

Updated “Holidays and the Variants” FAQs

This set is being produced to give you the highlights of our latest covid protocols. These procedures are developed with your safety, our mission and the people we support in mind. There is no standard book or reference we can use for KenCrest. So we look at multiple local, state, federal, and international expert sources for their perspectives. We create protocols and we amend them basis on how they work and what is changing in the world around us. We have done the very best we can to get you information which makes sense and helps you drive to the right choices for you and the choices that help us promote safety together.

1. What is happening now? As of 12/22/2021?

We are seeing an increase in cases mostly in Western Montgomery County. That increase is in keeping with what that community is seeing in general.

2. What should you do if you are exposed to someone who tests positive, and live with that person?

You need to quarantine for 14 days. Contact your supervisor, some may be able to work remotely. If you cannot work remotely, and are out of PTO, consider a submission to the Rod Hibbard Fund if you need financial support, this is the very core purpose of that Fund. You do not need permission of a supervisor to ask for support from the Fund.

Watch for symptoms, get tested if you have them. Contact your doctor for any signs of breathing difficulty, do not wait!

3. Does it matter if I a vaccinated or not if I’m exposed to covid?

No vaccination status does not matter. Quarantine regardless of your status.

4. What do you do if you are exposed to someone at work or in the community at large, someone with whom I do not live who tests positive? Do I need to quarantine?

If you are vaccinated, you may continue to work, but monitor yourself for symptoms. Get tested if you develop symptoms. If you are not vaccinated, you need to quarantine. Get tested if you develop symptoms.

5. How long is a quarantine?

Quarantines are 14 days from whichever of the below is experienced the earliest:

- tThe onset of symptoms,
- he date you test positive, or
- The date of exposure to someone who tests positive.

6. If I have covid, how many days will I be infectious, meaning I can give it to someone else?

Experts agree that you are infectious two days before you had symptoms, and 10 days after you start to experience symptoms.

7. Is the vaccine safe for women, especially those who want to get pregnant, are pregnant or recently delivered a baby?

All national organizations which advise about mother and baby health agree that is essential for women who are trying to get pregnant, pregnant, or recently gave birth to get vaccinated. There are more hospitalizations, more death, more pre-term labors, and more stillborn babies for those who contract covid; the numbers are substantially higher.

8. Should I get a booster?

All experts are recommending boosters. Early data is in for the power of booster vaccine for even the new variants. KenCrest is currently not tracking boosters, but may be required to do so in the near future.

9. How soon after I am exposed can I get tested?

The reality is the spread of covid varies with each variant. The shortest time after exposure to get tested is day two, but you may want to wait until day three. Omicron spreads the faster than the Delta variant, and shows signs of symptoms three days after exposure; whereas Delta spreads a little slower and takes around five days to show symptoms. Testing at least three days after exposure would be the best time to get tested to potentially determine exposure to either variant.