



# AKRON AREA YMCA

## COVID-19 ISOLATION & QUARANTINE

Revised 02/10/2021

### INTRODUCTION

The Akron Area YMCA is diligently tracking essential trends and information provided by the CDC, the Ohio Department of Health, and our local county health departments. We have adopted these approved guidelines when determining COVID Isolation and Quarantine for staff members:

[CDC's Isolation Guidelines \(12/01/2020\)](#)

[CDC's Optional Quarantine Guidelines \(12/02/2020\)](#)

[Ohio Department of Health Quarantine \(12/03/2020\)](#)

[ODJFS's Guidelines for Child Care \(12/11/2020\)](#)

Local health departments continue to prescribe Quarantine periods of 14 days; however, they have approved and support the YMCA's election to use the CDC's 10 Day Quarantine guidelines; including in childcare settings.

### KEY TERMS

- **Isolation** separates sick people with a contagious disease from people who are not sick.
- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.
- **Confirmed** case is when a test sample indicates a positive infection, even if the individual has no symptoms
- **Probable** case is when an individual is experiencing one or more COVID-19 symptoms **AND** has had contact with a Confirmed or Probable case of COVID-19 in the past 14 days. A negative test does not eliminate a Probable case.
- **Close Contact** is being within 6 feet of a confirmed or probable person for a cumulative total of 15 minutes or more over a 24-hour period, direct contact, shared utensils, a nearby sneeze or cough, or providing home care for someone who is sick with COVID-19. ([more info](#))

### COVID-19 SYMPTOMS ([more info](#))

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. The following list of symptoms is recognized by the CDC, Ohio Department of Health, and ODJFS to aid in identifying people who may have COVID-19:

Fever 100 F or higher	New uncontrolled cough	Nausea or vomiting
Chills	(or change in from baseline)	Diarrhea
Fatigue	Shortness of breath or difficulty breathing	New confusion
Muscle or body aches	Persistent pain or pressure in the chest	Inability to wake or stay awake
New onset severe headache	Congestion or runny nose	Bluish lips or face
New loss of taste or smell	Sore throat	

### ISOLATION (10 DAYS) ([more info](#))

Isolation is for individuals who have a CONFIRMED or PROBABLE case of COVID-19. Isolation can end if the following conditions are met:

- 10 days have passed since onset of symptoms (or, 10 days since date of positive sample taken for asymptomatic individuals); **AND**
- No fever for the past 24 hours without medication; **AND**
- Symptoms have improved.
- No Negative test or doctors note required; a positive case can test positive for up to 3 months after recovery.

### QUARANTINE WITH NO TEST (10 DAYS) ([more info](#))

Quarantine is for individuals who have had a Close Contact with a Confirmed or Probable Case of COVID-19. Quarantine can end if the following conditions are met:

- 10 days have passed since last close contact with a confirmed or probable case; **AND**
- No symptoms present at any time after last close contact; **AND**
- Daily symptom monitoring continues through day 14; **AND**
- Face covering/shield worn through day 14 (no exemptions); **AND**
- Individual immediately isolates if symptoms develop through day 14.



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### QUARANTINE WITH NEGATIVE TEST (7 DAYS) ([more info](#))

Quarantine is for individuals who have had a Close Contact with a Confirmed or Probable Case of COVID-19. Quarantine can end if the following conditions are met:

- 7 days have passed since last close contact with a confirmed or probable case; **AND**
- Negative test result where the sample was taken at least 5 days after the last exposure to a confirmed or probable case; **AND**
- No symptoms present at any time after last close contact; **AND**
- Daily symptom monitoring continues through day 14; **AND**
- Face covering/shield worn through day 14 (no exemptions); **AND**
- Individual immediately isolates if symptoms develop through day 14.

### PRIOR CONFIRMED COVID-19 ([more info](#))

Those with previous CONFIRMED cases of COVID-19 may not need to Quarantine after Close Contact to another Confirmed or Probable Case if the following conditions are met:

- Individual had a positive/CONFIRMED test result for COVID-19 where the test sample was taken within the past 90 days.
- Does not apply to individuals who had a PROBABLE case but did not receive a positive test result.

### VACCINATION INFORMATION

We encourage staff that wish to receive the COVID-19 vaccination do so; especially those working in child care programs. Vaccination will help protect you from getting COVID-19 and help protect those around you. You may have some side effects, which are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days.

Common side effects of the vaccine will not require you to Isolate or quarantine if occurring within 3 days of receiving the vaccine ([more info](#)). These side effects range from mild to moderate depending on each individual's reaction. The YMCA encourages staff to work their normal schedules if they are able to do so; however, we understand this may not be appropriate in all cases. Each staff person should coordinate their work schedule with their supervisor.

- **Common Side Effects** ([more info](#)): Pain or Swelling at injection Site, Fever, Chills, Tiredness, Headache
- **CDC Guidance:** [What to Expect after Getting a COVID-19 Vaccine](#)

### QUESTIONS?

If you have a question for Human Resources about the YMCA's COVID-19 Policies & Practices, contact us at [hr@akronymca.org](mailto:hr@akronymca.org) or 330-376-1335 x1020.