



TEMPLE SHIR TIKVA

COVID GUIDELINES

Vaccinations

Everyone aged 5 and older who participates in a Temple Shir Tikva sponsored activity or enters our building must be up to date on COVID-19 vaccinations. The CDC defines "up to date" as having received all doses of a primary vaccination and at least one booster when eligible.

Children under the age of 5, who are not yet vaccinated, can come to the building. Children over the aged of 2 who are not fully vaccinated will be required to wear a mask while in the building.

Exposure

How does TST define 'exposure to COVID'?

If you have been in contact with someone who has tested positive for COVID-19, it is considered an exposure if you were within 6 feet of the person for a cumulative period of at least 15 minutes. If both of these statements are true, it is considered an exposure, regardless of whether either person was wearing a mask.

For more information,
[visit the CDC website.](#)

Masks

Masks are optional for those who are up to date on vaccinations. They are still required for anyone who is not up to date.

What if I don't feel comfortable without a mask?

If you are up to date on COVID vaccinations, it is up to you if you want to wear a mask. We support all community members who choose to wear a mask for many different reasons. You can read the Massachusetts' recommendations on [who should continue to wear masks here.](#)

What if I have had a COVID-19 exposure?

For the next 10 days after exposure, please test each time before returning to the Temple. If you are negative, you may return to the Temple as long as you:

- Wear a mask at ALL TIMES and practice social distancing whenever possible.
- Monitor your symptoms over the next 10 days. If at any point, you test positive or develop symptoms of COVID-19, follow the outlined safety measures.

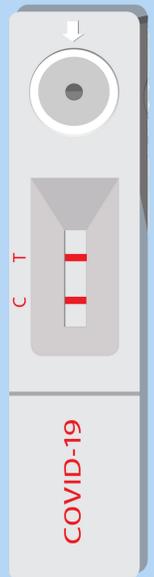


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What if I test positive?

- Isolate yourself immediately
- Remain isolated for 5 days. Day 0 is the day you receive a positive test result or the day your symptoms began
- End isolation after 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medications) and your symptoms are improving
- Continue wearing a mask through day 10.
- Do not return to the Temple for 10 days if you are still testing positive



If I test negative but am not feeling well, can I come to the Temple?

If you are not feeling well for any reason, and especially if you have any of the following symptoms, please stay home:

Fever, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, or diarrhea.

Are these guidelines subject to change?

Yes- the COVID-19 pandemic is ongoing, and requires constant monitoring and discussion. Any policy, process, or practice in this document can be updated at any time.

The Early Learning Center may have different guidelines. Please consult the ELC Action Plan for specifics.