

# 2022 Team Guide to the Tallahassee Regional



Welcome Teams,

Congratulations on your 2022 RAPID REACT<sup>SM</sup> build season! We are excited to see your robot designs for processing cargo for transport. While you've been putting the final touches on your bots and updating their programming, the Tallahassee Regional Planning Committee has been busy preparing for your arrival.

You are receiving this document/email because your team is registered to attend the *FIRST* Robotics Competition - Tallahassee Regional on the FAMU Campus at the Alfred Lawson Jr. Multipurpose Center, March 17<sup>th</sup> -19<sup>th</sup>.

We ask that you read this document in its entirety and we hope that this document will answer many of the questions you have regarding the event. We have been working on bringing this event to Tallahassee since 2019 and are thrilled that it is finally happening after the extremely disappointing cancellation of the 2020 season. If you still have questions after reading, please reach out to us. While you've been preparing your robots, we have been busy planning the regional and preparing this guide. You may also check for updates on our [regional website](#) under the Event Information tab.

**We strongly recommend you print this guide and bring it with you to the event.**

Any updates to the Team Guide and the [COVID policy](#) will be published on the event website as the event nears.

The Regional Planning Committee encourages you to check out the additional activities happening in association with the competition – workshops, Team Social, and Sponsor & Scholarship Row displays.

Be sure to check our website and Facebook for information on our regional. We look forward to your arrival and are excited for RAPID REACT<sup>SM</sup> at the Orlando Regional. Now read on and get ready for the Orlando Regional!

**Good Luck and Go Teams!**

Wendy Austin

*FIRST* Regional Director,  
North and Central Florida

Laura Leonard

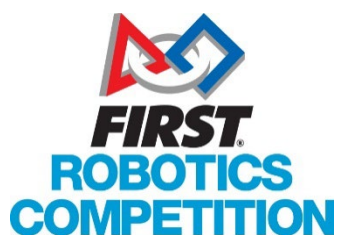
Regional Planning  
Committee Chair,  
Tallahassee Regional



PRESENTED BY  **BOEING**

# Table of Contents

|                                      |    |
|--------------------------------------|----|
| 1. Event Schedule                    | 3  |
| 2. COVID Policies                    | 4  |
| 3. Load-In / Load-Out Instructions   | 6  |
| 4. Being a Good Guest                | 9  |
| 5. Safety                            | 9  |
| 6. Water in Pits                     | 10 |
| 7. Meals, Snacks, and Beverages      | 10 |
| 8. The Machine Shop                  | 10 |
| 9. Moving between the Field and Pits | 11 |
| 10. Team Media Badges                | 11 |
| 11. Directions and Parking           | 12 |
| 12. Security                         | 12 |
| 13. Site Layout                      | 12 |
| 14. Exhibits                         | 12 |
| 15. Web Streaming                    | 12 |
| 16. Thursday Workshops               | 13 |
| 17. Student Ambassadors              | 13 |





TallyRobotics would like to invite you to join the other FRC Teams and Event Volunteers for the [Tallahassee Regional Team Social](#) on Friday, March 18 from 7 pm to 8:30 pm at the beautiful Cascades Park in Downtown Tallahassee. Dinner is brought to you by Mission BBQ. Huge Yard Games will be available for friendly cooperitition and a DJ will help us dance off the stress of the first day of matches. **Coaches, please register for your entire team.** Once you select Register you will be taken to a page where you can select Team Social. When you add on meals, you will select the number you need for each type. Prices for meals are \$17/each. Event t-shirts are \$12/each and Commemorative Coins are \$15/each.

