

# COVID-19 SITUATIONS AND RESPONSE

People with these symptoms may have COVID-19 if they are not related to a chronic or previously known condition:		
<ul style="list-style-type: none"><li>• Fever or chills</li><li>• Cough</li><li>• Shortness of breath or difficulty breathing</li><li>• Fatigue</li></ul>	<ul style="list-style-type: none"><li>• Muscle or body aches</li><li>• Headache</li><li>• New loss of taste or smell</li><li>• Sore throat</li></ul>	Less common symptoms: <ul style="list-style-type: none"><li>• Congestion or runny nose</li><li>• Nausea or vomiting</li><li>• Diarrhea</li></ul>

## Contact Robin, Jodi or Janice

If you have ministry events that you cannot participate in because of close contact or illness, record sick time in ADP indicating 'COVID exposure' or 'COVID illnesses as appropriate.

## New CDC guidance as of 08/17/2022

### If you **tested positive** for COVID-19 or have symptoms:

- Stay home for 5 days (from test date) and isolate from others in your home.
- If you have no symptoms, or if you have symptoms and they are improving and you remain fever-free for at least 24 hours, you can end isolation after five days. For the next five days (through day 10 from test date), you should still mask with a well-fitted high-quality mask.
- You could end your 10 days of masking early if you take two rapid tests 48 hours apart.
  - For example, by day 5 your rapid antigen test is negative and then you take another test on day 7. If the test on day 7 is negative too, then you no longer need to mask after that.

### If you **are exposed** to COVID-19:

- Wear a mask for 10 days.
  - The date of exposure is considered day 0.
- Get tested 5 days after your last close contact with someone with COVID-19 (even if you do not develop symptoms).
  - Close Contact means less than 6 ft away from an infected person for a cumulative of 15 mins or more throughout a 24 hr period.
- Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.
- If you develop symptoms, isolate and get tested. Continue to stay home until you know the results.
- Wear a well-fitted, high quality mask for 10 full days anytime you are around others.