COVID-19 SITUATIONS AND RESPONSE

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| People with these symptoms may have COVID-19 if they are not related to a chronic or previously known condition: |
| * Fever or chills
* Cough
* Shortness of breath or difficulty breathing
* Fatigue
 | * Muscle or body aches
* Headache
* New loss of taste or smell
* Sore throat
 | Less common symptoms:* Congestion or runny nose
* Nausea or vomiting
* Diarrhea
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**Close Contact** = less than 6 ft distance for 15 mins or more throughout a 24 hr period

**Fully vaccinated** = at least 2 weeks since last dose of vaccine and boosted

**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 illness’ as appropriate.

**New CDC guidance as of 12/27/2021**

The CDC is updating the recommended quarantine period for anyone in the general public who is [exposed to COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#closecontact).

* For people who are unvaccinated or are more than six months out from their second mRNA dose (or more than 2 months after the J&J vaccine) and not yet boosted, CDC now recommends quarantine for 5 days followed by strict mask use for an additional 5 days. Alternatively, if a 5-day quarantine is not feasible, it is imperative that an exposed person [wear a well-fitting mask](https://www.cdc.gov/coronavirus/2019-ncov/your-health/effective-masks.html) at all times when around others for 10 days after exposure.
* Individuals who have received their booster shot do not need to quarantine following an exposure, but should wear a mask for 10 days after the exposure.
* For all those exposed, best practice would also include a test for SARS-CoV-2 at day 5 after exposure.
* If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19.

The following are a list of a few COVID testing locations that are close-by:

•             GS Labs  <https://gslabstesting.com/covid-rapid-testing-maplewood/>

•             Rapid RX Testing LLC <https://www.rapidrxtesting.com/>

•             Roy Wilkins Auditorium (Saliva Testing)  <https://www.ramseycounty.us/content/free-covid-19-testing-roy-wilkins-auditorium>

•             Lino Lakes (Former YMCA) (Saliva Testing) <https://www.health.state.mn.us/news/pressrel/2021/covidtesting090321.html>