### Thursday, March 17th

|                    |                   |
|--------------------|-------------------|
| 10:00 AM – 4:00 PM | Exhibits Open     |
| 10:00 AM – 4:00 PM | Team Workshops    |
| 11:00 AM           | Senior Picture    |
| 12:00 PM – 6:00 PM | Merchandise Sales |

### Friday, March 18th

|                    |                             |
|--------------------|-----------------------------|
| 8:15 AM            | Alumni Parade               |
| 9:00 AM – 6:00 PM  | Merchandise Sales           |
| 10:00 AM – 4:00 PM | Exhibits Open               |
| 7:00 PM - 8:30 PM  | <a href="#">Team Social</a> |

### Saturday, March 19th

|                    |                   |
|--------------------|-------------------|
| 8:15 AM            | Mascot Parade     |
| 9:00 AM – 5:00 PM  | Merchandise Sales |
| 10:00 AM – 4:00 PM | Exhibits Open     |

Schedule subject to change. All times are estimated based on the flow of matches.

## 2. COVID Policies

The Tallahassee Regional Planning Committee (RPC) and FIRST® recognize that the health and safety of FIRST teams, volunteers, and staff is our top priority. We are following guidelines from state and county health departments, the CDC, and local school districts regarding COVID-19. Decisions regarding event planning are made based on the guidance and policies as established by community and public health officials, the venues hosting our events, and in the spirit of *Gracious Professionalism*®.

Gracious Professionalism® is part of the ethos of FIRST. It's a way of doing things that encourages high-quality work, emphasizes the value of others, and respects individuals and the community. These policies may be more stringent than the precautions that your team or family observe, but a large number of attendees at the competition requires a higher level of mitigation measures. *Showing respect for the health and safety of all participants at the event - team members, mentors, volunteers, event staff, and visitors - exemplifies the spirit of Gracious Professionalism*®.

Please also note that the [FIRST Event Rules have been modified](#), and E101 has been updated:

- F. health and safety requirements in place for that event (e.g. mask-wearing).

- *Universal Violation Note: A violation of any Event Rule will result in a verbal warning. Egregious or subsequent violations will be addressed by the Head REFEREE, the Lead Robot Inspector (LRI) and/or Event Management. Teams should note that egregious and frequent violations may be shared with the Judge Advisor which could lead to disqualification from awards*

## Personal Protective Equipment (PPE)

- **Face masks are required for all individuals in attendance at all times when inside the event venue regardless of vaccination status, except when eating or drinking.** Face masks shall be worn correctly, covering both the nose and mouth. Teams must bring an adequate supply of masks for all participants. All other attendees must bring their own supply of face masks sufficient for the duration of the event.
- Face shields, bandanas, single-layer gaiters, and masks with exhalation valves are NOT considered effective PPE for mitigating the spread of COVID-19. These items shall not be worn at the event.
- Program-specific personal protective equipment rules, including those around safety glasses, will be enforced as usual. All participants are expected to bring their own personal safety glasses; there will be limited on-site availability. In addition, every team should bring their own safety glass cleaning supplies. Antifog spray also is recommended to help prevent fogging of glasses. Other safety measures are included in the FIRST Safety Manual.

## Venue Entry & Pit Restrictions

- All participants and visitors are advised to follow all event signage regarding entry into event pits, viewing stands, and other designated spaces. **The Tallahassee Regional Planning Committee (RPC) may restrict entry into the event pits to reduce crowding and create the best possible experience for all participants.** The Tallahassee RPC may also restrict overall venue and event access to participating teams and mentors only, should health and safety conditions necessitate this additional step.

## Daily Health Screening

Do not come to the event if you are sick or if you have been in contact with someone who is sick. All attendees (participants and volunteers) shall follow the rules established by their local health authorities. *Please see the event Daily Health Screening (found at the end of the Team Guide (page 18) or by downloading the [COVID-19 Regional Policies and Plan document](#) on the Tallahassee FRC website) for the recommended daily health screening.*

## Teams

- Mentors and volunteers must verify that anyone traveling with their team has passed a health screening each day of the event. A mentor from each team will have to sign a form (at Pit Admin) every day of the event to verify the health screening has been

completed. The team's travel mentor or primary/lead mentor must not allow anyone who fails this health screening to enter the event venue.

