



Guidelines for returning to church after illness

For people with COVID-19:

You may return to church when, for at least 24 hours, symptoms are improving overall, and if a fever was present, it has been gone without use of a fever-reducing medication. It is suggested you continue to wear a mask 5 more days, after your Covid symptoms and fever are gone. You can still be contagious for 10 days after symptoms begin, even if your symptoms are getting better.

For influenza and other illness:

Please rest at home if you are sick with fever, cough, runny nose, sore throat, vomiting or diarrhea. You may return to church once all symptoms are improved overall, and if fever, diarrhea, and vomiting are gone for a full 24 hours.

If you have any questions about returning to church, please feel free to email Kelly Sites: KSites@southlife.org

(updated 8/20/2024)