

### **Covid Guidelines in Effect**

As indicated on the Lincoff Foray registration form, “WPMC will follow the CDC’s COVID guidelines in effect on September 23-24.” CDC updates community-level masking guidelines on a weekly basis every Thursday night. Please bear with us as guidelines may change.

The CDC guidelines may help you to determine whether to skip this year’s Foray or whether to wear a mask.

### **Should I stay home?**

- The CDC no longer recommends that people quarantine after being exposed to the virus, as long as they don’t have symptoms, they get tested after five days, and they wear a high-quality mask around others for ten days.
- People who test positive should isolate from others for at least five days, wear a high-quality mask through day 10, and avoid being around people who are more likely to get very sick until at least day 11.

### **Should I wear a mask?**

- The CDC advises that everyone wear a mask in indoor public spaces in areas designated as having “High” community level. If community levels are high, we will require masking in indoor spaces during the Foray.
- The CDC also recommends that people wear masks on public transportation, around high-risk contacts, or if they have been exposed to the virus.
- People at high risk for serious illness should wear a high-quality mask in areas of “Medium” and “High” community levels.

These guidelines don’t differentiate how people should act based on their vaccination status. The CDC still recommends that everyone stay up to date on their Covid-19 vaccinations.

Of course, only you fully understand your own health and risk tolerance, so take the precautions that apply to your personal situation. If any WPMC member registers for the Lincoff Foray but becomes unable to attend due to Covid, a refund will be issued on request.

The entire CDC Press Release can be read here:

<https://www.cdc.gov/media/releases/2022/p0811-covid-guidance.html>