



NVN REVISED COVID GUIDELINES
effective October 11, 2023

Approved by the Board of Governors October 11, 2023

NVN has updated its COVID safety guidelines as we continue to enjoy the in-person activities we value. The COVID situation has changed, but COVID continues to pose a threat, especially to vulnerable persons. As a community of older adults, we must stay especially attentive to the higher risks for getting COVID that come with advanced age and some health issues. These guidelines are based on current CDC recommendations, and they may be modified in accordance with the latest CDC recommendations and national, state, and local pandemic policies. We ask that all members, friends, and staff honor these guidelines when participating in in-person NVN events.

The current CDC guidelines can be accessed here:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Based on these guidelines, NVN asks as follows:

If you tested positive for COVID or have symptoms of COVID, please stay home for at least 5 days (per CDC guidelines below), and please mask for at least 10 days whenever you are around others, no exceptions.

- Remember that antigen tests (the ones you can buy in drugstores) have false negative results, so you can have COVID even if you have tested negative. If have symptoms and test negative, test again later, or get a PCR test, and isolate as if you have COVID.
- If you test positive, isolate for at least 5 days, with the first day you have symptoms (or if you don't have symptoms, you test positive) being day zero.
- If you had no symptoms, you may end isolation after day 5, but wear a high-quality mask for a full 10 days when you are around anyone.
- If your symptoms are improving, you may end isolation after day 5 if your symptoms are improving and you have been without fever for 24 hours with no use of fever-reducing medicine. If your symptoms are not improving, wait until they do and you have been without fever for 24 hours, with no medication.
- If you had difficulty breathing, isolate a full 10 days.

If you were exposed to COVID, please mask for 10 days and test as advised by the CDC.

- If you were exposed to COVID, mask for 10 days, with the day you were exposed counting as day zero. Do not go places where you are unable to mask. Test after 6 days, even if you have no



symptoms. If you test negative, still wear a mask for 10 days. You can still develop COVID up to 10 days after you were exposed. If you test positive, or develop symptoms at any time, isolate immediately.

Be mindful of CDC guidelines for prevention of COVID

- **Increase space and distance.** Please keep this in mind especially if you are coming out of isolation from COVID or have been exposed to COVID. You may be seated next to somebody with a compromised immune system or otherwise especially vulnerable. This becomes even more important when the community risk level for COVID rises.
- **Wear a mask** as noted above when you are recovering from COVID, you have been exposed, or you would like additional protection, as when you are at increased risk or community risk levels rise.
- **Stay up to date with COVID vaccination.**
- **Be aware that good ventilation is important.** Hold activities outside when possible.
- **Increase space and distance** for additional protection. Please keep this in mind especially if you are coming out of isolation from COVID or have been exposed to COVID. Nobody wants to catch COVID from sitting next to someone at an NVN event.

If you have any questions, please contact Board President Barbara Adolphe or Board Secretary Andrea Parry. Their contact information is available in the Member Directory on the website.