

# Esperanza Covid Protocol 2022

## Caring for Our Patients During COVID -19 and Beyond

Esperanza Eating Disorders Center continues to use infection control and hand hygiene practices each day for your safety as well as for the safety of our team. During this time, we are even more vigilant, staying abreast of all notices and advisories. EEDC staff follows the infection prevention guidelines recommended by the CDC. As a Behavioral Health Care Facility, we are here to serve the needs of our program patients, outpatient clients and their families. Patient and community safety is our priority.

The following guidelines are subject to change based on CDC recommendations:

- Outpatients will be offered tele-therapy with virtual programming which meets the required standard of confidentiality.

We ask the following of you:

- If you have traveled to a highly infected area, have a fever, cough or shortness of breath or been in contact with someone known to have COVID-19, reschedule your appointment to protect yourself and our other patients.

If You Test Positive for COVID-19 (Isolate) Everyone, regardless of vaccination status.

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.
- If you have a fever, continue to stay home until your fever resolves.
- If You Were Exposed to Someone with COVID-19 (Quarantine) 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 within 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.

EEDC clinical staff is here to help patients manage overwhelming anxiety about the pandemic and social isolation from required social distancing while also maintaining treatment and recovery for an eating disorder.