St. John the Baptist Catholic Church

COVID-19 Information, Guidance and Protocols

What are the symptoms of Covid-19?

People with COVID-19 have reported a wide range of symptoms – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus.** People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as more is learned about COVID-19.

What should you do if you experience symptoms?

If you have a fever, cough or <u>other symptoms</u>, you might have COVID-19. Most people have mild illness and are able to recover at home. If you think you may have been exposed to COVID-19, contact your healthcare provider.

- Keep track of your symptoms.
- **If you have <u>an emergency warning sign</u> (including trouble breathing),** get emergency medical care immediately.

Quarantine or Isolation: What's the Difference?

Isolation keeps someone who is infected with the virus away from others, even in their home. People who are in isolation should stay home until it's safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific "sick room" or area and using a separate bathroom (if available).

Who needs to isolate and for how long?

- People who have symptoms of COVID-19 and are able to recover at home.
- People who have no symptoms (are asymptomatic) but have tested positive for infection with COVID-19.
- People should isolate at home for 10 days after their symptoms begin and for 3 days after their fever has broken.

Steps to take to prevent the spread of COVID-19 if you are sick:

- Stay home except to get medical care
- Separate yourself from other people
- Monitor your symptoms
- Wear a mask over your nose and mouth
- Cover your coughs and sneezes
- Clean your hands often
- Avoid sharing personal household items
- Clean all high touch surfaces everyday

Quarantine is used to keep someone *who might have been exposed to COVID-19* away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

Who needs to quarantine and for how long?

People who have been in **"close contact"** with someone who has COVID-19 should stay home for 14 days after their last contact with an infected person.

What counts as "close contact"?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more.
- You provided care at home to someone who is sick with COVID-19.
- You had direct physical contact with the person (hugged, kissed, shook hands).
- You shared eating or drinking utensils.
- They sneezed, coughed or somehow got respiratory droplets on you.

Steps to take:

- Stay at home for 14 days after your last contact with a person who has COVID-19.
- Watch for fever (100.4), cough, shortness of breath, or other symptoms of COVID-19.
- If possible, stay away from others, especially people who at higher risk for getting very sick from COVID-19.

COVID-19 Testing

Considerations for who should get tested.

- People who have symptoms of COVID-19.
- People who have had "close contact" (within 6 ft for a total of 15 minutes or more) with someone confirmed with COVID-19.
- People who have been asked or referred to get testing by their healthcare provider or health department.

Not everyone needs to get tested. If you do get tested, you should self-isolate at home pending the test results and follow the advice of your health care provider or public health professional.

When is it safe to be with other people again?

According to a [CDC document](), there are three conditions that need to be met before someone who tested positive for COVID-19 or experienced

symptoms commonly associated with the virus can start being around other people again.

The person in question:

1. Has to go at least 3 days with no fever.
2. Must notice an improvement in respiratory symptoms, ie. the intensity of coughing and breathing issues have gone down.
3. Must quarantine themselves for a full 10 days after the symptoms first appeared.

If these three conditions are met, the CDC indicates that you're allowed to hang out with other people again.

Some What-If's:

1. If a parishioner tests positive for COVID-19 and has symptoms, they should not come to Mass or any church related event/activity for 10 days from the start of their symptoms AND be fever free (without medication) for at least three days.

2. If a parishioner tests positive for COVID-19 and has no symptoms, they should not come to church AND should isolate at home for 10 full days from their test date.

3. If a parishioner has had "close contact" with a person who has tested positive for COVID-19, they should isolate for 14 days after their last exposure and self-monitor for COVID symptoms including daily temperature checks. In this circumstance the parishioner should not attend Mass or come to a church event or activity until they have met CDC's criteria to discontinue home isolation.

4. If a parishioner who has tested positive for COVID-19 has attended Mass or a church event/activity during the 14 days leading up to their test, they should notify Father Moises or Christine Brown. Parishioners who attended the same Mass or church event/activity will be notified that someone (confidentiality as required by ADA, HIPPA and other applicable laws will be maintained) testing positive has attended the same Mass or church event/activity and they will be encouraged to monitor their own health for COVID related symptoms including daily temperature checks and to follow CDC guidelines if symptoms develop.