

Northwest Girlchoir is dedicated to the physical, mental, and emotional health of our choristers and their families. We pledge to monitor and follow local, state, and national public health policies. Parents sign a COVID-19 agreement in the annual registration form, to accept/acknowledge the risk associated with group activity. Northwest Girlchoir's COVID-19 policies may change as public health policies change.

### Health Policies

- All choristers, staff, volunteers, and parents entering the building are highly encouraged to be up to date on COVID-19 vaccines.
- Staff and choristers are asked to mask if they are experiencing upper respiratory symptoms even if it is not COVID-19.
- Parents are responsible for monitoring chorister's health, and keeping their chorister home if their chorister is experiencing COVID-19 symptoms.
- **If your chorister has a confirmed case of COVID-19, contact Choir Administrator Ann Selznick ASAP at 206-527-2900 or info@northwestgirlchoir.org.**
- In the case of a confirmed case of COVID-19, Northwest Girlchoir will notify all chorister families and staff who were present in that room, and also if possible alert those who were in close contact (see below). We may require masking for a whole choir following a COVID case.

### Close Contact with a Suspected or Confirmed Case:

**If a fully vaccinated person was in close contact with someone suspected or confirmed as having COVID-19, they do not need to stay home unless they are having symptoms.** Whether or not you develop symptoms, test at least 5 days after you last had close contact with someone with COVID-19. Watch for the symptoms below until 10 days after you last had close contact with someone with COVID-19:

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| • Fever or chills                           | • Loss of taste or smell                         |
| • Cough; sore throat                        | • Nausea/vomiting/diarrhea                       |
| • Shortness of breath; difficulty breathing | • Congestion/runny nose (unrelated to allergies) |
| • Headache; muscle or body aches            | • Unusual fatigue                                |

Close contact means being closer than six feet from an infected person for at least 15 minutes, or in a situation where an infected person coughs on you, shares utensils, or you have contact with their bodily fluid. Close contact needs to occur:

- Between 48 hours before the infected person started showing symptoms and the time they are isolated
- If there are no symptoms, between 48 hours before the positive test and the time they are isolated

### Return Policy after illness:

- If a fully vaccinated person tests positive for COVID-19, they may return to choir 5 days after the positive result if they show a negative antigen test, and their symptoms have improved. **They will need to wear a mask** until 10 days from symptom onset or positive test. If there is still not a negative antigen test after 10 days of isolation, they may return to choir but should mask beyond 10 days if their symptoms have improved but not resolved.
- If a person tests positive without symptoms but then develops symptoms later, the isolation period should start over from when symptoms began.
- If a person has symptoms but tests negative for COVID-19, they may return to choir **with a mask** 24 hours after fever has resolved (without the use of fever-reducing medication) AND symptoms have improved.
- If a person is not vaccinated or if the person has one or more symptoms and took no test, they can return to choir 10 days after symptoms started AND at least 24 hours after fever resolved (without the use of fever-reducing medication) AND symptoms have improved. They must wear a mask until symptoms have resolved.