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MIAMI BEACH JCC Covid-19 Protocols & Procedures

Updated May 15, 2022

Stay safe while at our place.
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Healthy Habits at the MBJCC and COVID-19

The below protocols and procedures are reviewed often and adjusted accordingly. Overall reevaluation and assessment is conducted based upon new recommendations from local authorities and Department of Health. Our community's health and safety is our top priority. We assure you that we take the threat of communicable diseases (COVID-19) very seriously and continue to implement additional cleaning and sanitizing practices to ensure a safe environment for our Members, Participants and Staff. We have and will continue to follow recommendations from the CDC, Department of Health, local authorities and best practices from JCC's around the country.

Please note that good health habits are always stressed at the Miami Beach JCC. Maintaining a safe environment for everyone is of the highest priority. Please help us stay healthy by covering coughs and sneezes, washing your hands often and always practicing general good hygiene.

Please monitor if you are exhibiting any symptoms of:

- Fever
- Sore Throat
- Chills
- Shortness of breath
- Cough
- Headache
- Muscle pain
- Loss of taste and smell

If any of these symptoms appear, please see a doctor and stay home. Please cooperate in preventing the spread of anything contagious by notifying the MBJCC immediately if you are exposed. It is extremely important for us to know if there are any COVID-19 cases in your household.

More information on COVID-19 can be found here at: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Communicable Disease Mitigation Plan (COVID-19)

If a positive case of COVID-19 may become evidenced the following steps will be implemented.

- Notification to appropriate local/health authorities.
- The Member, Participant or Staff will be asked to remain at home and self-isolate for at least 5 days if vaccinated and 7 days if not vaccinated. They can return to the MBJCC when a negative PCR or Rapid test has been received and no symptoms or fever has been present for at least 48 hours without taking fever reducers. (All members in the same household must be negative in order to return).
- The MBJCC will identify, when possible, all who might have come in close contact with the said individual, and will notify them:
- Those who have been exposed to individuals positive for COVID-19 (less than 6ft apart for more than 15 minutes), will be asked to quarantine if not vaccinated for 7 days or get a PCR/Rapid test on the 5th day after exposure and quarantine for 5 days after exposure, if negative. (at least 7 days of quarantine must be observed if the exposure is occurring within the same household, with a negative test)
- Communication will be sent to Members, Participants and Staff.
- The facility will be additionally sanitized and thoroughly cleaned.
- Closing and reopening of the facility will be subject to local health department recommendations.

Vaccinations

According to CDC guidelines, individual are considered Up To Date on their Vaccinations when they have received the primary dose and the booster dose. Please refer to CDC guidelines for up to date guidelines on vaccinations for various age groups.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

Quarantine Policy

If Vaccinated or had COVID-19:

Individuals who have been previously COVID-19 positive do not have to quarantine if:

They have tested positive for COVID-19 within the past 3 months and recovered, as long as they do not develop new symptoms and are not currently COVID-19 positive. (Must present previous COVID-19 positive result.)

Individuals who are up to date on COVID-19 vaccinations do not have to quarantine if:

- They are 14 days after the last vaccination against the disease and show no symptoms. (Must present COVID-19 vaccination card)
- If the individual is experiencing symptoms or is currently positive for COVID-19 they must adhere to the full quarantine requirements.
- If you've have been exposed to someone who has COVID-19, you should get tested 3-5 days after your exposure, even if you don't have symptoms. Please wait to receive a negative result to come back to the MBJCC. If you test positive, please follow all of the quarantine procedures outlined below.
- If you travel internationally, upon your return, get tested 3-5 days after your trip; no quarantine is required. Self-monitor for COVID-19 symptoms; isolate if you develop symptoms.

If COVID-19 positive, the Member, Participant or Staff will be asked to remain at home and self-isolate for 5 days. They can return to the MBJCC when a negative PCR or Rapid test has been received and no symptoms or fever has been present for at least 48 hours without taking fever reducers. (All members in the same household must be negative in order to return). As a precaution it is recommended to wear a mask for the next 5 days after isolation.

If Not Vaccinated:

If an individual is COVID positive or has symptoms they will need to remain home and self-isolate for 7 days. They can return to the MBJCC when a negative PCR/rapid test has been received and no symptoms or fever has been present for at least 48 hours without taking fever reducers. (all members in the same household must test negative in order to return). As a precaution it is recommended to wear a mask for the next 5 days after isolation.

If an individual has been exposed to a COVID positive person (less than 6ft apart for more than 15 minutes), the exposed individual will be asked to quarantine for 7 days or get a PCR/rapid test on the 5th day after exposure and quarantine for 5 days after exposure, if negative. (at least 7 days of quarantine must be observed if the exposure is occurring within the same household, with a negative test)

For individuals who have traveled outside the U.S. (not vaccinated), a 7-day quarantine is required or a PCR/rapid test on the 5th day from arrival date to the U.S. and if negative, 5 days of quarantine from the day of arrival in the U.S.

*If the individual is experiencing symptoms or is currently positive for COVID-19 they must adhere to the full quarantine requirements.

**For previously COVID-19 positive individuals if you travel internationally, upon your return, get tested 3-5 days after your trip and stay home and self-quarantine for a full 5 days after travel, even if your test is negative. If you don't get tested, stay home and self-quarantine for 7 days after travel.

For updates and the latest information, please visit our website mbjcc.org

The MBJCC staff and supervisors will have final discretion to ensure the above protocols and procedures are followed.