

Crunch Care Covid-19 Policy

Effective 1/12/22

If you are exposed or are feeling symptoms please contact our office immediately prior to contacting anyone else. We will handle notification to our clients.

Following CDC guidelines Crunch Care will follow guidelines effective January 12, 2022. As new guidelines and regulations are enacted we will continue to modify and update our regulations.

1. People with COVID-19 should isolate for 5 days and if they are asymptomatic or their symptoms are resolving (without fever for 24 hours), follow that by 5 days of wearing a mask when around others to minimize the risk of infecting people they encounter.
2. For people who are unvaccinated CDC now recommends quarantine after direct exposure for **5 days** followed by strict mask use for an additional 5 days.
3. Individuals who are up to date on their vaccinations do not need to be quarantined following an exposure, but should wear a mask for 10 days after the exposure. For all those exposed, best practice would also include a test for SARS-CoV-2 at day 5 after exposure. If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19.

Healthcare Check in Changes:

Ask the following questions when doing healthcare check:

1. Have you tested positive for Covid-19 in the last 5 days?
2. Are you showing any symptoms of Covid-19?

[COVID-19 Quarantine and Isolation | CDC](#)

Internal Recommendations: If a care provider is fully vaccinated and exposed to Covid-19 BH/Care does not need to be notified and the care provider is allowed to continue care in homes where no one is Covid positive.

Care Providers can be booked if child or someone in the home has a runny nose.

Symptoms that preclude bookings are:

Sore throat

Fever

Cough

Shortness of breath

Body aches

New loss of taste or smell