



## JUBILEE COVID-19 GUIDELINES FOR PERSONS RECEIVING SERVICES CURRENT AS OF NOVEMBER 15, 2022

Jubilee protocols are based on local COVID infection rates and guidance from public health officials. Visit <https://www.jubileemd.org/covid-19/> for the most current information.

**You can protect yourself by following these steps.**

1. **Get vaccinated.** Vaccination and booster shots provide the best protection from COVID.
2. **Wear a mask.** Wearing a mask keeps you safer from COVID, especially indoors and in crowded spaces. It is your choice whether to wear a mask. You can ask others to wear a mask around you. Jubilee staff are required to wear a mask around you if you ask them to.
3. **Air flow helps** prevent the spread of COVID between people. Being outside and opening windows when visiting with people is safer.
4. **Wash your hands often.** Wash your hands often with soap and water for at least 20 seconds.
5. **Monitor your health.** If you have symptoms or a temperature above 100, your direct support professional will contact the Jubilee nurse and your Program Manager. The nurse may tell you to see a doctor.
6. **Visiting with friends and family.** Avoid visiting indoors with people who have COVID, COVID symptoms, or have been exposed to someone with COVID.
7. **COVID Exposures.** If you have been in close contact in the past 14 days with someone who has tested positive for COVID:
  - a. Notify your support staff.
  - b. Wear a mask when indoors with others for 14 days after the exposure.
  - c. Get tested for COVID 5 days after your last exposure, even if you don't have symptoms.
  - d. If you have symptoms after testing negative, test again.
  - e. If you test positive, isolate immediately and follow Jubilee's Quarantine and Isolation Protocol.

If you have questions, please ask your Jubilee program manager.