

Recommended COVID protocol for Lexington Bridge Club
Submitted by Ellen Sutherland, MD on September 16, 2021

Based on CDC Guidelines

Background Information:

- A Covid positive person who is asymptomatic or has mild to moderate disease may produce replication-competent (i.e., contagious) virus for a minimum of 10 days.
- Persons with severe Covid illness (i.e., requiring hospitalization) or those who are immunocompromised may produce replication-competent virus for up to 20 days.
- Given that some members of the Lexington Bridge Club may be immunocompromised due to underlying conditions and due to advanced age, recommendations made are conservative to protect the most vulnerable among us.
- New data released by the CDC shows that vaccinated people infected with the Delta variant can carry detectable viral loads similar to those of people who are unvaccinated, though in the vaccinated, these levels more rapidly diminish.
- Guidelines are recommended not only to protect each individual but also to protect others in the community. Protective and isolation measures coupled with vaccinations are required to control the Covid pandemic.

Notification:

- If a person tests positive for Covid whether symptomatic or not, the person should contact a designated person at the Lexington Bridge Club (LBC). The identity and the condition of the Covid positive individual will be confidential.
- The designated contact person at the LBC will then inform all persons who have been in contact with this Covid positive individual of the possibility of the exposure.

Isolation of the Covid Positive Individual:

Persons with mild to moderate Covid Symptoms should isolate until

- At least 14 days have passed **AND**
- At least 24 hours have passed since resolution of fever without the use of fever reducing medications **AND**
- Other symptoms have improved.
- No repeat testing is indicated to return to activities at the LBC.

Persons with severe Covid Symptoms (i.e., required hospitalization)

- Person should isolate for 20 days since may produce replication-competent virus for this period of time.

Persons who are asymptomatic but are Covid Positive

- Person should isolate for 14 days.

Precautions for Covid Exposed Individuals:

- An individual who had contact with a Covid positive person should get a Covid test 3-5 days after exposure, even if they do not have symptoms.
- A PCR test is the preferred testing method as it is more sensitive and more specific for Covid than a “quick” test.
- If test results are negative, the person may return to LBC in 7 days.
- If testing is not possible for a person with an exposure to the Covid positive person, that individual should be isolated for 14 days before returning to the LBC.

Masking:

- CDC recommends mask wearing in public indoor settings in areas of substantial or high transmission.
- Masking is strongly recommended if an individual is immunocompromised or if one lives with an immunocompromised person.
- If you are fully vaccinated, to maximize protection from the Delta variant and to prevent possible spreading it to others, the CDC recommends you wear a mask indoors in public if you are in an area of substantial or high transmission.
- Given that all individuals at the LBC are fully vaccinated, masks are not required but are **strongly encouraged**.