

# Policy and Procedure when dealing with COVID-19

## Quarantine vs. Isolation

- You [quarantine](#) when you might have been exposed to the virus.
- You [isolate](#) when you have been infected with the virus, even if you don't have symptoms.

## Quarantine

Quarantine if you have been in [close contact](#) (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19, unless you have been [fully vaccinated](#). People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have [symptoms](#). However, fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative.

## Isolation

Isolation is used to separate people infected with COVID-19 from those who are not infected. People who are in isolation should stay in their room until it's safe for them to be around others.

### For Anyone Who Has Been Around a Person with COVID-19

Anyone who has had [close contact](#) with someone with COVID-19 should quarantine 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](#) indoors in public for 14 days following exposure or until a negative test result.

- Get tested 3-5 days after [close contact](#) with someone with suspected or confirmed COVID-19.
  - Get tested and [isolate](#) immediately if experiencing [COVID-19 symptoms](#).
- 

Anyone who has tested positive we want to try and keep off the streets and in their room, please make sure any peer who has tested positive does not leave their room. Have them call if they need anything, also we will do our best to get them food. If you have someone who just won't quarantine please call me so we can decide on the next steps (828) 475-9952. We want to do our best to keep everyone safe and our peers and staff in good health. This comes straight from the CDC so the information is accurate. Any unvaccinated individuals awaiting the results of a COVID-19 test should be quarantined until that test comes back negative. Vaccinated individuals do not need to quarantine unless they test positive. If a vaccinated individual DOES test positive they will quarantine for 10 days.

\*\* If the peer needs to smoke make sure they let you know and you watch them leave their room with a mask and stand 10 ft away from anyone else while they smoke. They need to go to the other side of their parking lot and not by the staircase. Once they finish they will need to return masked to their room.

**Please if you have any questions do not hesitate to ask. Thank you**