

Treloar Physiotherapy COVID-19 Protocol

Updated: Jan 21, 2022

If you test positive for COVID-19

- 1) **If you are fully vaccinated or had COVID-19 in the last 90 days:** self-isolate for at least 5 days from the first day you had symptoms, or from when you tested if you do not have symptoms. If symptoms persist after 5 days, continue to self-isolate. Please book your appointment with us when your symptoms are resolving (+ without fever for 24 hours).

Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Symptoms Start	Isolate	Isolate	Isolate	Isolate	Isolate	Book an appointment

- 1) **If not vaccinated or partially vaccinated and over 18 years of age:** self-isolate for at least 10 days from the first day you had symptoms, or from when you tested positive if you did not have symptoms. If symptoms persist after 10 days, continue to self-isolate. Please book your appointment with us when your symptoms are resolving (+ without fever for 24 hours).

Day 0	Day 1	Day 2	Day 3	Day 4	Day 5
Symptoms Start	Isolate	Isolate	Isolate	Isolate	Isolate
Day 6	Day 7	Day 8	Day 9	Day 10	Day 11
Isolate	Isolate	Isolate	Isolate	Isolate	Book an appointment

- 2) **If not vaccinated or partially vaccinated and under 18 years of age:** self-isolate for at least 5 days and proceed as per 1) above.

If your symptoms are mild and testing is not recommended:

- Stay home until you feel well enough to return to your regular activities
- Book an appointment with us when you feel well enough to do so

If you are exposed to COVID-19 (close contact):

A *close contact* is generally someone who has been near a person with COVID-19 for at least 15 minutes when health and safety measures were not in place or were insufficient.

- **No isolation:** you do not need to stay home *unless* you develop symptoms. You can book an appointment with us.
- **Watch for symptoms** until 10 days after you last had close contact with someone with COVID-19
- **If you develop symptoms:** stay home and use the [Self-Assessment Tool](#) to see if you should get tested.