for symptoms

Watch for [symptoms](#) until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms

[Isolate](#) immediately and [get tested](#). Continue to stay home until you know the results. Wear a [well-fitting mask](#) around others.

Take precautions until day 10

Wear a well-fitting mask

Wear a [well-fitting mask](#) for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask. (Dancers will need to wear a mask to class for 10 days)

[Take precautions if traveling](#)

Avoid being around people who are [more likely to get very sick](#) from COVID-19.

IF YOU were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)

No quarantine

You do not need to stay home unless you develop symptoms.

Watch for symptoms

Watch for [symptoms](#) until 10 days after you last had [close contact](#) with someone with COVID-19.

If you develop symptoms

[Isolate](#) immediately and [get tested](#). Continue to stay home until you know the results. Wear a well-fitting mask around others.

Take precautions until day 10

Wear a well-fitting mask

Wear a [well-fitting mask](#) for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask. (Dancers will need to wear a mask to class for 10 days)

[Take precautions if traveling](#)

Avoid being around people who are [more likely to get very sick](#) from COVID-19.

A POSITIVE CASE OF COVID-19 IN YOUR HOUSEHOLD

If someone IN YOUR HOUSEHOLD tests positive, dancers can return to class in-person according to the guidelines below.

- If the person in your household who has Covid-19 is able to COMPLETELY ISOLATE from other family members and the dancer IS fully vaccinated:

If they have no symptoms they can attend class. Dancers should be tested on day 5. Dancers must wear a mask to class for 10 days following their last exposure to the infected person.

- If the person in your household who has Covid-19 is able to COMPLETELY ISOLATE from other family members and the dancer IS NOT fully vaccinated:

Dancers can return to class after 5 days after their last exposure to the infected family member if they have no symptoms. Dancers should be tested on day 5. Dancers must wear a mask to class for 10 days following their last exposure to the infected person.

- If the person in your household who has Covid-19 is NOT able to COMPLETELY ISOLATE from other family members and the dancer IS fully vaccinated:

Dancers will attend class virtually for 5 days. Dancers can return to class after this time if they have no symptoms. Dancers should be tested on day 5. Dancers must wear a mask to class for 10 days following their last exposure to the infected person.

- If the person in your household who has Covid-19 is NOT able to COMPLETELY ISOLATE from other family members and the dancer IS NOT fully vaccinated:

Dancers will attend class virtually until 5 days after the end of isolation date for the most recently infected member of the household. For example, if the last day of isolation of the person most recently infected with Covid-19 was December 20, the 5-day period starts on December 21. Dancers can return to class after this time if they have no symptoms. Dancers must wear a mask to class for 10 days following their last exposure to the infected person.