COVID-19 INTERIM GUIDANCE FOR BHS ENSEMBLES AND SINGING COMMUNITIES

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INTRODUCTION

In light of the current public health emergency, we are all wondering when we might be able to safely sing together again. Just as we understand that voices united in song can make a positive and meaningful impact on ourselves and those around us, we should also recognize that we must continue working together to prevent the spread of COVID-19 and support each other on our path to safely singing together.

Regardless of the various phased reopening plans that states, provinces, and communities have in place, legal reopening or congregating is not equivalent to safely singing together in the same physical space. It may be a while before it is safe for everyone to sing together. How long and in what ways are still being determined and should be guided by local data. It is important to note that there is not a single solution that will work for everyone.

Please use your best judgment and follow all applicable national, provincial, state, and local laws, policies, and procedures when applying the information in this document to your unique situation. In general, this guidance is based on a collection of scientific research and other information from various and verified sources. We ourselves are not scientists or medical professionals - we are singers.


BACKGROUND

What is COVID-19?
COVID-19 is a disease caused by a virus called SARS-CoV-2. Most people with COVID-19 have mild symptoms, but some people can become severely ill. Although most people with COVID-19 get better within weeks of illness, some people experience post-COVID conditions. Post-COVID conditions are a wide range of new, returning, or ongoing health problems people can experience more than four weeks after first being infected with the virus that causes COVID-19. There are many common sense measures that individuals should take to protect themselves and others such as getting vaccinated, wearing a face covering or mask while in public, maintaining social distance, washing hands frequently, avoiding touching your face with unwashed hands, avoiding close contact with people who are ill, covering your mouth when you cough or sneeze, and frequently disinfecting surfaces that are often touched.

What are the symptoms?
People with COVID-19 have presented a wide range of symptoms from mild to severe. Some instances occur with no symptoms at all, and the United States has reported over 711,000 deaths related to complications of the disease. Symptoms may appear 2-14 days after being exposed to the virus.

Who is at risk?
Anyone, regardless of age, may become infected. Some people are more likely than others to become severely ill, possibly requiring hospitalization, intensive care, and a ventilator to help them breathe. People at increased risk, and those that live with them, need to take precautions to protect themselves.

- Older adults are more likely to get severely ill from COVID-19. More than 80% of related deaths occur in people over age 65.
- People of all ages with underlying medical conditions, particularly if not well controlled.
- Pregnant and recently pregnant people.

How does the virus spread?
COVID-19 spreads when an infected person breathes out droplets and very small particles that contain the virus. These droplets and particles can be breathed in by other people or land on their eyes, noses, or mouth. In some circumstances, they may contaminate surfaces they touch. People who are closer than 6 feet from the infected person are most likely to get infected.
COVID-19 is spread in three main ways:

- Breathing in air when close to an infected person who is exhaling small droplets and particles that contain the virus.
- Having these small droplets and particles that contain the virus land on the eyes, nose, or mouth, especially through splashes and sprays like a cough or sneeze.
- Touching eyes, nose, or mouth with hands that have the virus on them.

**Anyone infected with COVID-19 can spread it, even if they do NOT have symptoms.**


**Variants**

Viruses constantly change through mutation, and new variants of a virus are expected to occur. Sometimes new variants emerge and disappear. Other times, new variants persist. Multiple variants of the virus that causes COVID-19 have been documented in the United States and globally during the pandemic. Of the four main variants, B.1.617.2 (Delta) is of the most concern.

Certain variants seem to spread more easily and quickly than other variants, which may lead to more cases of COVID-19. In particular, the Delta variant causes more infections and spreads faster than earlier forms of the virus. An increase in the number of cases will put more strain on healthcare resources, lead to more hospitalizations, and potentially more deaths. So far, studies suggest that the currently authorized vaccines are effective against the circulating variants. Scientists will continue to study these and other variants.


**Breakthrough Cases**

COVID-19 vaccines are effective. However, a small percentage of people who are fully vaccinated will still get COVID-19 if they are exposed to the virus that causes it. These are called “vaccine breakthrough cases.” This means that while people who have been vaccinated are much less likely to get sick, it will still happen in some cases. It’s also possible that some fully vaccinated people might have infections, but not have symptoms (asymptomatic infections). Experts continue to study how common these cases are.

