

Recommendations for Music Activities and Performances During COVID-19

6/30/2021

This guidance offers recommendations to prevent COVID-19 transmission for those involved in music activities and performances during the COVID-19 pandemic.

School-based K-12 music programs are strongly encouraged to follow the [CDC: Strategies for Protecting K-12 School Staff from COVID-19 \(www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-staff.html\)](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-staff.html) and the [Best Practice Recommendations for COVID-19 Prevention in Schools for the 2021-22 School Year \(www.health.state.mn.us/diseases/coronavirus/schools/schoolrecs.pdf\)](https://www.health.state.mn.us/diseases/coronavirus/schools/schoolrecs.pdf).

Recommendations to prevent the spread of COVID-19

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; land in their eyes, nose, or mouth; or land on surfaces that people touch. The risk of COVID-19 transmission increases when people gather with other households. Several key strategies can reduce the risk of getting sick or transmitting COVID-19:

- ✓ Get vaccinated. Vaccination is one of the best things you can do to prevent getting or spreading COVID-19. Visit [COVID-19 Vaccine \(www.health.state.mn.us/diseases/coronavirus/vaccine/index.html\)](https://www.health.state.mn.us/diseases/coronavirus/vaccine/index.html)
- ✓ Wear a face covering when recommended by MDH or CDC.
 - There is no longer a statewide requirement to wear face coverings in most settings. However, other federal, state, and/or local laws may require face coverings in some settings, and businesses may set their own requirements.
 - For more information about face covering recommendations, refer to [Recommendations for Wearing Masks \(www.health.state.mn.us/diseases/coronavirus/facecover.html\)](https://www.health.state.mn.us/diseases/coronavirus/facecover.html).
- ✓ If you are not vaccinated:
 - Keep at least 6 feet of physical distance from other households and follow the face covering recommendations in the above MDH resources.
- ✓ Vaccinated or not vaccinated, MDH strongly recommends that everyone:
 - Wash their hands often.

- Follow guidance on staying home (quarantine) if exposed to someone who has COVID-19. People who are fully vaccinated may not need to quarantine in many situations. Refer to [Quarantine Guidance for COVID-19 \(www.health.state.mn.us/diseases/coronavirus/quarguide.pdf\)](https://www.health.state.mn.us/diseases/coronavirus/quarguide.pdf) for more details.
- Stay home if they are sick. Visit [If You Are Sick: COVID-19 \(www.health.state.mn.us/diseases/coronavirus/sick.html\)](https://www.health.state.mn.us/diseases/coronavirus/sick.html).
- Follow testing recommendations for when they travel, have COVID-19 symptoms, or are exposed to COVID-19. Visit [COVID-19 Testing \(www.health.state.mn.us/diseases/coronavirus/testsites/index.html\)](https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html) for information about who should get tested and how to get a test.
- Employers must provide reasonable accommodations as required under existing federal and state law.

Understanding risks: singing and playing brass and woodwind instruments

Singing and instrumental music produced by woodwind or brass instruments are thought to be higher-risk activities for COVID-19 spread due to the aggressive expelling of respiratory droplets. This can result in aerosols that can hang in the air for hours. It is important to take extra precautions when participating in musical activities, especially if they involve vocalists and wind instrument musicians who are not yet vaccinated.

Recommendations to reduce the risk of COVID-19 transmission in music activities

- Review ventilation quality when determining location of practices and performances.
- Give preference to outdoor rehearsals and performances.
- Consider additional recommendations below if the activity is a mixed setting of vaccinated and unvaccinated people, or vaccination rates are unknown.

Additional recommendations for unvaccinated participants

These additional recommendations should be considered for those who are either not vaccinated or not yet eligible for vaccine (less than 12 years of age).

- Avoid shared equipment where the mouth may come into contact with equipment (such as mouthpieces, microphones, etc.) and follow manufacturer's instructions to clean thoroughly between uses. Disposable microphone covers are also an option.

- Encourage physical distancing between individual performers (singers and musicians, teacher and student), and also between performers and audience members.
- When possible, reduce the number of singers and performers in ensembles and encourage physical distance between different ensembles.

Instrumental ensembles: orchestras and concert bands

- Encourage brass and woodwind musicians to wear face coverings designed to be worn while playing to reduce droplet spread.
- Brass and woodwind players should use coverings for their instruments to reduce droplet spread while playing.

Vocal ensembles and choirs

- Encourage performers to wear face coverings during rehearsals.

Individual music lessons – instrumental and vocal

- It is strongly recommended that both students and teachers use instrument coverings designed to reduce droplet spread while brass or woodwind instruments are played.
- Limit in-person lessons to 30 minutes or less.

Music in faith-based organizations

- Consider alternatives such as pre-recorded or streamed music to live music, congregational singing, or chanting as appropriate to your setting, based on vaccination rates, risk tolerance, and vulnerability of your community members.
- When conducting activities that involve risk of COVID-19 transmission, such as congregational singing, faith-based settings with mixed populations of vaccinated and unvaccinated people should recommend that attendees wear face coverings. At minimum, these settings should create an environment that supports those who want to wear a face covering. This is especially important when some attendees have weaker immune systems or are at high risk of infection and severe disease.



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