- Teams need a plan to handle illnesses that arise during the event, including failure to pass the daily health screening. For example, the plan should include logistics to seek medical help and to send an ill person home or isolate the ill person away from the event venue. Any individual supervising an ill student should be an adult over the age of 18 and a high school graduate.

## Event Volunteers

- Volunteers must perform a daily health screening before coming to the venue. If a volunteer does not pass the daily health screening or is otherwise ill, they must notify the event's volunteer coordinator(s) and not come to the event venue.

## Physical Distancing

- **Whenever possible, everyone should avoid close contact with others, especially people from other teams, and maintain a distance of 6 feet or more.**
- Teams are encouraged to allow extra space between individuals and teams in the pits, stands, and eating areas.
- When possible, volunteer meal times will be adjusted to allow more distancing in the volunteer lounge.

## Cleaning

- Teams should bring their own cleaning supplies and follow their team's and school's procedures for cleaning and use of shared materials and tools.
- Frequent handwashing with soap and water, or hand sanitizer, is encouraged.
- Sanitizing wipes and hand sanitizer will be available for event volunteer use in the volunteer lounge, pit area, and field area.

## Vaccinations

- At this time, the Tallahassee Regional Planning Committee does not require event attendees to be vaccinated. FIRST believes that the best path toward ending the COVID-19 pandemic—and having a successful season—is through vaccination. FIRST strongly recommends everyone who is eligible to consult with their physician and be fully vaccinated against COVID-19, with booster shots if applicable, prior to attending the event.

## 3. Load-In / Load-Out Instructions

**Load In: Wednesday, 6:00 p.m. - 8:00 p.m. OR Thursday, 7:45 a.m. - 8:30 a.m.**

The intention for early load-in hours is to allow teams to find their pit space, place their robot and tools in their pit space **and begin building their pit during early load-in hours! 5 team members including one adult** will load in through the double door located in the back of the Lawson Center. Any team members loading in **must** enter the pits through the double door.

Teams are encouraged to arrive early to ensure they can load in large items for their pit space during this time. Also, please stop by the Pit Admin desk to register your team and collect Pit passes. Access to the Pit is **restricted** to those with pit passes!

**Please print or download this section and have it ready for the load-in process.** This will keep everyone safe and efficient.

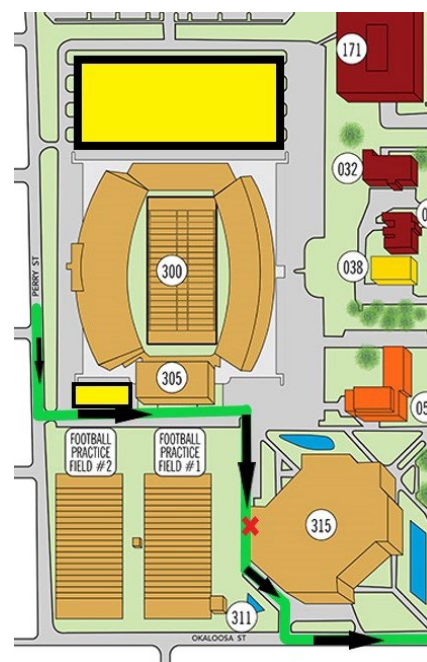
## Load-in Route

This route is designed to reduce the wait times for load-in. Regional volunteers will be present to assist load-in managers with traffic flow. Please follow their instructions – this will help ease the load-in process for all involved!

As shown in the this diagram, all traffic will flow by entering from Perry Street, turning behind the Lawson Center to unload, and proceeding onto Okaloosa to park in designated parking (Yellow areas). Teams are to deliver their robot, pit materials, and tools to the rear of the Lawson Center using this route.

Once load-in is complete, the vehicle should exit to the designated trailer parking areas or the stadium parking lot.

Vehicle loading and unloading is to be safely expedited and the vehicle removed from the lane as soon as the robot, pit materials, and tools are unloaded/loaded. We ask that you be mindful of others' needs to unload/load their vehicles and not park in this area for an extended time - if a driver is waiting on team members to arrive to unload/load the vehicle/trailer, they should wait to move towards the load-in area until the team is ready. Additionally, drivers are not to block the pedestrian crosswalks to/from the Venue.



