

COVID-19 Safety Protocol for TLT

1. Full vaccination is required (2 shots and booster, second booster is now recommended for 50 and over and more than 4 months from last booster).
2. You must be vaccinated within 6 months of the 1st or 2nd shot by the end of the 5-Day session of the program.

Or, be within 4 months of the first booster by the end of the 5-Day session of the program.
3. Proof of vaccination and booster must be provided on the first day of the 3-Day session.
4. Vaccination protocols are waived if you have had COVID within 3 months of the end of the 5-Day session of the program.
5. No masks are required for the program, but you are welcome to wear one if you choose to do so. The same applies to TLT staff.
6. If you feel sick immediately before or during the program regardless of cause, stay home.
7. If you must leave the program due to illness, you may come to a future program but need to restart at the beginning.
8. You must take an at-home antigen test 48-72 hours before the 3-Day and 5-Day sessions (2 sets of 4 at-home tests are available at <https://www.covid.gov/tests>).
9. If positive, you will also need to take a PCR test which must be lab evaluated prior to attendance. Turn-around time at many locations is 24-48 hours.
10. Proof of negative antigen and/or PCR test results must be provided on the first day of both the 3-Day and 5-Day sessions.

PCR TEST LOCATIONS

- Well Now has several sites:
 - [8459 Colerain Ave, Cincinnati, OH 45239](#) [\(513\) 815-3851](#) 8:00 a.m. – 8:00 p.m. No appt necessary, walk-in or schedule.
 - [10575 Springfield Pike, Cincinnati, OH 45215](#) [\(513\) 815-3852](#) 8:00 a.m. – 8:00 p.m. No appt necessary, walk-in or schedule.
 - [1068 State Route 28, Milford, OH 45150](#) [\(513\) 831-5900](#) 8:00 a.m. – 8:00 p.m. No appt necessary, walk-in or schedule.
- Eastside Urgent Care [872 Ohio Pike Cincinnati, OH 45245](#) Monday to Friday – 9:00 AM – 7:30 PM, Saturday and Sunday: 9:00 AM – 4:30 PM.
- Midtown Urgent Care 5002 Ridge Ave, Cincinnati, OH 54209 (513) 548-5712 Sunday 10:00 AM – 4:00 PM, Monday-Friday 10:00, Saturday 10:00 AM – 6:00 PM.
- Walgreens does PCR tests with result within 48 Hours.
- CVS does PCR tests and states results within hours.
- CareFirst Urgent Care:
 - 5920 Colerain Ave Cincinnati, OH 45239 [513-741-7044](#)
 - 7200 Blue Ash Rd Deer Park, OH 45236 [513-975-0377](#)
 - 5390 Dixie Hwy Fairfield, OH 45014 [513-868-2345](#)
- There are many other sites, go online and check for ‘Rapid PCR tests near me,’ just make sure they can be done with a reasonable time, most are free or covered by insurance.