Large-scale clinical studies found that COVID-19 vaccination prevented most people from getting COVID-19. Research also provides growing evidence that mRNA COVID-19 vaccines (Pfizer-BioNTech, Moderna) offer similar protection in real-world conditions. While these vaccines are effective, no vaccine prevents illness 100% of the time. For any vaccine, there are breakthrough cases.

**How does this apply to singers?**

Science suggests that the physical act of singing creates more aerosolized droplets than any other form of vocalizing. Aerosolized droplets can travel farther and remain in the air longer than droplets created by breathing or speaking. No existing technique can be applied to singing that makes it safer in that regard. When singing with good breath support, small airways in the lungs close, then reopen during deep inhalation, releasing increased droplets to be emitted during singing. Deep breathing also facilitates airborne droplets entering deep into the lungs, rather than only into the nose and pharynx.

For more information, please visit [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7330568/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7330568/)
THE CHORAL ECOSYSTEM RESPONSE

Webinar Series
Throughout 2020, choral organization leaders participated in multiple webinars to share information about singing and COVID. While much of the information shared during that series has since been updated, each session was archived for future reference.

- Science and the Near-Term Future of Singing - May 5, 2020
  - [https://www.barbershop.org/covid-webinar-summary](https://www.barbershop.org/covid-webinar-summary)
- Singing: What We CAN Do - May 26, 2020
  - [https://www.barbershop.org/webinar-what-we-can-do](https://www.barbershop.org/webinar-what-we-can-do)
- Preliminary Study Results on the Safety of Singing - August 10, 2020
  - [https://www.barbershop.org/singing-aerosol-study](https://www.barbershop.org/singing-aerosol-study)

Reopening, Unmasking, & Face-To-Face Teaching
In conjunction with World Voice Day on April 16, 2021, National Association of Teachers of Singing (NATS) Executive Director Allen Henderson gave a live update in response to questions about reopening, unmasking, and face-to-face teaching. Watch here: [https://youtu.be/Dd74ei_Xg_E](https://youtu.be/Dd74ei_Xg_E)

International Coalition of Performing Arts Aerosol Study
Several national and international performing arts education organizations combined resources to study the effects of COVID-19 aerosol transmission in performing arts performance settings. The study is a massive undertaking that will require a focused effort from many organizations, including the Barbershop Harmony Society. This effort will be a duplicated study and will test how aerosols can spread from brass and woodwind instruments, the four vocal ranges, theatrical speech, and aerobic breathing. Together this collective group of organizations can create scientifically proven methods for our return to performing arts in a safe way with research showing us best practices and advocacy.

The coalition was formed to study the effects of COVID-19 on the return to the rehearsal hall. It is important to understand what risks exist in performing arts classrooms and performance venues. Specifically, the study will examine aerosol rates produced by wind instrumentalists, vocalists, and actors, and how quickly those aerosol rates accumulate in a space. Although not yet proven, strong anecdotal evidence suggests that the COVID-19 virus can travel in the microscopic droplets expelled from a person with the virus, even when asymptomatic. The only way to determine what risk level exists or to create best practices for reducing infection risk is to understand how aerosol disbursement works in a performing arts setting.


Joint Statement on SARS-CoV-2 Vaccinations and Best Health Practices
On June 23, 2021, the National Association of Teachers of Singing (NATS) Voice Science Advisory Committee and multiple organizations shared a joint statement regarding COVID-19 vaccines and best health practices. “In an effort to continue speaking with a unified voice on the importance of the singing community becoming as fully vaccinated as possible, our organizations have issued this joint statement which we are sharing widely,” says Allen Henderson, executive director of NATS.

*We strongly recommend that all singing teachers, choral conductors, collaborative pianists, and singers eligible to receive an FDA authorized vaccine, follow CDC guidance, and become fully vaccinated as soon as possible.*

Read the statement in full on the NATS website: [https://www.nats.org/cgi/page.cgi/_article.html/What_s_New/Joint_Statement_on_SARS-CoV-2_Vaccinations_and_Best_Health_Practices](https://www.nats.org/cgi/page.cgi/_article.html/What_s_New/Joint_Statement_on_SARS-CoV-2_Vaccinations_and_Best_Health_Practices)
CONSIDERATIONS

First, please understand that nothing is 100% risk-free. Transmission rates and other relevant conditions vary by location, so be sure to follow any and all guidelines and restrictions set forth by local, regional, state/provincial, and/or national governing agencies. Although recent CDC guidance briefly addresses safe singing for fully vaccinated persons, please keep in mind that most guidelines are not geared towards singers and singing communities. Always exercise an abundance of caution. We are not suggesting that all ensembles should be rehearsing at this time, and we are aware that some have already begun to rehearse. If you decide on your own to get together, develop a detailed plan of action and use your best judgment.

