

Helpline House COVID protocols – January 2022

(follows current Kitsap County Health District Guidance (as of 1/4/22):

****If You Test Positive for COVID-19 (Isolate)****

Everyone, regardless of vaccination status.

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.
 - If you have a fever, continue to stay home until your fever resolves.

Helpline House requires a negative COVID test before returning.

****If You Were Exposed to Someone with COVID-19 (Quarantine)****

Exposure means you have spent at least 15 minutes within 6ft of someone in a 24 hour period who has tested positive for COVID-19.

Examples of exposure:

- Someone in your household tests positive for COVID-19
- Someone you gathered with indoors in the last two weeks tests positive for COVID-19

Examples of when to be cautious but do not meet the definition of exposure:

- A member of a class or activity of someone in your household tests positive
- You receive word that there has been a confirmed case in a certain group/school/activity/workplace but are not identified as a close contact

If you:

Have been boosted

OR

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

OR

Completed the primary series of J&J vaccine within the last 2 months

- Wear a mask around others for 10 days.
- Test on day 5
- If you develop symptoms get a test and stay home.

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If you:

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted

OR

Completed the primary series of J&J over 2 months ago and are not boosted

OR

Are unvaccinated

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible.
- If you develop symptoms get a test and stay home

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In all scenarios, we want you to feel comfortable using your best judgement. If you feel you shouldn't be at Helpline House, please stay home.