



## **HMC Computraining COVID-19 Prevention and Practice Policy 9/2021**

The safety and well-being of participants and staff is important to us. Please review these guidelines for the health of all.

### **What can you do?**

1. If you are sick, stay home. If you have a fever of 100.4F or higher, chills, new cough, shortness of breath or difficulty breathing, runny nose, sore throat, fatigue or body/muscle aches, nausea, vomiting or diarrhea, loss of taste or smell call your primary care doctor to determine appropriate medical treatment and follow-up.
2. If it has been recommended that you be tested for COVID and have not yet received your test or your results, please stay home.
3. If you have tested positive for COVID please stay home until you have been told you may discontinue quarantine. Please notify us of a positive test so that we may notify members of potential close contacts. Length of quarantine varies on several factors. Please follow the recommendations given to you by your health care provider.
4. If you have been tested and are COVID negative, please stay home until you have no fever for 24 hours without the use of pain-relieving or fever-reducing medications.
5. If you have not been tested but had COVID-like symptoms, please stay home until you have no fever for 24 hours without the use of pain-relieving or fever-reducing medications and your symptoms are improving.

### **What is HMC doing?**

1. Ventilation/HEPA – additional filtration has been added and we will open the garage door whenever possible to encourage increased air flow.
2. The use of individual fans at each station will be allowed.
3. Towel service will be provided. You may opt to bring your own towel.
4. Current local guidelines recommend face coverings while indoors for both vaccinated and unvaccinated individuals, however, masks are not mandatory. We encourage social distancing whenever possible if you are not wearing a face covering.
5. Cleaning - individual cleaning of each station after every use, 3x/wk more thorough cleaning is performed. Deep cleaning performed 1x/wk. We will also be fogging the areas weekly or biweekly depending on use.
6. Wipes and hand sanitizer available throughout the facility.
7. Please be aware that these precautions cannot guarantee participants will not become exposed to COVID-19.