General Guidance for All Singing Communities

1. **Get a COVID-19 Vaccine** - Vaccinations are currently being distributed around the world. In the United States, anyone over the age of 12 is eligible to receive the vaccine at no cost. As of October 11, 2021, over 78% of adults in the US have received one shot, with 68% being fully vaccinated. In Canada, 76% of the population have received one shot, with 71% being fully vaccinated. If you are [fully vaccinated](https), you can start doing many things that you had stopped doing because of the pandemic. More detailed information about COVID-19 vaccines and where to find them is available from the [CDC](https://www.cdc.gov) and the [Government of Canada](https://www.canada.ca/en/public-health/services/publications/coronavirus-covid-19/covid-19-vaccines-canada-response).  

2. **Follow Guidelines** - In addition to workplace and local business guidance, be sure to check all venue, local, state, provincial, and national guidelines for any requirements or executive orders pertaining to masks, social distancing, gatherings, or other restrictions. Your local Health Department can also be a valuable resource.

3. **Evaluate the Risks** - Many factors will affect your ensemble’s decision to rehearse, so take time to educate yourself before you decide to get together. Some of the risks include age, health status, underlying medical conditions, exposure to other individuals, community transmission and local infection rates, vaccination status, death rates, and more. Take advantage of [CDC data tracking tools](https://www.cdc.gov/coronavirus/2019-ncov/cases-in-your-community.html) and [Government of Canada tools](https://GovernmentOfCanadaTools.ca) to find more information about your area. Links to additional data tools can be found in [RESOURCES](#).

4. **Be Flexible** - Depending on your local situation, it may not be possible to gather for rehearsal immediately. If you do decide to get together, we encourage you to develop a written action plan and guidelines for your group and reevaluate as needed. As more details are learned about COVID-19, your action plan may change. Mitigation techniques should be adjusted to accommodate your local circumstances.

5. **Be Responsible** - If you feel sick, stay home. If anyone in your immediate family is at higher risk, be overly cautious. If there’s a chance you’ve been in close contact with someone who might be infected, self-isolate at home and monitor your own health closely.

6. **Maintain Social Distance** - Physical distancing of at least 6 feet is recommended. Avoid crowds and poorly ventilated spaces. Fully vaccinated and masked ensembles may consider decreasing distance to 3 feet.

7. **Wear Masks** - Due to the increasing danger of COVID variants, appropriate masks should be worn at all times when indoors, even if singers are fully vaccinated. Singing may be uncomfortable or more difficult, but a properly fitted mask will decrease the risk. Singing with a mask produces fewer aerosols than sitting and breathing without a mask. More information about masks can be found in [RESOURCES](#).

8. **Sing Outdoors** - Maintain social distancing protocols. Consider suitable outdoor locations such as covered parking lots, large pavilions, and public parks. A canopy tent with fully open sides can be used to protect singers from the elements.

9. **Shorten In-Person Rehearsals** - Singing together for a shorter amount of time will reduce the possibility of exposure. [NAfME guidance](https://www.nafme.org) from March 2021 suggests 30 minutes of singing followed by a break to allow aerosols to disperse as an effective mitigation technique. Fully vaccinated and masked ensembles may consider increasing the time to 50 minutes.
10. **Practice Good Hygiene** - Routinely clean and disinfect surfaces that are touched often and wash your hands regularly. Hand sanitizer containing at least 60% alcohol may be used if soap and water are not available. Don't share sheet music, folders, water bottles, pencils, or other personal items commonly associated with rehearsals. Avoid touching your eyes, nose, and mouth with unwashed hands.

11. **Learning Tracks** - If in-person rehearsal is simply not possible, you can use [learning tracks](https://www.barbershop.org/virtual-chapter-visits-fall-2020) to introduce new music or polish existing repertoire while keeping singers engaged.

