



COVID Guidelines 2022-2023

Vaccines and boosters are the best defense against severe illness from COVID-19. Many of us in the band and audience are older and potentially vulnerable. Staying up-to-date with current COVID-19 vaccinations helps protect our community from severe illness and hospitalizations. For those in our band who get COVID-19, following CDC guidelines on isolation (<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>) further protects our community and contributes to our goal of creating great music together.

To protect our community, the Band requires that:

- All Band Members must be up-to-date on their COVID vaccinations per CDC definition, unless medically contraindicated.
- Members in the Band who get COVID-19:
 - Should not come to the next band rehearsal/performance
 - Must have 2 sequential negative COVID antigen tests at least 48 hours apart before returning to the Band
 - Are advised to inform our President, John Bassett, or our conductor, Chi-Sun Chan.
 - John and Sun will keep this information confidential
 - They will inform the band by email that someone in the Band has COVID-19, and will recommend that everyone test themselves before the next rehearsal.
- If the cost of buying COVID antigen tests is a hardship, please let John or Sun know.
- Your health care provider is the best source of clinical advice. If you feel ill with new respiratory symptoms that are not part of seasonal allergies and may represent a respiratory infection, even if you test negative for COVID-19, skip the next rehearsal, take care, and get better! At any time, please let us know if there is anything band members can do to help.