



As of January 10, 2022

Dear Hochstein Student/Parent:

**Please follow the steps outlined below if you or your student:**

- develops symptoms of COVID-19
- is diagnosed with COVID-19
- is exposed to COVID-19
- has recently traveled internationally

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**1. SYMPTOMS – If you are exhibiting any of the symptoms typical of COVID-19:** *we recommend that you contact your healthcare provider immediately for assessment AND for COVID-19 testing, if necessary.*

- If your doctor determines that the symptom(s) indicate another diagnosis AND/OR he or she does NOT recommend a COVID test, you may return to the building once you are well enough.
- If your doctor recommends a COVID test, please schedule a test as soon as possible. [Click here](#) to find a testing site near you. **Please do not return to the building before your results come back.**
  - **If the COVID-19 test results are NEGATIVE:** you may return to the building at your next scheduled time.
  - **If the COVID-19 test results are POSITIVE:** follow all recommendations provided to you by your testing facility, local/state health authorities, contact tracers, and/or healthcare provider. *Then notify Hochstein by calling the Front Office at 585-454-4596 or emailing [covid@hochstein.org](mailto:covid@hochstein.org). Let Hochstein staff know:*
    - Your name (or the name of the positive individual if it's not you)
    - The name of your teacher(s)
    - Date of your positive test if asymptomatic, or the onset of symptoms – **this is your day ZERO**
    - Date you were last in the building
    - What instrument you play (if applicable) – *we need to know if you are a woodwind/brass player*
    - Will you contact your teacher(s) directly, OR do you give consent for staff to do so?

**You may return to the building when:**

- You receive a negative COVID test, OR
  - You have completed an isolation of five FULL days since your day zero (see above) **ONLY IF:**
    - You have remained asymptomatic or your symptoms are resolving AND you feel well enough for in-person activities. (If you had a fever, you must be fever-free for at least 24 hours without medication.) **AND...**
    - You are willing to wear a well-fitting mask **100% of the time** you are in our building for the NEXT five days. This means your mask is completely covering your mouth and nose **AT ALL TIMES** – no eating, no playing of wind/brass instruments, etc.
  - **For woodwind/brass players:** since your instrument requires you to wear a modified mask with slits, you will need to refrain from in-person activities until it has been TEN full days since day zero. Thank you for your cooperation.
  - If you do not meet BOTH requirements above to return after a five-day isolation, please remain at home until it has been TEN full days since day zero.
- If you choose not to seek medical advice or get tested: *please do not return to the building until it has been at least FIVE days since your symptoms presented AND your symptoms are now resolving.* (If you had a fever, you must be fever-free for at least 24 hours without medication.) You must ALSO be willing and able to wear a well-fitting mask **100% of the time** you are in our building for the NEXT five days. Woodwind/brass players need to refrain from in-person activities until it has been TEN full days since day zero (see above).

2. **EXPOSURE** – If you have been exposed to someone who is known to have COVID-19 in the last 10 days, follow the appropriate steps below. Per the NYS Department of Health, your LAST day of exposure is considered day zero. Here is the CDC definition of [close contact](#).

• Do you fall into ONE of the categories below?

- You are fully vaccinated AND boosted
- You completed the primary series of Pfizer or Moderna vaccine WITHIN the last 6 months
- You completed the primary series of Johnson & Johnson vaccine WITHIN the last 2 months
- You are 5-17 years old and completed your primary series of COVID-19 vaccines

If you meet the above criteria, you may participate in in-person activities. *You must remain masked at Hochstein for 10 days after your exposure and should get tested five days after your exposure. If you develop symptoms, get tested and stay home.* If you do NOT meet the above criteria, continue to the next bullet.

• If you completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are NOT boosted, OR completed the primary series of Johnson & Johnson vaccine over 2 months ago and are NOT boosted, OR are unvaccinated/not fully vaccinated:

- Isolate at home for a full FIVE days after day zero.
- Get tested on day five.
  - If this test result is negative, you may return to the building IF you wear a well-fitting mask **100% of the time** you are in our building for the NEXT five days. This means your mask is completely covering your mouth and nose AT ALL TIMES – no eating, no playing of wind/brass instruments, etc. *If you develop symptoms, get tested and stay home.*
  - If the test is positive, follow instructions under item #1.
- **For woodwind/brass players:** since your instrument requires you to wear a modified mask with slits, you will need to refrain from in-person activities until it has been TEN full days since day zero. Thank you for your cooperation.

3. **POSITIVE TESTS** –

- If YOU had a positive test for COVID-19 in the last 10 days:
  - Follow the instructions under item #1, above.
- If SOMEONE ELSE IN YOUR HOUSE had a positive test for COVID-19 in the last 10 days:
  - Please follow the instructions under item #2, above. *Per the NYS Department of Health, your LAST day of exposure is considered day zero.*

4. **TRAVEL** – If you have recently traveled internationally: please follow the federal CDC post-international travel recommendations, at [this link](#). You may return to the building if you are following these guidelines.

We truly appreciate your efforts in protecting yourself and others! Please send any questions to [covid@hochstein.org](mailto:covid@hochstein.org).

Sincerely,



Margaret Quackenbush  
President & Executive Director