
McCracken's Gymnastics & Swim School

15515 S. Keeler St ♦ Olathe, KS 66062 ♦ (913) 782-8555

www.mcgymswim.com

January 4, 2022

McCracken's Gym Family:

With an increase in Covid cases, I wanted to remind everyone of the CDCs updated recommendations.

If your child is having COVID symptoms, please get them tested. Please do not bring them to the gym unless they have had an onsite COVID test that proved negative, not an at home test.

What to do if you/your child has been exposed to someone with COVID-19:

If you:

Have been boosted

OR

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

OR

Completed the primary series of J&J vaccine withing the last 2 months

- Wear a mask around others for 10 days.
- Test on day 5, if possible.

If you develop symptoms get a test and stay home.

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 J&J over 2 months ago and are not boosted

OR

Are unvaccinated

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible.

If you develop symptoms get a test and stay home.

If they tested positive the CDC is recommending a 5-day isolation period from the onset of their first symptoms. After isolating and symptoms are improved, they may return to class, wearing a mask for additional 5 days following isolation. Please talk with your doctor concerning asymptomatic guidelines.

Thank you all for adhering and following safety precautions to prevent COVID.

Sincerely,

Linda