

Riding To The Top

Therapeutic Riding Center

COVID exposures and symptoms.....What do I do?

Protocol for RTT staff, volunteers and clients

If you are vaccinated and have been a close contact, you must refrain from coming to RTT until at least 5 days following your last close contact **AND** have a negative COVID test. (This requirement is due to the fact that our population is at higher risk than the population at large).

If you or your child has any symptoms (see below) consistent with COVID, regardless of vaccination status, please do not come to the farm. If you/they have 2 or more symptoms that align with COVID, we will require a negative COVID test before returning to the farm.

If you/your child is unvaccinated and has been a close contact, you must quarantine from the farm for 10 days (day zero being the day of close contact), have a negative COVID test **AND** be symptom free prior to return to the farm.

If you are vaccinated and are a close contact of a close contact, you do not need to quarantine.

If you have COVID, you must quarantine from the farm for a minimum of 10 days, have a negative COVID test and be symptom free before returning to the farm.

If you have traveled internationally, we ask that you get a COVID test 3-5 days after return before coming back to the farm.

If you have attended a large event and have questions about whether or not quarantine or testing is recommended, please reach out to Sarah Bronson, Executive Director to discuss on a case by case basis.

Definition of Close Contact:

- indoors, within 6 feet for more than 15 minutes **with or without a mask**
- outdoors, within 6 feet for more than 15 minutes **without a mask**

COVID-19 Symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea