

# Little Bit's

## CURRENT COVID PROTOCOLS

As of 4/10/2023 from WA Dept. of Health and  
CDC Requirements

### Masks

Masks are no longer required anywhere on the Little Bit property, except in the Instructor Office, which receives heavy traffic. Since we recognize that some participants are at higher risk for illness, some of those who are assisting riders and patients may be asked to wear a mask. Of course, masks can be worn in any situation at the discretion of the wearer and as required given exposures, listed below. Masks will be available in all our arenas and at the front desk.

### When to Get Tested

Seek testing if you have symptoms of COVID-19 or have been in close contact with someone who is or may be positive for COVID-19. You should get tested immediately if having symptoms, or 5-7 days after suspected exposure, even if you don't experience any symptoms.

Close contact is defined as within 6 ft. of someone with COVID-19 for more than 15 minutes COMBINED in any 24-hour period.

### Where to Get Tested

The WA State Department of Health website maintains a [directory of testing sites](#) available in each county, with operating hours and requirements. For additional information on testing sites, call 2-1-1. Over the counter test kits are also available for ordering and in pharmacies for convenient, at-home testing.

### What is Isolation?

Isolation is what you do if you have COVID-19 symptoms, are awaiting test results, or have tested positive for COVID-19. Isolation means you stay home and away

from others (including household members) for the recommended period of time (see below) to avoid spreading illness.

### If You Develop Symptoms:

If you had COVID-19 and had [symptoms](#), isolate for at least 5 days. To calculate your 5-day isolation period, day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed. You can leave isolation after 5 full days.

- You can end isolation after 5 full days if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved (Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).
- You should continue to wear a [well-fitting mask](#) around others at home and in public for 5 additional days (day 6 through day 10) after the end of your 5-day isolation period. If you are unable to wear a mask when around others, you should continue to isolate for a full 10 days. Avoid people who have weakened immune systems or are [more likely to get very sick](#) from COVID-19, and nursing homes and other high-risk settings, until after at least 10 days.
- If you continue to have fever or your other symptoms have not improved after 5 days of isolation, you should wait to end your isolation until you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved. Continue to wear a [well-fitting mask](#) through day 10. Contact your healthcare provider if you have questions.

### If You Test Positive but Develop No Symptoms

If you test positive for COVID-19 and never develop [symptoms](#), isolate for at least 5 days. Day 0 is the day of your positive viral test (based on the date you were tested) and day 1 is the first full day after the specimen was collected for your positive test. You can leave isolation after 5 full days.

- If you continue to have no symptoms, you can end isolation after at least 5 days.
- You should continue to wear a [well-fitting mask](#) around others at home and in public until day 10 (day 6 through day 10). If you are unable to wear a mask when around others, you should continue to isolate for 10 days. Avoid people who have weakened immune systems or are [more likely to get very sick](#) from COVID-19, and nursing homes and other high-risk settings, until after at least 10 days.
- If you develop [symptoms](#) after testing positive, your 5-day isolation period should start over. Day 0 is your first day of symptoms. Follow the recommendations above for [ending isolation for people who had COVID-19 and had symptoms](#).

## Quarantine

Quarantine is a strategy used to prevent transmission of COVID-19 by keeping people who have been in [close contact](#) with someone with COVID-19 apart from others.

Who does not need to quarantine?

If you had close contact with someone with COVID-19 and you are in one of the following groups, you do not need to quarantine.

- You are [up to date](#) with your COVID-19 vaccines.
- You had confirmed COVID-19 within the last 90 days (meaning you tested positive using a [viral test](#)).

If you are up to date with COVID-19 vaccines, you should wear a [well-fitting mask](#) around others for 10 days from the date of your last close contact with someone with COVID-19 (the date of last close contact is considered day 0). [Get tested](#) at least 5 days after you last had close contact with someone with COVID-19. If you test positive or develop COVID-19 symptoms, isolate from other people and follow recommendations in the [Isolation](#) section below. If you tested positive for COVID-19 with a [viral test](#) within the previous 90 days and subsequently recovered and remain without COVID-19 symptoms, you do not need to quarantine or [get tested](#) after close contact. You should wear a [well-fitting mask](#) around others for 10 days from the date

of your last close contact with someone with COVID-19 (the date of last close contact is considered day 0). If you have COVID-19 symptoms, get tested and isolate from other people and follow recommendations in the [Isolation](#) section below.

Who should quarantine?

If you come into close contact with someone with COVID-19, you should quarantine if you are not [up to date](#) on COVID-19 vaccines. This includes people who are not vaccinated.

What to do for quarantine

- Stay home and away from other people for at least 5 days (day 0 through day 5) after your last contact with a person who has COVID-19. The date of your exposure is considered day 0. Wear a [well-fitting mask](#) when around others at home, if possible.
- For 10 days after your last close contact with someone with COVID-19, watch for fever (100.4°F or greater), cough, shortness of breath, or other [COVID-19 symptoms](#).
- If you develop symptoms, [get tested](#) immediately and isolate until you receive your test results. If you test positive, follow [isolation](#) recommendations.
- If you do not develop symptoms, [get tested](#) at least 5 days after you last had close contact with someone with COVID-19.
  - If you test negative, you can leave your home, but continue to wear a [well-fitting mask](#) when around others at home and in public until 10 days after your last close contact with someone with COVID-19.
  - If you test positive, you should isolate for at least 5 days from the date of your positive test (if you do not have symptoms). If you do develop [COVID-19 symptoms](#), isolate for at least 5 days from the date your symptoms began (the date the symptoms started is day 0). Follow recommendations in the [isolation](#) section below.
  - If you are unable to get a test 5 days after last close contact with someone with COVID-19, you can leave your home after day 5 if you have been without [COVID-19 symptoms](#) throughout the 5-

- day period. Wear a [well-fitting mask](#) for 10 days after your date of last close contact when around others at home and in public.
- Avoid people who have [weakened immune systems](#) or [are more likely to get very sick](#) from COVID-19, and nursing homes and other high-risk settings, until after at least 10 days.
  - If possible, stay away from people you live with, especially people who are at [higher risk](#) for getting very sick from COVID-19, as well as others outside your home throughout the full 10 days after your last close contact with someone with COVID-19.
  - If you are unable to quarantine, you should wear a [well-fitting mask](#) for 10 days when around others at home and in public.
  - If you are unable to wear a mask when around others, you should continue to quarantine for 10 days. Avoid people who have [weakened immune systems](#) or [are more likely to get very sick](#) from COVID-19, and nursing homes and other high-risk settings, until after at least 10 days.

For more information, go to:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>