

# 320 DANCE

## COVID UPDATE and FREQUENTLY ASKED QUESTIONS

Please read over the following update and frequently asked questions. At the present time, 320 Dance is not under any mandates from the Health Department to REQUIRE universal masking. With that being said, 320 Dance is highly recommending masking of anyone who cannot maintain 6 feet of distance, but it is still your choice. With the option of choice requires us to be extremely cautious and diligent about policies, quarantines, etc. Our policies will differ from schools as the entire population of school is masked. Please be kind and respectful and help us by following these!

### What is a close contact?

A close contact is someone who was within 6 feet for 15 minutes or more within 48 hours prior to the onset of symptoms in a person with diagnosed COVID-19 or a clinically compatible illness OR a positive COVID-19 test in an asymptomatic person. The 15-minute duration is a cumulative total over a 24-hour period.

### Do I quarantine and how long?

- If identified as a close contact and are FULLY VACCINATED (must show office) and have no symptoms and the close contact does NOT live in your household – you do NOT have to quarantine if no symptoms arise but MUST wear a mask for 14 days following the last date of exposure.
- If identified as a close contact and are FULLY VACCINATED (must show office) and have no symptoms and the close contact DOES LIVE IN YOUR HOUSEHOLD – you must quarantine from dance for the positive case in your household's quarantine time – and receive a NEGATIVE test at the end of the positive cases quarantine period OR wear a mask for the 14 days following to dance.
- If identified as a close contact and are NOT VACCINATED and the close contact does NOT live in your household, you have two options:
  1. The quarantine can end AFTER Day 10 without testing if no symptoms in those 10 days and return to dance on Day 11 with a mask through Day 14.
  2. The quarantine can end AFTER Day 7 after receiving a NEGATIVE PCR test result on Day 5 or after and return to dance on Day 8 with a mask through Day 14.
- If identified as a close contact and are NOT VACCINATED and the close contact DOES LIVE IN YOUR HOUSEHOLD - Then your quarantine will begin after the positive case in your household's quarantine period has ended. (Usually, 10 days from symptom onset or positive test – the office can help you navigate this process)
  1. Quarantine beginning after the positive case quarantine has ended -the close contact quarantine can end AFTER Day 10 of the close contact's quarantine without testing if no symptoms in those 10 days and return to dance on Day 11 with a mask through Day 14.
  2. Quarantine beginning after the positive case quarantine has ended -the close contact quarantine can end AFTER Day 7 of the close contact's quarantine after receiving a NEGATIVE PCR test result on Day 5 or after and return to dance on Day 8 with a mask through Day 14.

### My dancer is not feeling well, but dance education is important. Should I send my dancer to at least watch?

**Please review the daily symptom checker. If you have any of the below symptoms, please stay home!**

- Fever
- Chills
- Shortness of breath or difficulty breathing
- New cough
- New loss of taste or smell
- Congestion/runny nose
- Nausea/vomiting/diarrhea
- Sore throat
- Headache
- Muscle or body aches
- Fatigue