

## Northern Winds Band Covid Guidelines as of August 15, 2022

Because we are still in the Covid pandemic, in order to reduce the potential for spreading Covid in the band, we have developed these guidelines. The guidelines are based upon our understanding of the latest information from the CDC and the FDA concerning isolation, masking, and testing. We will monitor the CDC guidelines, adjust our guidelines, and share them with the band as they change.

### If you test positive for Covid

- Let the band know that you are positive as soon as possible so that we can advise other band members who may have been exposed. Send an email to [nwband@hotmail.com](mailto:nwband@hotmail.com).
- Do not come to practice for at least 10 days and you have confirmed your Covid infection status is negative.
- It takes two home tests 48 hours apart to confirm your infection status.

### If you have symptoms of Covid (e.g. sore throat, runny nose, fever, headache, aches, fatigue)

- Do not come to practice until you confirm your Covid infection status is negative.
- It takes two home tests 48 hours apart to confirm your infection status.
- If you test positive, follow the guidelines for **If you test positive for Covid**.

### If you have been exposed to Covid but have no symptoms:

- Do not come to practice for at least 10 days or until you confirm your Covid infection status is negative.
- In this case testing starts five days after exposure and it takes three home tests 48 hours apart to confirm a negative status.
- If you test positive, follow the guidelines for **If you test positive for Covid**.

### Summary of CDC Covid guidelines

- If you test positive, stay home for at least five days. After that wear a good quality mask around others for at least another five days. You may end masking after testing negative on two antigen tests spaced 48 hours apart.
- If you have symptoms and suspect you have Covid, you should stay home until you test negative for Covid. A negative test means two negative home tests spaced 48 hours apart or a negative NAAT test.
- If you are exposed to Covid and do not have symptoms, you should wear a mask around others for 10 days because it can take that long to develop Covid after an exposure. You need to wait at least five days after exposure to begin testing to give an infection time to reach a level at which it can be detected. In the absence of symptoms, the FDA is now saying that it requires three home tests each spaced 48 hours apart to confirm a negative result.

### Information about tests

There are two main types of viral tests to look for current Covid infection - antigen tests and nucleic acid amplification tests (or NAAT). Antigen tests are the familiar home tests. These tests are much less sensitive than NAATs and often give a false negative result. Therefore, the CDC and FDA guidelines require serial testing with antigen tests to confirm a true negative result. The other type of test is the NAAT. As the name implies, an NAAT uses some sort of magic to amplify the viral genetic material in the sample making it much more sensitive than an antigen test. A PCR test is one type of NAAT. An NAAT test would avoid the need for multiple home tests to confirm a negative result. The cost of an NAAT should be covered by insurance if the test is given because you have been exposed to Covid or because you have Covid symptoms. Of course, you will want to check that with your own insurance. In case it is helpful, Walgreens offers a type of NAAT at many of its locations that can provide results in two hours.