

A person will be excluded from an SPRD program if they exhibit primary COVID-19 symptoms including a loss of taste or smell, chills, fever, new cough, difficulty breathing, or shortness of breath in the last 10 days, regardless of vaccine status.

- New cough means out of the ordinary for this person – e.g., not typical asthma, allergies, post nasal drip after naptime
- Fever means 100.4 degrees Fahrenheit or more, without the use of fever-reducing medication
- Exclusion will be for 10 days after onset of symptoms and 24 hours after both fever and cough resolve, without the use of a fever reducing medication

The 10-day exclusion period may be shortened:

- If an individual with symptoms of COVID-19 tests negative at any time during the 10-day period. They can return to the program 24 hours after resolution of cough and fever without the use of fever-reducing medication.
- Documentation from the medical professional may be required. The person should be fever-free for at least 24 hours.

A person may be excluded from an SPRD program if they exhibit two or more of the non-primary COVID-19 symptoms including fatigue, muscle or body aches, headache, sore throat, nasal congestion or runny nose, nausea or vomiting, or diarrhea.

A person who has received routine vaccinations in the last 48 hours can return to program at the direction of a medical professional once they are fever-free. Documentation of vaccination from the medical professional may be required.

If a person lives in a household with someone who has of COVID-19 (presumptive case), they should stay home form 10 days or until household member receives a negative COVID test. If participant lives in a household with someone who has tested positive for COVID, they need to stay home, and quarantine as directed by medical professional and/or Deschutes County Health Department.

If an person is experiencing COVID-19 symptoms but has received their COVID-19 vaccine within the past three days:

- If the individual has symptoms of fatigue, chills, muscle ache, joint pain, or redness – these are likely vaccine side effects. If no fever is present, the individual may attend the program if they feel well enough. If fever is present, individual should stay home until 24 hours fever-free.
- If the individual's only symptom is fever, the individual should stay home until 24 hours fever-free. If the fever does not improve in two days, the individual should see a health care provider and consider getting tested for COVID-19 as they may have been exposed prior to vaccination.
- If the individual has symptoms that include cough, shortness of breath, or loss of taste or smell, they will be excluded consistent procedure above.

SPRD reserves the right to update this procedure, without notice, as information and/or state mandates evolve.

To report COVID symptoms, or to discuss this procedure, call or email Jennifer Holland at 541-549-2091 or jennifer@sistersrecreation.com.