



ThERAPEDS WORKS PEDIATRIC THERAPY  
CLINIC POLICY

Policy # 34B

1/17/2021

To: All employees

**Updated COVID Quarantine and Testing Procedures**

Therapeds Works continues to follow the CDC, County, and State guidelines and recommendations for the COVID pandemic. Per CDC guidelines updated 12/27/2021:

Given what we currently know about COVID-19 and the Omicron variant, CDC is shortening the recommended time for isolation from 10 days for people with COVID-19 to 5 days, if asymptomatic, followed by 5 days of wearing a mask when around others. The change is motivated by science demonstrating that the majority of SARS-CoV-2 transmission occurs early in the course of illness, generally in the 1-2 days prior to onset of symptoms and the 2-3 days after. Therefore, people who test positive should isolate for 5 days and, if asymptomatic at that time, they may leave isolation if they can continue to mask for 5 days to minimize the risk of infecting others.

Additionally, CDC is updating the recommended quarantine period for those exposed to COVID-19. For people who are unvaccinated or are more than six months out from their second mRNA dose (or more than 2 months after the J&J vaccine) and not yet boosted, CDC now recommends quarantine for 5 days followed by strict mask use for an additional 5 days. Alternatively, if a 5-day quarantine is not feasible, it is imperative that an exposed person wear a well-fitting mask at all times when around others for 10 days after exposure. Individuals who have received their booster shot do not need to quarantine following an exposure, but should wear a mask for 10 days after the exposure. For all those exposed, best practice would also include a test for SARS-CoV-2 at day 5 after exposure. If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19. Isolation relates to behavior after a confirmed infection. Isolation for 5 days followed by wearing a well-fitting mask will minimize the risk of spreading the virus to others. Quarantine refers to the time following exposure to the virus or close contact with someone known to have

COVID-19. Both updates come as the Omicron variant continues to spread throughout the U.S. and reflects the current science on when and for how long a person is maximally infectious.

- If You Test Positive for COVID-19 (Isolate)
  - Everyone, regardless of vaccination status.
    - Stay home for 5 days.
    - If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
    - Continue to wear a mask around others for 5 additional days.
    - *If you have a fever, continue to stay home until your fever resolves.*
- If You Were Exposed to Someone with COVID-19 (Quarantine)
  - **If you:** Have been boosted  
**OR**  
Completed the primary series of Pfizer or Moderna vaccine within the last 6 months  
**OR**  
Completed the primary series of J&J vaccine within the last 2 months
    - Wear a mask around others for 10 days.
    - Test on day 5, if possible.
    - *If you develop symptoms get a test and stay home.*
  - **If you:** Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted  
**OR**  
Completed the primary series of J&J over 2 months ago and are not boosted  
**OR**  
Are unvaccinated
    - Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
    - If you can't quarantine you must wear a mask for 10 days.
    - Test on day 5 if possible.
    - *If you develop symptoms get a test and stay home*
  - *Children < 2 years of age, or other individuals who are unable to wear a mask.*
    - People who [cannot wear a mask](#), including children < 2 years of age and people of any age with certain disabilities, should isolate (if infected) and quarantine (if exposed) for 10 days.
    - *People who have moderate or severe illness*
    - People who have [moderate external icon](#) COVID-19 illness should isolate for 10 days.
    - People with severe COVID-19 illness (e.g., [requiring hospitalization, intensive care, or ventilation support](#)) should [isolate](#) for at least 10 days and may need to isolate longer after symptom onset. They should consult with their healthcare provider to determine the appropriate duration of isolation.
    - *People who are immunocompromised*

- This guidance is not intended for people who are [immunocompromised](#) who might have a longer infectious period. For guidance on moderately or severely immunocompromised people with COVID-19 in non-healthcare settings, please see [Ending Isolation and Precautions for People with COVID-19: Interim Guidance \(cdc.gov\)](#).

Testing:

- If a staff member, patient, or family member is tested for COVID please refrain from attending work or therapy until the results are confirmed negative. Persons are instructed to quarantine while pending results for a covid test.
- Staff member must turn in a negative covid result to their supervisor.

\*This is an approved revision of Policy#34 named Updated Covid Quarantine and Testing Protocol from November 10, 2021. Policy #4A is considered null and void.

Written and approved by Kelli Easley, CEO