

Date: January 10, 2022

Re: NECC COVID guidance in light of Omicron surge

This document outlines requirements for staff and participants if they have been exposed to or test positive for COVID. These guidelines are based on recommendations from both the CDC and the state of Oregon and, in some circumstances, may be more rigorous.

NECC will provide the following COVID-19 protocols for participants, visitors, and staff to use when making an informed decision on entering the facility. In general, NECC will not determine whether a participant can or should return to the facility. Participants, visitors, and staff should consult the following guidelines before entering the facility. An additional helpful resource is:

<https://covidblog.oregon.gov/oha-guidance-reflects-cdcs-new-isolation-changes/>

DEFINITIONS:

Exposure: Contact with someone known to be infected with SARS-CoV-2, the virus that causes COVID-19, in a way that increases the likelihood of getting infected with the virus.

Close Contact: Close contact is defined as someone 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 would be considered close contact; this applies whether or not either person was wearing a mask.

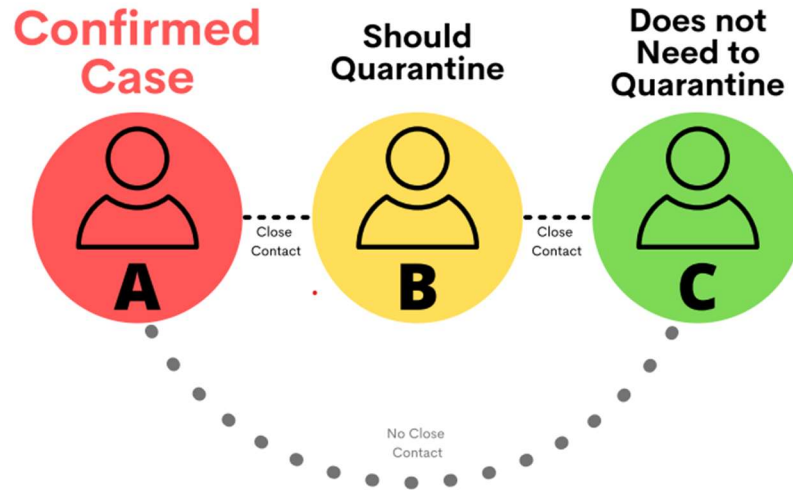
Isolation: Eliminate contact with community and family members by staying home, utilizing a separate room from others, and wearing a mask. Isolation applies to persons who have tested positive for COVID or have been exposed to the virus and are exhibiting symptoms.

Quarantine: Stay home and away from other people. Quarantine includes individuals who may have been exposed to COVID or who have recently had exposure to someone with COVID and are not exhibiting any symptoms.

GENERAL GUIDELINES FOR NECC PARTICIPATION/ENTRY

1. Possible 3rd Person Exposure (person B was exposed to person A, and person A then tested positive; participant/staff (person C) was then exposed to person B). (see graphic below).
 - > Person B has symptoms or receives a positive test? Treat as a positive COVID exposure for participant/staff (person C). (See #2)
 - > Person B has no symptoms or receives a negative test? Treat as if no COVID exposure for participant/staff (person C).

General Quarantine Protocol



2. Positive COVID Exposure (participant/staff was exposed to a person infected with COVID)

If no symptoms after exposure - Quarantine, then test. Participants/staff should **quarantine for at least 5 days** before taking a COVID test. (This is more rigorous than required by the CDC). The Participant/Staff may return to NECC activities following a 5-day quarantine and negative COVID test. Participants are expected to wear a well-fitting mask. If the participant/staff tests positive, see #3 below.

If symptoms following exposure - Isolate and test. Participants/staff must **isolate immediately and test as soon as possible**. If the participant/staff tests positive, see the requirements in #3 below. If the participant/staff tests negative, they can return to NECC activities only after they are fever-free for 24 hours without fever-reducing medication and other symptoms of illness (cough, flu, etc.) are no longer present.

3. Positive COVID Test

If tested positive - Isolate. Participants/staff who receive a positive COVID test must **isolate for 10 days**. Participant/staff can end isolation 10 full days after the positive test when they are fever-free for 24 hours without the use of fever-reducing medication, and other symptoms have improved (Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation). If the participant/staff person was severely ill with COVID, they should consult a physician before returning to NECC activities.