

# Lee Mount Vernon Sports Club, INC

## CDC COVID-19

### Protocol and Guidelines



Updated: 12/31/2021

# 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.
- After you leave the house: Continue to wear a mask around others for 5 additional days. – Totally 10 days of Protocol
- If you have a fever, continue to stay home until your fever resolves.



# Exposed to someone with COVID-19 (Quarantine)

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 possible.
- If you develop symptoms get a test and stay home.

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.
- If you develop symptoms get a test and stay home



Together we will continue to keep our  
community safe.



Thank you *#lmvscfamily*