

# MRCNA 36 Attendees

Hello MRCNA 36 Attendees:

On behalf of the entire committee, I would like to thank every one of you for your support in coming back together to take part in the amazing things that happen when we gather for an event like this. As you all know, gatherings do come with risks of possible transmission of COVID-19 Novel Coronavirus. At this time, it is our duty to inform you there have been two reported positives received by the committee. We continue to encourage attendees to reach out to the committee to report positive cases and do our part in protecting others. For HIPAA (Health Information Portability and Accountability Act) purposes we cannot reveal the identity of positive cases. Please self-monitor and if you suspect you may have been exposed and/or have developed COVID-19 like symptoms, please get tested and self-isolate as appropriate. Symptoms include:

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with these symptoms may have COVID-19:

|                            |                      |   |
|----------------------------|----------------------|---|
| Fever or chills            | Cough                | Shortness of breath or difficulty breathing |
| Fatigue                    | Muscle or body aches | Headache                                    |
| New loss of taste or smell | Sore throat          | Congestion or runny nose                    |
| Nausea or vomiting         | Diarrhea             |   |

Below is an easy access calculator for isolation guidelines for the general public:

[COVID-19 Quarantine and Isolation | CDC](#)

Please be aware of any specific guidelines if you are a health care professional or have other more stringent guidelines to follow:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>

Additionally, rapid testing (home testing) is not as accurate as the PCR (Polymerase Chain Reaction [Hospital Laboratory Testing]) testing. If you suspect you have symptoms consistent with COVID-19 and test negative, please consider isolating anyways, just in case you have a false negative test. There have been instances where a person with symptoms tests negative one day and positive in the days following a negative test.

If you have tested positive via rapid testing in the past 90 days, it is **not** recommended to rapid test again as you may still show positive from a previous infection for up to 90 days. Please consider isolating for the recommended time period and if you still wish to be tested, it is recommended to get tested via PCR testing.

Respectfully,

MRCNA 36 Committee