## Load-in Process

As teams arrive, they must place their robot, all mechanisms, pit materials and spare parts in the staging area located outside the doors of the venue. Volunteers will be present to aid teams throughout the load-in/load-out process and identify where teams may stage their robot, pit materials, and tools prior to entering the venue. Once they have everything they intend to bring into the venue, they are to approach the inspection manager and inform him/her that they are ready to load in.

- During this time, teams will be allowed to load in their robots including all mechanisms, pit materials, and spare parts into their pit. **Teams will be allowed to set up their pit on Wednesday night OR Thursday morning during early load-in. Teams MUST choose one early load-in time or the other. They may not use both. Teams will NOT be allowed to perform any work beyond setting up their pit.** No work may be done on the robot until the pit opens Thursday morning at 8:30 AM. A maximum of **five** individuals will be allowed access to the venue for this purpose (one individual must be an adult mentor on the team 18+ years of age and cannot be a high school student).

**Attention:** Teams can only bring fabricated items in during the team's **initial** load-in as described in Rule E401 of this year's FIRST Event Rules. **No exceptions.**

## Trailer & Bus Parking after Load-in

After load-in, teams may park their cars in the Bragg Stadium Parking lot. Trailers and other oversized vehicles will be allowed to park in the highlighted parking lots shown on the map. There will be no charge to park in the lots. These trailers and oversized vehicles may park overnight during the event **at your own risk.**

After teams have loaded in, the double door will be **closed** until Saturday afternoon for load-out. The only acceptable entrance during the event is the main entrance facing Wahnish Way. Teams are **NOT** to use the doors at the back of the pits for entrance or exit at any time - they are for emergency exit only.

## Load-Out Processes

For load-out, all pit materials, tools, and robots must be queued in the staging area before bringing your vehicle around. The entire process will be the reverse of load-in.

## Important reminders

- Be prepared in the event of rain to protect your equipment during the load-in/load-out periods.
- Be sure to have your fabricated items with you at the time you load-in. This is the only time you will be allowed to bring fabricated items into the venue!
- If your robot came in a crate, let Pit Admin know when the crate is ready to be picked up!

## Early load-in restrictions

- Only 5 team members will be allowed to bring in materials. At least one of those team members must be an adult mentor on the team (18+ years of age and not a high school student). Otherwise, any combination of mentors and team members is acceptable.
- Safety glasses will not be required during early load-in unless you are uncrating a robot or setting up your pit. If your robot was shipped in a crate, remember to bring safety glasses for early load-in.
- Teams may bring in their robot and any other equipment/pit items that would normally be permitted within the venue.
- Teams are encouraged to make a single trip in with their robot and equipment but may make more than one if necessary.
- After team members have dropped off their materials and set up their pit, they are to exit the pit area until the pits open on Thursday morning at 8:30 AM. Teams bringing in their equipment on Wednesday night are asked to wait until the pits open on Thursday morning at 8:30 AM to bring in additional, small hand-carried items or continue setting up their pit. Please remember this does not include fabricated items since **fabricated items must be loaded in during your initial load-in window.** No work may be done on the robot until the pit opens Thursday morning at 8:30 AM.
- **No work may be done on any robot until the pit opens each morning at 8:30 AM.**



- Teams that shipped their robots to the competition may uncrate their robot on Wednesday from 6 PM to 8 PM, or Thursday beginning at 7:45 AM. No work may be done on the robot until the pit opens each morning at 8:30 AM. Safety glasses must be worn while uncrating a robot.

## 4. Being a Good Guest

**No painting will be allowed on campus.**

Also, if you hang anything up on the bleachers or walls, **use painter's tape and take it down** before you depart on Saturday.

One last thing - please show appreciation to our hosts by picking up your team's area in the stands each night. Thanks!

