

Outside the Box Covid-19 Guidelines

Masks Are optional in the building at this time except for the situations listed below.

Domestic travel (within US) – if you do not have any symptoms, you do **NOT** need to get tested or isolate before returning to OTB.

If you have a **documented** (doctor's note) history of seasonal allergies, IBS, or some other medical reason that may cause symptoms similar to Covid-19, you will be able to attend OTB as long as there are not additional symptoms not explained by your medical diagnosis.

If you develop possible Covid symptoms:

- Need to mask for 5 days
- Can attend programming if fever free for 24 hours without fever reducing medications.

If you test positive for Covid-19:

- Need to mask for 5 days
- Can attend programming if fever free for 24 hours without relying on fever reducing medications
- Symptoms are improving.

If you were exposed to or have had close contact with someone with a positive Covid-19 test:

Close Contact = someone who was less than 6 feet away from an infected person for a cumulative total of 15 minutes or more over a 24-hour period

- Can attend programming if fever free
- Have no Respiratory symptoms

Symptoms of respiratory infection including COVID-19:

- Continuous cough,
- high temperature,
- fever and chills,
- loss of or change in, your normal sense of taste or smell
- shortness of breath
- unexplained tiredness, lack of energy
- muscle aches or pains that are not due to exercise
- not wanting to eat or not feeling hungry
- headache that is unusual or longer lasting than usual
- sore throat, stuffy or runny nose
- diarrhea
- feeling sick or being sick