

## Update to Parishioners of Sacred Heart, St. Mary's, and St. Philip's – August 26, 2021

Dear parishioners –

I need to inform you that I tested positive for Covid after taking the test on Wednesday noon. The family I had gone to visit in Chicago informed me on Tuesday evening that their young children had tested positive for Covid on the weekend.

From Sunday evening and on I had felt tired and experienced overall body aches and the beginnings of a head cold. I thought it was just fatigue from the long trip and not getting enough sleep. I did not have the typical Covid signs of a higher temperature, or loss of taste or smell or any problems in my lungs.

I am hoping that since my symptoms of illness did not really show up with strength until Monday and Tuesday I was not that infectious at the weekend Masses, but **please watch yourselves for any health changes if you were in close proximity to me for any length of time from the weekend on** -- (I did immediately contact those attending the meetings we had on Monday evening and Tuesday.)

-----  
**Consequences:**

- I will be isolating for the next ten days.
- I will not be doing any direct ministry or presiding over any Masses.
- We will have a priest to cover for the weekend Masses on Aug. 28-29
- We will be sanitizing all surfaces at the churches before the weekend

**Beyond That:**

- I was already scheduled to take a second vacation time of 9 days beginning next week on Wednesday, Sept. 1 and returning on Friday, Sept. 10. I have a sub. Priest arranged for the September 4-5 weekend. I plan to keep that plan.
- From now through Sept. 9 I will be unable or unavailable for ministry.
- From **now through Sept. 1** you may call on **Fr. Andrew at Warroad – 386-1178** for spiritual emergencies. After Sept. 1, he too will be gone until Sept. 11.
- **From now until Sept. 10**, when I return, you can also call on **Fr. George Noel at Greenbush at 218-289-1735.**

**For Good Information and Answers to Covid Questions go to site below or other side of this page:**

- [Coronavirus Disease \(COVID-19\) – LifeCare Medical Center](#)

Otherwise, thanks be to God I am feeling better, and I pray, and ask you to pray, that no one gets seriously ill or worse from this event. Please pray for our wider community and world for an end to this Corona Virus. I strongly urge all to get vaccinated (I was in February) as it lessens the severity if infected.

--- Fr. John --- 463-2441

## **Who needs to quarantine?**

♣ People with the following types of exposures need to quarantine if they had not completed COVID-19 vaccination before the exposure occurred:

- People who were within 6 feet of someone contagious with COVID-19 for 15 minutes or more over the course of a day (24 hours). ▪

- People who provide care for a person who is sick with COVID-19 at home.

- People with direct exposure to respiratory droplets from a person contagious with COVID-19.

## **Who does not need to quarantine?**

If someone has completed COVID-19 vaccination (two doses in a two-dose series or one dose in a one-dose series) and is exposed, they do not need to quarantine if BOTH of the following are true:

- ☑ The COVID-19 exposure was at least 14 days after their vaccination series was fully completed.

- ☑ They do not currently have any symptoms of COVID-19.

**If someone has recovered from COVID-19 in the past 90 days and is exposed again, they do not need to quarantine if ALL of the following are true:**

- ☑ They have fully recovered.

- ☑ They do not currently have any symptoms of COVID-19.

## **Options to reduce quarantine in specific situations**

A 14-day quarantine remains the CDC's recommendation for the greatest protection against spreading virus that causes COVID-19, SARS-CoV-2. However, CDC has reviewed data and modeled the impact of a number of options for shortening quarantine.

### **A shortened quarantine period may be considered if ALL of the following are true:**

- ♣ The person has NOT had symptoms of COVID-19 during the quarantine period.

- ♣ The person had a defined exposure, meaning a known exposure with a beginning and an end.

Examples could be someone who was exposed: ▪ At school or a sporting activity. ▪ During a shift at work or while on break. ▪ At a social gathering or event, like a party or funeral.

If and only if all of the above conditions are true, quarantine may be shortened to: ♣ 10 days without testing; or ♣ Seven days with a PCR-negative test (not an antigen test or antibody/blood test) if the test occurred on day five after exposure or later.

After stopping quarantine: ♣ Wear a mask, stay 6 feet from others, wash hands, and avoid crowds or settings with people who are at risk of severe illness from COVID-19. ♣ Watch for symptoms until 14 days after exposure. If any symptoms occur, isolate from others right away and get tested.