## 5. Safety

Per *FIRST* guidelines, **safety glasses will not be distributed to teams**. When you are packing, please remember to include safety glasses for every student, mentor, and family members who will be visiting your team in the pit area. Plan on bringing extras as spares, as glasses are often misplaced. *FIRST* has provided a limited supply of safety glasses on hand for use by the volunteers and visiting public, so we appreciate your efforts to supply enough safety glasses for everyone you bring with you!

Everyone (team members, family, friends, mentors, visitors) is required to wear ANSI approved eye protection (safety glasses) when in the Pits. Lightly tinted Yellow, Rose, Blue, and Amber tints are *FIRST* approved. Reflective lenses are prohibited; your eyes must be clearly visible to others.

***FIRST* Robotics Competition participants must wear closed-toed shoes** that completely cover the entire foot. Shoes must be substantial and have closed-toes and heels to protect against foot injuries, regardless of work location. Flip-flops, sandals, mules, lightweight slippers, etc. are not acceptable when working on or near the robot.

Spectators attending *FIRST* competitions should follow the following footwear rules:

If substantial close-toed shoes are not worn, spectators may enter the pit area as long as they remain in the pit aisles. Please note that loose sandals (like flip-flops) or bare feet are not permitted in the team pit area **under any circumstances**. Spectators that do not meet the footwear requirement for participants as previously described are not allowed inside individual team pit areas or where robots are being worked on. Be sure to mention this safety requirement to anyone that you invite to the event that is not familiar with FRC so they can visit your team and view your robot in the pit. *FIRST* Lego League and *FIRST* Tech Challenge participants don't have the same requirements for their events, so be sure to inform them!

Children twelve and under must always have a person eighteen or older with them. There will be a limited number of child-size safety glasses available to borrow and return at the entrance to the pit for public visitors. Strollers and baby carriages are not allowed within the individual team pits.

Safety glasses will not be required during early load-in **unless you are uncrating a robot or setting up your pit**. If your robot was shipped in a crate, remember to bring safety glasses with you for early load-in!

DO NOT bring skateboards, hoverboards, weapons of any kind (including light sabers or blaster replicas), or drones to the Tallahassee Regional. Also, do not bring bottled gas tanks (e.g. Helium) to the competition.

## 6. Water in Pits

Teams are permitted to bring sealed water bottles into the pits.

## 7. Meals, Snacks, and Beverages

Meals are not provided for attendees. There are food concessions located in the building as well as many restaurants near the FAMU campus. We recommend that you assign a few adults to develop a lunch plan for feeding the team and providing snacks throughout the event. Food may be brought in from outside vendors. If the weather is nice, there are some local green parks and spaces where teams can set up a picnic lunch. We highly recommend that the entire team **NOT** leave the arena/venue for lunch, allowing for the team to prepare and arrive on time for their first match after lunch concludes.

This year's Tallahassee Regional will be held while FAMU is NOT in session. There are restaurants near campus in the Colleetown area that are quick service and close to FAMU. We have also arranged with the FAMU Student Union Service to provide teams an opportunity to order lunches for their teams. See [www.tallahasseeffc.org/team-lunch-pre-order/](http://www.tallahasseeffc.org/team-lunch-pre-order/) for menu and ordering options.

Many delicious restaurants can be found in the area surrounding FAMU that your team may want to eat at during or after the regional. If you choose to get food from any of these establishments, remember you **must** eat the food outside of the Lawson Center.

## 8. The Machine Shop

Machine shop services will be provided by the FAMU-FSU College of Engineering. The machine shop has a mill, drill, and lathe machining capability, band saw, and table saw cutting capability, a bit of soldering, grinding/ polishing, threading & tapping capability, and most hand/power tools. The shop will be manned by at least one machinist during all competition activities.

The machine shop is a great asset for the teams. It is important to follow their rules to assure safety for both team members and FAMU/FSU employees operating the machine shop. Team members and mentors are not allowed in the Machine Shop for safety reasons - however, there is an office in front of the shop to wait. The shop operates on a first-come, first-serve basis.

