



CDC new guidelines as it pertains the Nantucket Boys & Girls Club:

1. Your child tests POSITIVE for COVID-19:

- Duration: Self-isolation for COVID-19 positive cases is a **minimum of 5 days** after symptom onset or after positive PCR or rapid antigen test, if asymptomatic.
- Return to Club: **After 5 full days, return on day 6 with proof of negative PCR or rapid antigen test** and once they have:
 - Been without fever for 24 hours (and without taking fever-reducing medications); and experienced improvement in other symptoms.
- Following the 5-day isolation period, individuals must mask for 5 additional days when around others.

2. Your child is fully vaccinated and is a close contact AND is asymptomatic:

- They are exempt from any quarantine or testing requirements and can remain at the club however we do encourage members who have been exposed to obtain either a PCR or rapid antigen test on day 5 post-exposure and continue to monitor for any symptom development.

3. Your child is partially vaccinated/unvaccinated and is in the Schools Test & Stay Program AND is asymptomatic

- Participate in Test and Stay: 5 days from the date of exposure with daily rapid antigen testing through the school nursing office.
 - Return to Club: Close contacts can remain at the Club and do not have to quarantine, as long as they:
 - Are asymptomatic
 - Wear masks at the Club at all times, other than when eating or drinking.
 - When these individuals cannot be masked (i.e., when eating or drinking) they should maintain 3 feet of distance from other individuals to the extent feasible.
 - Take a rapid antigen test on each school day and receive a negative result. If the individual remains negative, they can stay at the Club.
 - Conduct active monitoring for symptoms through day 10, and self-isolate at home if symptoms develop.
- Choose not to participate in Test & Stay:
 - Quarantine is at **least 5 days** from the date of exposure
 - Return to Club: **After 5 days, returning on day 6, with proof of negative PCR or rapid antigen test** provided that they remain asymptomatic, and conduct active monitoring for symptoms through day 10, self-isolate if symptoms develop, and adhere to strict mask use for an additional 5 days.

4. Your child is partially vaccinated/unvaccinated and is a close contact AND is not allowed to attend school:

- Please have your child quarantine at home away from the positive individual for a minimum of **5 full days**, returning to Club on day 6 post-exposure if student remains asymptomatic
- Remain masked when at the Club and continue to monitor for symptom development through the remainder of the post-exposure period.
- **Required** to obtain a rapid antigen or PCR test prior to return to Club.
- Monitor for any symptom development
 - Should symptoms develop post-exposure, please obtain a PCR or rapid antigen test (or repeat rapid or PCR testing if already done so prior to symptom development)

- **Symptom Development:**
- If symptoms of COVID-19 or other illness develop at ANY TIME, please remain at home, isolated regardless of vaccination status.
- Return to Club: Individuals may return to Club after they:
 - Have received a **negative PCR or antigen test result for COVID-19.**
 - So long as the individual is **not a close contact**, if a medical professional makes an alternative diagnosis for the COVID-19-like symptoms, the individual may use this recommendation (e.g., for influenza or strep pharyngitis) in lieu of a PCR test or antigen test.
 - Have improvement in symptoms and have been without fever for at least 24 hours without the use of fever-reducing medications.
- Symptoms of COVID-19 include but are not limited to:
 - *Fever (100.0° Fahrenheit or higher), chills • Difficulty breathing or shortness of breath • New loss of taste or smell • Muscle aches or body aches • Cough (not due to other known cause, such as chronic cough) • Sore throat, when in combination with other symptoms • Nausea, vomiting, or diarrhea when in combination with other symptoms • Headache when in combination with other symptoms • Fatigue, when in combination with other symptoms • Nasal congestion or runny nose (not due to other known causes, such as allergies) when in combination with other symptoms*

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