12. **Virtual Rehearsal** - Consider [virtual rehearsals](https://www.barbershop.org/the-drive-in-rehearsal-singing-safely-during-the-pandemic) and regular video meetings to stay connected with your ensemble if in-person singing is not a safe option. Hybrid rehearsals, combining elements of in-person and remote participation, are becoming more common. Many groups have also experienced success with remote singing by using free software such as [Jamulus](https://www.barbershop.org/virtual-chapter-visits-fall-2020) or [JackTrip](https://www.barbershop.org/virtual-chapter-visits-fall-2020).

13. **Virtual Performance** - Consider creating and sharing a virtual performance of your ensemble.

### Quartet Guidance

1. **Follow General Guidance Above.**

2. **Form a “Quaranteam”** - Creating a [Social Bubble](https://www.barbershop.org/virtual-chapter-visits-fall-2020), or [Quarantine Pod](https://www.barbershop.org/virtual-chapter-visits-fall-2020), may be an option for your quartet. While it is not without risk, this can increase social interaction while limiting exposure and risk. How it works:
   A small group of people (quartet members and their families) chooses to limit outside contact in order to safely interact with each other. If your quartet is not fully vaccinated, consider testing prior to rehearsals.

### Chorus Guidance

1. **Follow General Guidance Above.**

2. **Consider Requiring Proof of Vaccination** - Gathering together is safer when all attendees are fully vaccinated. For individuals with a sincere religious or medical objection, a negative PCR test result within 48 hours prior to attendance might be considered as an alternative, depending on your tolerance for risk.

3. **Establish a Structured Check-in System** - Establish a checkpoint at the entrance of your gathering to help track individuals coming and going from your singing community. This can also help ensure every individual is following the safety protocols you have in place before they enter your rehearsal space.

4. **Screen Singers** - Consider screening participants for symptoms. Consider asking members to self-report proof of vaccination status or a negative COVID test within the past 72 hours. As you make decisions about your return to in-person rehearsals, the health and safety of singers should be your top priority. These decisions may also be subject to local, state, provincial, and national laws and regulations. Have a discussion with your chorus leadership and members in order to obtain support for these protocols.

5. **Small Groups are Safer** - Any chorus, regardless of size, may be able to find different ways for members to gather together in smaller groups. Research suggests that small ensembles will be able to safely sing together much sooner than larger ensembles.

6. **Hybrid Rehearsals** - Along with safe in-person singing, consider offering a concurrent Zoom or streaming rehearsal experience for members that may not be comfortable returning to in-person singing yet.

7. **Consider Sectionals or VLQs** - Depending on your local guidelines, it may not be possible or advisable for everyone to gather together at the same time. If you are able to conduct sectional rehearsals or gather Very Large Quartets (VLQs), remember to maintain social distancing and sing outdoors.

8. **Take advantage of Virtual Chapter Visits** - Since April 2020, Harmony Hall Staffers have offered their time and diverse talents to over 275 chapters, reaching over 6000 BHS members. Some chapters team up with neighboring groups for these sessions while others are hosting virtual guest nights. Read more here: [https://www.barbershop.org/virtual-chapter-visits-fall-2020](https://www.barbershop.org/virtual-chapter-visits-fall-2020)


10. **Form “Quaranteam” Quartets** - Encouraging small groups to form quaranteams as outlined above may be an option for your chorus.
If your plan includes testing for current or past infection, please be aware of the differences between rapid-result and molecular lab (PCR) tests. For more information, please visit https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html or https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms/testing.html

CDC guidance regarding masking still suggests that fully vaccinated people should wear a mask indoors, especially in areas of substantial or high transmission (over 96% of U.S. counties as of 10/11/21) in order to maximize protection from the Delta and other variants.

Singing indoors is not recommended for individuals who have not been fully vaccinated - “Singing in a room for an extended period of time, in close contact with lots of people and no ventilation - that's a recipe for disaster." said Dr. Shelly Miller in August 2020. The transmission risk for singers in an enclosed space is extremely high when exposed to an infected individual.

