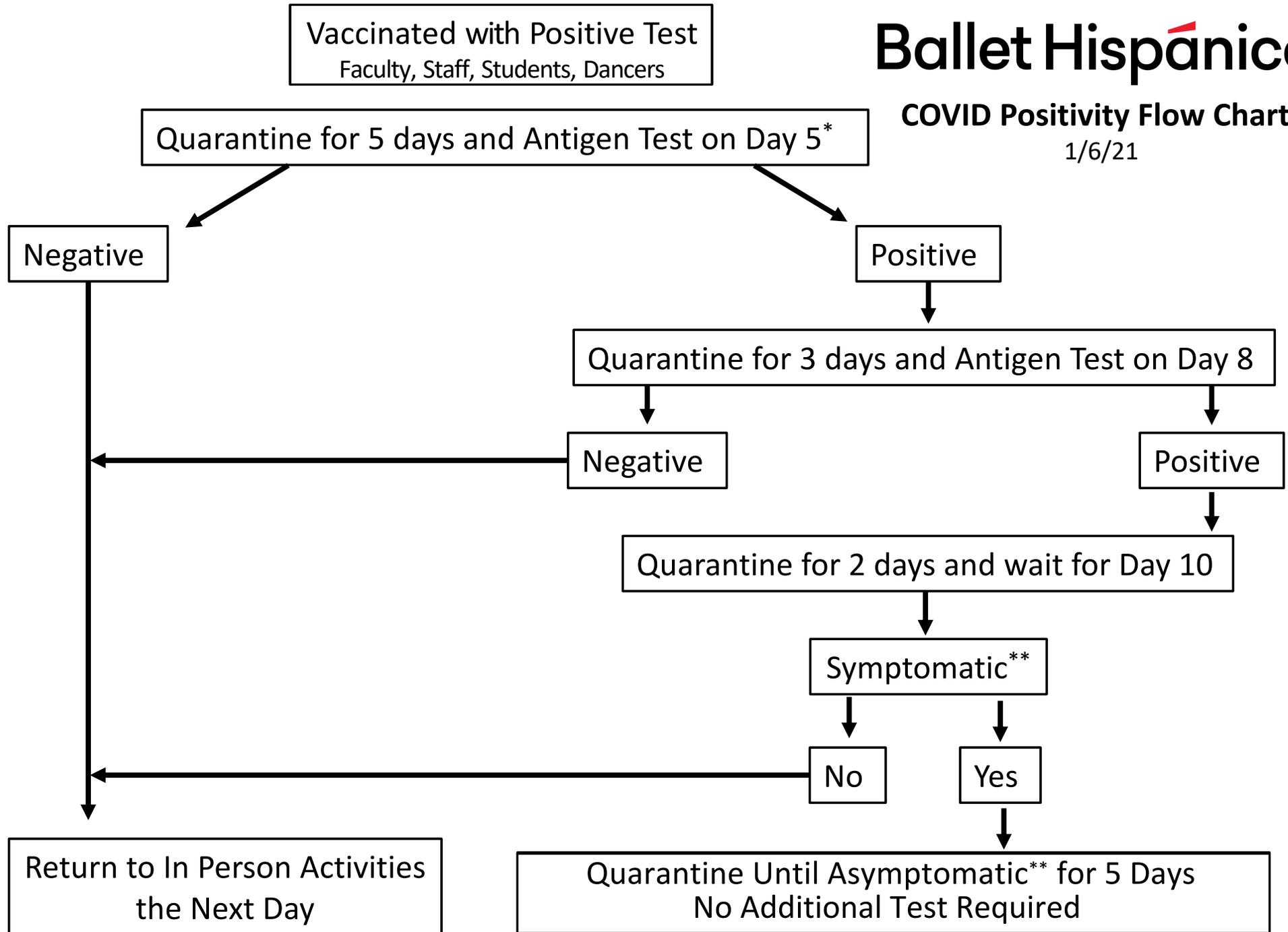


Ballet Hispánico

COVID Positivity Flow Chart

1/6/21



*Test Day is Day 0

**Symptoms = Fever, Chills, Cough, Headache, Runny Nose, Sore Throat

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COVID-19 FAQ Sheet

What are COVID-19 Symptoms?

- 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

This list does not include all possible symptoms. [CDC](#) will continue to update this list as we learn more about COVID-19. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

What is Quarantine/Isolation?

Isolation is used to separate people infected with COVID-19 from those who are not infected.

People who are in isolation should stay home until it's safe for them to be around others. At home, anyone sick or infected should separate from others, stay in a specific "sick room" or area, and use a separate bathroom (if available).

When does Day 1 of Quarantine begin?

- Day 0 is the day of your positive viral test (based on the date you were tested) and/or your first day of symptoms.
- Day 1 is the first full day *after* your positive test and/or the first full day *after* your symptoms developed. If you develop symptoms after testing positive, your 10-day isolation period must start over.
- Example:

SUN	MON	TUE	WED	THU	FRI	SAT
	01 Day 0 Positive Test	02 Day 1	03 Day 2	04 Day 3	05 Day 4	06 Day 5 Test
07 Day 6 (If day 5 test negative return to in person activity)	08 Day 7 Test	09 Day 8 (If day 7 test negative return to in person activity)	10 Day 9	11 Day 10	12 Return to In Person Activity if asymptomatic	13

(continued)

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What happens if I was around someone who later tested positive?

Anyone who has had [close contact](#) with someone with COVID-19 should quarantine for 14 days **after their last exposure** to that person, except if they meet the following conditions:

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.

What is considered Close Contact?

Someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) 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.

When to seek Emergency Medical Attention

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

(continued)

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Ballet Hispánico Building Policies

Vaccination Requirements:

SUGGESTION to add a bit more here***As of January 4, 2022, all people ages 12 and older are required to provide proof of full vaccination to enter the Ballet Hispánico building. Starting January 29, 2022, **children ages 5 to 11 must also show proof of full vaccination** (2 doses of MRNA and 1 of J&J).

Other Requirements:

- Only currently registered students, staff, and faculty will be allowed to enter the Ballet Hispánico building. No parents or guests of students will be permitted to enter for classes. All pick-up and drop-offs will take place at the front door.
- All students, staff, and faculty will be required to be masked when inside the Ballet Hispánico building. Please reference the [CDC guide to appropriate masks](#) should you have questions.
- Prior to entry all are required to fill out the system checker survey. Links can be found here:
 - [Students](#)
 - [Staff/Faculty/Guests](#)
 - [Company Dancers](#)

Other information:

Ballet Hispánico will continue enhanced cleaning policies in addition to the enhanced air filtration systems included, MERV 13 filtration, in room HEPA Filters, and increased fresh air intake.