Per guidelines from *FIRST*, *teams must provide their own transportation to and from the machine shop. The FAMU-FSU College of Engineering has made arrangements for a van to transport parts to and from the arena to the machine shop, but **team members and mentors are***

***not permitted to ride on the vehicles.*** *The machine shop is 2.2 miles away and a seven-minute drive from the Lawson Center so teams will need to drive over to the machine shop and park.* Maps and more information will be available at Pit Admin. *FIRST* has provided a Machine Shop Request Form that will be available at Pit Admin. If the part request is simple, described sufficiently on the form, the machine shop drivers will take the form to the shop and return with the part. The machinists appreciate drawings with the requests.

### **Machine Shop hours (subject to change):**

Thursday 8:30 a.m. – 8:00 p.m.

Friday 8:00 a.m. - 7:00 p.m.

Saturday 8:00 a.m. - 2:00 p.m. (closing time approximate; check with Pit Admin for updates)

## 9. Moving between the Field and Pits

Teams and visitors will have limited paths available for transiting between the Competition Field and the Pits:

- 1) Pits are on the same floor as the Competition Field. There will be marked lanes for teams to use to approach the field and queue for matches.
- 2) There will be a marked single entrance to the Pit area from the audience seating for the event. Only members with Pit Passes will be allowed to enter the Pits. Please comply with signage and marked access points.

Pit access will be restricted this year to those with Pit passes or, if not on a team, those who are accompanied by an ambassador. Pit passes will be given on Load-In day at the Pit Admin desk, so be sure to pick them up!

Limiting traffic in the pathways from the field to the pit will create a safer pathway for moving robots to the queuing area. We ask that you be on your guard when navigating near robots – remember, safety first!

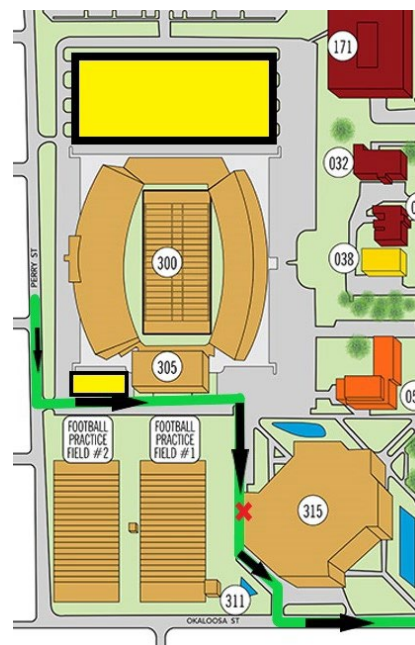
## 10. Team Media Badges

Only team members, **with driver badges or media badges**, transporting a robot will be permitted to enter the Competition area. Teams will each be provided **one media badge**. Team members wearing a media badge must have a camera with them and accompany their drive team with the robot to the arena to be given access to the field. **Team members wearing the media badge are not permitted to work on a robot, coach/strategize after entering the queuing area or during a match or leave the designated media area during match play to ensure the safety of volunteers and team members.** Media members must stay with the drive team in the queuing area until their team is loading onto the field. Volunteers on the field may make changes as needed for safety and to ensure a good flow of matches.

## 11. Directions and Parking

The address for the Alfred Lawson Jr. Multipurpose Center on the FAMU campus is 1800 Wahnish Way, Tallahassee, FL 32310. Teams may park their cars in the Bragg Stadium Parking Lot for free. Oversized Vehicles and Trailers may park in the Yellow designated lots behind the Lawson Center and at the North end of Bragg Stadium at no cost and **at your own risk**. Please make sure your bus drivers know the specific location of this lot. Reference the diagram below for parking locations.

*Overall Parking Map*



## 12. Security

Teams should never leave anything of value unattended. For added protection, it is recommended teams use security locks/cables to attach computers to a large object, such as a table. Please label all robot batteries, battery chargers, controllers etc. with your team number. Turn in lost and found items to the Pit Admin Desk in the pit area.