Rehearsal space recommendations in order of preference:
- Outdoor rehearsals, using individual mitigation techniques described above.
- Indoors with elevated outdoor air exchange rate from HVAC.
- Indoors with typical outdoor air exchange rate from HVAC plus recirculation air through MERV 13 filters or addition of appropriately sized HEPA air cleaners.
- Indoors with outdoor air exchange rate from open windows supplemented with appropriately sized HEPA air cleaners when airflow is reduced under certain outdoor wind conditions.

Please refer to the Association for Heating, Ventilating and Air-Conditioning Engineers (ASHRAE) for additional guidance on ventilation: https://www.ashrae.org/technical-resources/resources

Live Performance Considerations
At this time, guidance is still being developed along with recommendations for a safe return to public performance. As more information is gathered, we will share it here.

Insurance Considerations
Many have asked the question, “If and when we begin rehearsals and or performances, what is our liability, and what does our insurance cover if a member or one of our patrons becomes infected with the COVID-19 virus.”

- **Ultimately the answer to that question is a legal one that we (Harmony Hall) or our insurer cannot answer with any confidence.** As a practical matter, our insurance policies continue to provide appropriate general liability coverages for our singing communities but unfortunately, communicable disease coverage is no longer available on the Society policy and was eliminated by the Society’s underwriter with our 2021 renewal. Personal injuries or damages caused by pandemics and communicable diseases are no longer covered under our general liability policy. The changes to the Society’s policies follow the industry trend started during the summer of 2020 where carriers refused to continue to cover risks associated with COVID-19 due to the unknown nature of the pandemic and risks associated with the virus. The insurance industry is in turmoil around these issues, as liability and causation issues are causing risks to be re-evaluated. As always, we recommend that all singing ensembles follow CDC or Government of Canada guidelines together with local, state, and/or provincial guidelines. Failure to follow these guidelines exposes a chapter to the increased risk of being found negligent and liable for the risks/injuries caused to individuals (members, guests, etc.). Establishing the legal element of “causation” for an individual contracting COVID-19 may be difficult to prove, particularly to pinpoint that causation to a specific chapter event or rehearsal. However, an organization does face increased risks if it does not take appropriate and reasonable measures to prevent the spread of the disease or implement appropriate policies and procedures. Ultimately the magnitude of that risk may be different depending upon local circumstances.
- The risks inherent with the pandemic vary across the U.S. and Canada depending upon where you live. Nevertheless, experts continue to speak of the dangers of larger groups singing together and risks to audiences. Group singing has been identified by the CDC as a super-emitter with risks associated with the transmission of the disease based upon exposure to a contaminated individual. Harmony Hall continues to
work closely with district leaders on the timing and review of all BHS events like District Conventions, Midwinter, and International. Harmony Hall continues to gather data and information to help chapters and singing communities navigate these challenging issues.

- Due to the evolving legal issues involving the virus and issues of causation and corporate liability, the risks of hosting events are largely centered around fact-based questions whether hosting such an event would be negligent or willful misconduct on the part of the organizing parties and that the event was the proximate cause of someone contracting the virus. These are legal causation questions and unfortunately are not easily answered. The challenge we have as an organization is whether the Society, including its districts and chapters, can confidently follow all local and state guidelines to minimize the risks to participants in our events. If someone is exposed, can we support the proposition that we exercised appropriate due care and should not be held directly liable for the potential exposure (i.e., are we taking temperatures, ensuring masks and distancing protocols, requesting participant waivers, etc.)? These are important risk questions to be considered.

- Harmony Hall staff together with district and chapter leaders continue to work on COVID-19 guidelines and recommendations to help safely bring our community back together for in-person events when appropriate.

- We remain focused on the health and safety of our members, guests, and audiences to ensure we are not being reckless in exposing our stakeholders to the risks associated with the pandemic. We want to be prudent and focus on the safety of our communities first and continue to recommend adhering to local authorities and CDC or Government of Canada guidelines as they relate to gatherings.

  - A Note On Waivers: The use/signage of a waiver does not necessarily absolve an organization of their duties of care (i.e., it may convey a false sense of security), but it also does place greater burden on the participant to acknowledge the risks they are voluntarily exposing themselves to. Important to note that while it is probably a good idea, a waiver is not a one-size-fits-all solution for allowing in-person rehearsals or performances to resume as usual. See examples in the RESOURCES section of this guidance.

