



UPDATED COVID-19 GUIDELINES FOR RETURNING TO DANCE

Updated Jan. 18th, 2022

REGARDLESS OF VACCINATION STATUS, IF YOU WERE EXPOSED TO COVID-19

- Please do not attend classes in-person for at least 5 days. Date of exposure is considered day 0. Day 1 is the first full day after your last contact with a person who has had COVID-19.
- If you develop symptoms, please get tested and continue to stay home until you know the results.
- If you do NOT develop symptoms, we recommend getting tested 5 days after exposure and not returning until you know the results.

IF YOU WERE EXPOSED TO COVID-19 AND HAD CONFIRMED COVID-19 WITHIN THE PAST 90 DAYS

- You do not need to stay home UNLESS you develop symptoms
- If you develop symptoms, please get tested and continue to stay home until you know the results.

REGARDLESS OF VACCINATION STATUS, IF YOU TEST POSITIVE FOR COVID-19

- Please do not attend classes in-person for at least 5 days. Day 0 is your first day of symptoms or a positive test. Day 1 is the first full day after your symptoms developed or your test occurred.
- You may return to classes in-person once you are fever-free for 24 hours (without the use of fever-reducing medication) AND your symptoms have improved.
- If you did not have symptoms, you may return with a negative test result and/or a doctor's note.

Thank you in advance for supporting Centre for Dance, and for your help to keep everyone safe and healthy.