## 13. Site Layout

The field and pits are located in the venue. The pit map will be uploaded to the FIRST Tallahassee Regional website when it is available. Please note that the **pit map is subject to change!**

## 14. Exhibits

- The Information Desk, Regional Merchandise Sales, Student Ambassador, and Welcome tables will be located on the main floor of the Lawson Center in the lobby.
- Multiple Universities will be tabling throughout the weekend including:
  - Florida Polytechnic – Friday
  - Florida Institute of Technology – Thursday and Friday
  - Embry Riddle Aeronautical University – Thursday, Friday, and Saturday
  - FAMU-FSU College of Engineering
- Certain Sponsoring companies will also be exhibiting throughout the competition. Be sure to keep a lookout during the competition for these exhibitors, and remember to thank them for sponsoring the Tallahassee Regional!

## 15. Web Streaming

The Tallahassee Regional will be streamed on the web thanks to Twitch. Matches on Friday and Saturday, as well as some coverage of Thursday's activities, will be streamed. The stream

link will be distributed closer to the event date and will be on the Tallahassee FRC Regional website as well.

## 16. Thursday Workshops

We will be holding workshops on Thursday on the 4th floor of the Lawson Center. Limited space is available, so be sure to arrive early for workshops! The Regional's Workshops consist of a mix of technical and non-technical sessions. The schedule is shown below and is subject to change. Keep an eye on our Social Media and the Tallahassee Regional website for updates!

**Tentative Schedule for Thursday, March 17<sup>th</sup> Workshops**

| Time          | Side A                                      | Side B                                                   |
|---------------|---------------------------------------------|----------------------------------------------------------|
| 10:00 - 10:45 | Exploding Bacon                             | Thoughts on Writing, for FIRST & Otherwise, James Austin |
| 11:00 - 11:45 | College of Engineering<br>Christian Hubicki |                                                          |
| 1:00 - 1:45   | College of Engineering                      | Chairman's Award Chat<br>Exploding Bacon                 |
| 3:00 - 4:00   |                                             | Women in STEM                                            |

## 17. Student Ambassadors

We will be selecting 20 students to serve as Student Ambassadors to escort visitors around the Lawson Center, allowing them to meet with company sponsors, media outlets, and various other VIPs. They need to be able to comfortably talk with adults in clear and concise terms, convey the values of *FIRST*, and be able to give statistics about the Regional and their own teams.

Descriptions of the ambassador program have been sent to teams. All teams are urged to support the programs, but with the understanding that candidates must not have critical team duties (like being a driver) during the competition.

There will be a Student Ambassador meeting for selected students at 2 PM, location TBD, **on Thursday, 3/17**. More information will be distributed closer to the event. Please be at the **VIP Tables in the lobby at 1:55 PM on Thursday!**

If you have any questions, please send an email to [frctallahasseeambassador@gmail.com](mailto:frctallahasseeambassador@gmail.com).

Thanks for reading through the Team Guide! Please feel free to visit our [website](#) and [Social Media](#), or email the Regional Director, Wendy Austin, at [waustin@firstinspires.org](mailto:waustin@firstinspires.org) if you have any questions!

2021-2022

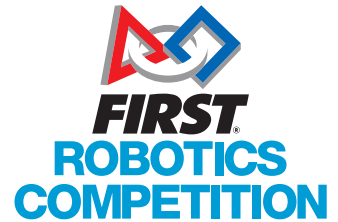
FIRST® FORWARD<sup>SM</sup> season

**COVID-19 Daily Health Screening**

**Tallahassee Regional**

The Alfred Lawson, Jr. Multipurpose Center, Florida A&M University

Update: 02/25/2022



## Do you have any of these symptoms?

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



## Have you been exposed to COVID-19 in the past 14 days?



## Are you waiting for COVID-19 test results due to your symptoms?

**Please do not enter if you are experiencing any of the above symptoms, have been exposed, or are awaiting test results.**

If you have been exposed to COVID-19, please refer to CDC guidance on quarantine and isolation.

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

