Chippewa Valley Free Clinic Policy on COVID-19 Isolation and Exposure Update

October 2023

**Regardless of vaccine status**, if you have been exposed to someone with COVID-19 or are experiencing symptoms of COVID-19, which may include one or more of the following: Fever/chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea/vomiting/diarrhea, please go to the CDC website and use their “Isolation and Exposure Calculator” which can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

Staff and volunteers should have a low threshold for COVID-19 self-testing in the face of cold symptoms or upper respiratory symptoms. The clinic will provide tests for staff to have at home. Please stay home if you have a fever or if you are moderately ill, even if your initial COVID-19 test is negative.

Regarding vaccination, the CDC recommends the COVID-19 booster as well as the influenza vaccine for everyone 6 months and older. The Chippewa Valley Free Clinic does not require proof of vaccination, but recommends vaccination for both COVID-19 and influenza for anyone who has not had a documented COVID-19 infection in the past 90 days. In particular, those over age 60 and those who have other medical conditions that put them at high risk are strongly encouraged to stay up to date with these vaccinations.