

The *Unstuffy* Symphony



Current Symphony Policy based on CDC Guidance

Revised August 14, 2022

1. No longer recommending testing for asymptomatic people.
2. If exposed to COVID-19, wear a high-quality mask for 10 days, and get tested on day 5. Quarantining is no longer recommended.
3. If you have COVID-19, or any of its symptoms, or are sick, isolate yourself, and get tested. If your results are positive, stay home and isolate yourself for 5 days. After 5 days, and you are fever-free without medications, and your symptoms are improving, or you never had symptoms, you may end isolation after day 5. *Free* at-home kits will be provided by the Symphony.
4. If you have had a moderate illness (*shortness of breath or difficulty breathing*), or a severe illness (*you were hospitalized due to COVID-19*), or you have a weakened immune system, you need to isolate for 10 days.
5. If you test negative for COVID-19, you can end isolation.
6. If you think you might be sick or have had any exposure to COVID-19, do NOT come to rehearsal.
7. Masks are no longer required but are optional. If you wish a high-quality mask, the Symphony will provide one for you at no cost.
8. The Symphony will continue to provide its air filtration systems and enhanced ventilation at all rehearsals.
9. The Symphony, along with CDC guidance, continues to recommend being vaccinated and be up to date with your boosters, but is no longer required.