Ballet Hispánico

<u>Covid-19 Positivity Chart</u>

Negative Result		Positive Result

Asymptomatic   Symptomatic

Quarantine for 5 days or until asymptomatic.

No additional testing required.

Resume In-Person Activities
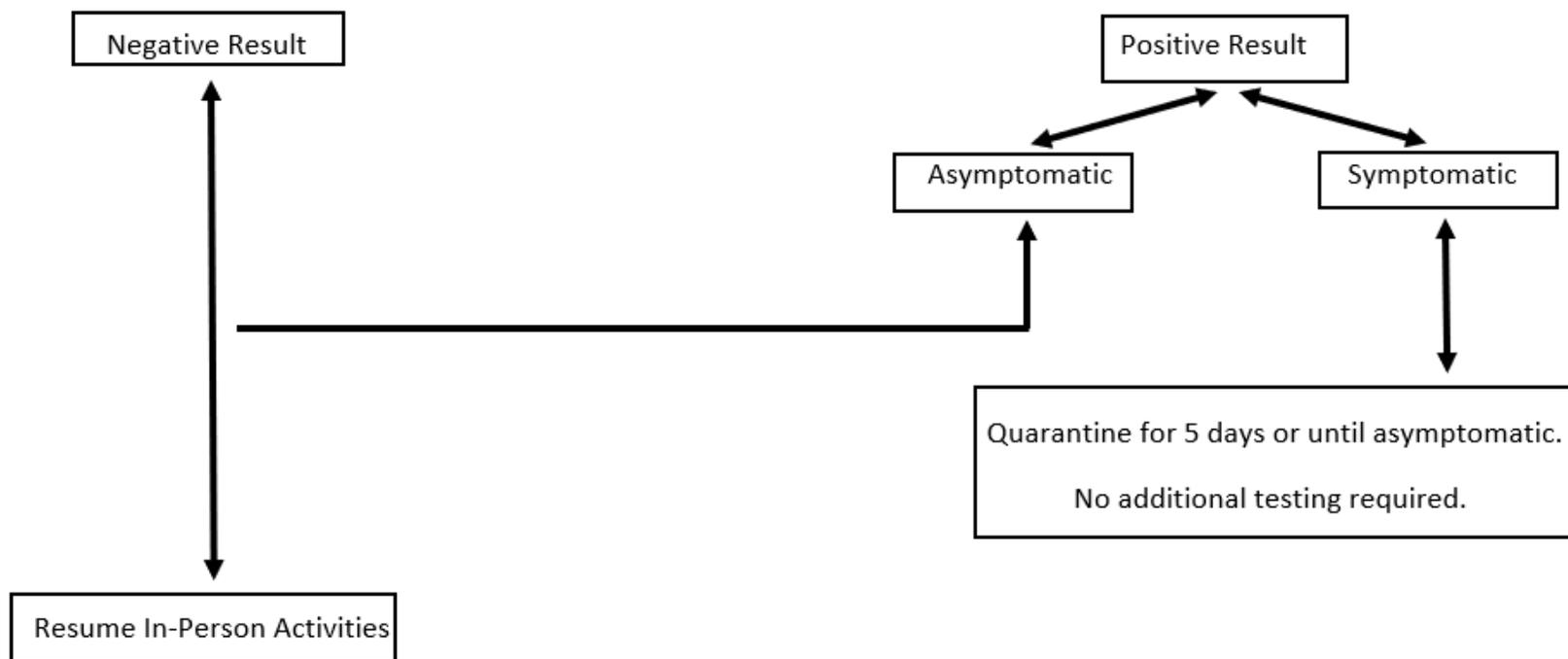
COVID-19 FAQ Sheet

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. The 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. *This list is not all inclusive.

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

Please call your medical provider for any other symptoms that are severe or concerning 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.

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.

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 5 day isolation period must start over.

Example:

01	02	03	04	05	06
Day 0	Day 1	Day 2	Day 3	Day 4	Day 5
Positive Test					

07
Day 6 (return to in person activity if symptoms are improving and you are fever-free for 24 hours (without the use of fever-reducing medication)

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

Anyone who has had close contact with someone with COVID-19 should get tested on the 5th day of exposure and wear a mask for 10 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 for 10 days following exposure or until a negative test result.
- Get tested on or after the 5th day of exposure 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 10 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.

Ballet Hispánico Building Policies

Vaccination Requirements:
Students, staff, faculty, and guests over the age of 5 are required to provide proof of full vaccination to enter the Ballet Hispánico building. *Los Pasitos and Los Exlporers students are not required to be vaccinated.*

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.

Environmental Protection:
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.

Testing Policy:
Ballet Hispánico community members who are experiencing symptoms are encouraged to get tested for COVID-19 via a PCR test or Antigen Rapid test and to follow the Covid-19 Positivity Chart for a timeline to test. Staff members who wish to self-administer an Antigen Rapid Test may retrieve one from the front desk.

Dance Company Testing:
Members of the dance company will be provided a COVID-19 Antigen Rapid Test kit *(contains 2 tests)* once a week and will be required to self-administer the test twice a week while on site. ***This is reduced from 3x a week and subject to change depending on infection rates and any upticks in positive cases. Dancers may obtain test kits from the Company Manager.***

School of Dance Faculty Testing:
Faculty members are expected to follow the same testing procedures as Staff.

Community Arts Partnerships Teaching Artists Testing:
Teaching artists are encouraged to test weekly. Please check if there is a free New York City Department of Education testing site at your school of residence or neighborhood. If neither of these options are available to you, please contact your supervisor.