

# **QUEST'S INFECTIOUS DISEASE GUIDELINES**

January 1, 2024

## **Mask Policy:**

- Masks are optional for Quest staff, visitors, and clients.
- Clients may be asked to wear a mask for safety.
- Dr. Wendy Neal wears a mask during visits and suggests patients do the same.

## **Symptoms and Positive Test:**

- If you've had symptoms in the last 10 days (like a cold, flu, or Covid), test for Covid immediately.
- If positive, cancel your appointment and stay off site until at least day 6.
- **Return Onsite Requirements:** Return onsite after day 6 if:
  - Symptoms are improving.
  - Cough is controlled.
  - No fever for 24 hours without medication.
  - Negative Covid test.
  - Wear a mask onsite for the next 5 days.

## **Exposure to Covid:**

- Wear a mask onsite for 5 days if exposed to Covid.
- Test immediately if you have Covid-like symptoms.
- Take a Covid test 5 days after exposure, unless you've had a positive test.

## **Monkeypox Exposure:**

- Cancel your appointment if exposed to Monkeypox.

## **General Information:**

- Contact Quest medical team with questions.
- Covid testing can be done at home with an antigen test or with a PCR test.