



Gallant Therapy Services COVID-19 Policy

Vaccination Status/Testing:

Gallant Therapy Services employees and students are strongly encouraged to vaccinate themselves against COVID-19. Maine CDC recommends everyone aged 6 years and older, should get one updated Pfizer-BioNTech or Moderna COVID-19 vaccine to be considered up to date, even if you have received one or more doses of Pfizer-BioNTech, Moderna, Johnson & Johnson, or Novovax vaccines in the past.

COVID-19 Exposures:

- **Day 0** is the day of your last exposure to someone with COVID-19.
- **Day 1** is the first full day after your last exposure.

If exposed to COVID-19, clients and staff are asked to take these precautions until Day 11 after your last exposure:

- Wear a well-fitting face mask when you are attending GTS appointments and programs
- Watch for symptoms.
 - If you develop symptoms, notify GTS immediately and get tested.
- Take a COVID-19 test on at least Day 6 after your last exposure.
 - If you test negative, continue wearing a mask and monitoring for symptoms until Day 11 after your last exposure.
 - If you test positive, isolate immediately. Notify us and do not attend GTS appointments or programs.

Attending GTS Appointments and Programs Guidelines:

- For isolation:
 - **Day 0** is the day your symptoms started (or the day you were tested if you do not have symptoms).
 - **Day 1** is the first full day after the day your symptoms started (or after you were tested if you do not have symptoms).
 - If you develop symptoms in the first 10 days after you were tested, the **clock restarts at Day 0 on the day your symptoms start.**



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If you did not have any symptoms, you may resume attending appointments and programs on day 6.*

If you had mild symptoms (fever, cough, sore throat, tiredness, loss of taste and smell, head and body aches) you can resume attending appointments and programs on Day 6 if you are fever-free for 24 hours (without fever-reducing medication) and symptoms are improved.*

If you had moderate symptoms (shortness of breath or difficulty breathing) you can resume attending appointments and programs on Day 6 if you are fever-free for 24 hours (without fever-reducing medication) and symptoms are improved.*

If you had severe symptoms (you were in the hospital) you can resume attending appointments and programs on Day 6 if you are fever-free for 24 hours (without fever-reducing medication) and symptoms are improved.*

*Masking- After you end isolation, continue to wear a mask when attending appointments and programs until Day 11 **OR:**

If you have no symptoms or mild illness and access to antigen tests, you may be able to remove your mask sooner.

- Starting on Day 6, if you take two antigen tests in a row, spaced 48 hours apart, and both are negative, you can remove your mask.
- If your antigen test is positive, you may still be infectious. Keep wearing your mask until you have two negative tests in a row 48 hours apart (even Day 11 or later).

PPE:

Masks will be provided upon request.