

## Can I go to Girl Guides if...?

At Girl Guides Victoria, our goal is to keep our members safe and healthy. Use the chart below to answer some commonly answered questions about whether it is safe for you to attend in-person Girl Guiding activities OR if you should stay at home.

*The below chart does not override any instructions provided by a medical professional.*

For the purposes of this chart, **testing** refers to both PCR and Rapid Antigen tests.

What if...	Can I go to Girl Guides tonight?	When can I return to Girl Guides?
I am waiting for COVID-19 test results?	No  (unless you are being tested as part of routine screening)	Once you have received a negative test result AND are symptom-free.
I have tested positive for COVID-19	No	After you have isolated for 7 days AND are symptom-free following your positive test result.
I received negative test results and am symptom free?	Yes	N/A
I received negative test results but still have symptoms? (e.g. runny nose, sore throat)	No	After your symptoms have cleared up.
My symptoms are a result of a known pre-existing and non-contagious condition? (e.g. asthma or seasonable allergies)	Yes BUT you must inform your Unit Leader of your condition prior to attending Girl Guides.	N/A

Someone who lives in my household has symptoms? (e.g. runny nose, sore throat)	Yes IF you have no symptoms of your own.	N/A
Someone who lives in my household is waiting for COVID-19 test results?	Yes BUT it is recommended that you wear a face-mask.  (unless they are being tested as part of routine screening)	N/A
Someone I go to school/work with tests positive to COVID-19?	Yes	N/A
Someone in my household tests positive to COVID-19?	Yes IF you wear a face-mask AND are regularly receiving negative tests AND are symptom free.	N/A
I am a frontline worker and work with people who have a respiratory illness or symptoms of a respirator illness? (e.g. healthcare workers, paramedics etc.)	Yes	N/A