

COVID-19: POSITIVE TEST GUIDE

Calendar Example

If member tests positive on the **9th**.

The member may **not** return to an A&J Training Center until all of the following conditions are met:

At least **10 calendar days** have passed since the last positive test date, **and**

At least 24 hours have passed since any fever without fever reducing medications (if applicable), **and**

Member has no symptoms or symptoms have improved.

Unless directed otherwise by a medical provider.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	Positive Test  Day 0	Quarantine  Day 1	11  Day 2
12  Day 3	13  Day 4	14  Day 5	15  Day 6	16  Day 7	17  Day 8	18  Day 9
19  Day 10	 Possible Return to Training	21	22	23	24	25
26	27	28	29	30	31	