  - A Note On HIPAA and PIPEDA - Certain laws in the US and Canada, including HIPAA (US) and PIPEDA (Canada), have been enacted to govern the collection and privacy of health data. These laws are primarily about data privacy, data sharing, and how information is collected. HIPPA (US) governs "covered entities," which are generally defined as health care providers, clearinghouses, and health plans. In general, our chapters, districts, and Harmony Hall are not “covered entities,” so HIPAA requirements are not triggered. Similarly, while PIPEDA (CA) requires organizations to explicitly state their purpose for gathering and using personal data and get the person’s consent, PIPEDA requirements generally do not apply to not-for-profits or charity groups (Society chapters and districts). As such, most likely we are not dealing with these issues. Rather, there are an increasing number of states and provinces that are considering passing more protective legislation for those who decline to get vaccinated. It is recommended that policies and decisions around data collection and the use of such information be clearly stated and disclosed to increase transparency, with information collected being properly safeguarded.

RESOURCES

Health Information

  - How to Protect Yourself and Others
  - Considerations for Events and Gatherings
  - Considerations for Community-Based Organizations
  - COVID-19 Vaccine Information
  - CDC COVID Data Tracker


  - Government of Canada Vaccine Information
  - Government of Canada Guidance Documents

- Coronavirus Resource Center - Johns Hopkins University & Medicine - https://coronavirus.jhu.edu/
Additional Resource Links

- Georgia Tech Event Risk Assessment Planning Tool - https://covid19risk.biosci.gatech.edu/
- U.S. COVID Risk & Vaccine Tracker - https://covidactnow.org/
- CDC Forecasting Hub (Short-Term) - https://covid.cdc.gov/covid-data-tracker/#forecasting_weeklycases
- COVID-19 Scenario Modeling Hub (Long-Term) - https://covid19scenariomodelinghub.org/viz.html
- U.S. COVID Risk & Vaccine Tracker - https://covidactnow.org/
- COVID-19 Airborne Transmission Estimator - https://tinyurl.com/covid-estimator
- NFHS Aerosol Study FAQs - https://www.nfhs.org/articles/aerosol-study-faq-s-blog/
- The Broadway Relief Project Singer's Mask - https://www.broadwayreliefproject.com/singersmask
- Cloth Mask Performance and Testing - http://jv.colostate.edu/masktesting/
- Masks for Singers (crowdsourced details, reviews, and links) - https://bit.ly/3v7qGD6
- Pacific Coast Harmony - Jamulus for Barbershoppers - http://pacificcoastharmony.org/Jamulus
- The Vocal Majority - Liability Waiver Example https://bit.ly/3ofnBh1
- The Vocal Majority - Liability Waiver Example https://bit.ly/3ofnBh1
- Harmony Brigade Reopening Guidance

Version History

V0.9 June 2020 Pre-release Draft; refocus from choral ecosystem to BHS-specific guidance
V1.0 Aug 2020 First public release; deaths attributed to COVID-19; additional virus spread detail; Preliminary Study results added; General Guidance update; RESOURCES update; minor format updates
V1.1 Sep 2020 Format and language updates; deaths attributed to COVID-19; Aerosol Study results
V1.2 Oct 2020 Deaths attributes to COVID-19; CDC airborne transmission language; Virtual Chapter Visits; Drive-In Rehearsal info
V1.3 Feb/Mar 2021 Deaths attributed to COVID-19; General Guidance updates; rehearsal space recommendations; CDC language and terminology updates; insurance considerations update; Vaccine references and links; DRAFT Release Form link; Version History added
V1.4 May 2021 Deaths attributed to COVID-19; Government of Canada links; medical conditions link; updated vaccine info throughout, General Guidance updates; community transmission and data tracker links; ventilation links; Hybrid Rehearsals; remote singing software; recommended mask links; CDC mask updates; insurance guidance updates
V1.5 Jul/Aug 2021 COVID-19 definition update; attributed Deaths; Risk update; Spread update; Variant info added; Coalition section condensed; Joint Statement added Big Ideas Roundtable info added; General Guidance updates; CDC mask updates; breakthrough transmission info; condensed quaranteam info; Resource updates
V1.6 Oct 2021 Attributed deaths; General Guidance updates; COVID testing info; insurance considerations; resource updates; minor format and data updates