

LiftUp COVID Protocols Update 8-15-2022

LiftUp follows the guidance of the CDC, Colorado and Routt County Health Departments. The US Centers for Disease Control and Prevention updated its [COVID-19 guidance](#) on August 11, 2022, as follows:

If You Were Exposed to COVID-19

While still promoting the importance of vaccination, the CDC dropped its recommendation that those not fully vaccinated quarantine after an exposure.

- The CDC now recommends that **everyone, regardless of vaccination status, wear a mask for ten days after exposure.**
- **Those exposed should test after five days, and if positive, isolate immediately.**
- **If those exposed test negative after five days, they should continue to wear a mask for the remaining five days.**

If You Are Symptomatic* for COVID-19

- **If, at any point, an exposed person develops symptoms*, they should isolate and test.**
- **It is also still a best practice for those who are symptomatic*, regardless of known exposure, to stay home and isolate themselves for five days**

If You Test Positive for COVID-19

- Those who **test positive should stay home and isolate for five days.**
- If they have **no symptoms***, they can leave isolation on **Day 6 and continue to wear a mask through Day 10.**
- Those who had symptoms* may **end isolation after Day 5 if they have been fever free without medication for 24 hours and their symptoms* are improving;** they should also continue to wear a mask.
- While there is no testing requirement, those with access to antigen tests and who have **two sequential negative tests 48 hours apart may remove their mask sooner than ten days.**
- Those who had **moderate (shortness of breath or difficulty breathing) or severe (hospitalization) illness, or those with weakened immune systems, should continue to isolate through day 10,** and in consultation with their health care providers.
- For those whose **symptoms* recur or worsen after isolation is ended, isolation starts over as day zero** and consult their health care provider.
- All who have been exposed should **avoid being around those who are more likely to get very sick from COVID-19 until at least day 11.**

*** Potential symptoms of COVID-19:** • 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

CDC webpage: [https://www.cdc.gov/coronavirus/2019-ncov/What To Do If You Are Sick](https://www.cdc.gov/coronavirus/2019-ncov/What-To-Do-If-You-Are-Sick) for guidance.

If you have any questions about your potential COVID symptoms* or exposure, please call or email your LiftUp manager or supervisor, or Director of People at 970-875-3447.

DO NOT REPORT TO WORK OR TO VOLUNTEER AT LIFTUP!