

# Illness Absence Guidance

As cold and flu season ramps up, the general guidance for musicians is simple: if ***you're sick, please stay home***. This is applicable to any illness that may be contagious. Specific guidance for COVID is noted below, but be aware that flu and RSV are also highly contagious and circulating widely as are the usual cold viruses. Please use your best judgement and be considerate of your fellow orchestra members and err on the side of caution when making any decision about attending rehearsals or performances when you feel unwell.

## YOU tested positive for COVID 19.

NO Symptoms: Quarantine for 5 days from the date of a positive COVID test - **stay home**. Then you can leave quarantine and **come to rehearsal** but wear a mask for a total of 10 days (wind and brass instruments stay home).

Symptoms: Quarantine for 5 days from the date of onset of symptoms - **stay home**. Then you can leave quarantine and **come to rehearsal** but wear a mask for a total of 10 days (wind and brass instruments stay home).

## **Quarantine means do not come to rehearsals.**

### Exposure to someone with COVID and you have NO symptoms.

You **do not** need to stay home **unless** you develop symptoms, but you should wear a mask for up to 10 days from the time of the exposure. Wind and brass instruments stay home during 10-day mask time.

You should get **tested** 5 days after the exposure and if negative, no further testing necessary - **come to rehearsal with mask** (wind and brass instruments stay home). Testing at time of exposure is unreliable. You should **wear a high-quality mask** around other people for a total of 10 days from the exposure.

If you develop symptoms, **stay home**, get tested right away and if negative retest 48hrs later (and ideally again 96hrs later). You should **wear a high-quality mask** around other people for up to 10 days from onset of symptoms or until the 2nd test is negative. On the second negative test, **come to rehearsal**.

Vaccination status does not affect any of these recommendations.

An excellent CDC risk calculator with recommendations is available at:

[What to Do If You Were Exposed to COVID-19 | CDC](#)

If you have upper respiratory symptoms:

1. Test yourself for COVID and follow recommendations above.
2. Consider testing for influenza or RSV. Talk to your doctor about your symptoms and testing. You may just have one of the many viruses and ideally you should stay home until you have no fever and symptoms have improved.