

South Church Covid Response Policy

8/15/2022

Fully vaccinated people* (and those who have tested positive for Covid and recovered in the last three months) do not need to quarantine following an exposure (**unless they develop symptoms**) but should wear a mask for 10 days after the exposure.

Non-fully vaccinated people* who have been in close contact to Covid should quarantine for five days followed by strict mask use for an additional five days.

*Non-fully vaccinated are not vaccinated or are more than six months out from their second mRNA dose (or more than two months after the J&J vaccine) and not yet boosted.

For all those exposed, best practice would also include a test for SARS-CoV-2 at day five after exposure.

Close contact:

Close contact is being within six feet for a cumulative 15-minute period or more over a 24-hour period with someone who tested positive to Covid.

Common Covid symptoms include:

- 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

Positive Covid Test:

Please contact the individuals you were in close contact with and your ministry leader ASAP.

You are free of quarantine:

- 1. After 5 full days from the start/onset of symptoms (Day zero is the day symptoms start or the day of your positive test) AND**
- 2. Major symptoms are completely gone (except lack of smell and taste and fatigue which can last longer) AND**
- 3. You have been fever free (100.4 is considered a fever) for 24 hours.**

All three need to be true above in order to come back. Please note: Day zero is the onset of symptoms, day one is the first day after onset.

Please see page two for additional information:

Everyone, regardless of vaccination status:

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.

If you have a fever, continue to stay home until your fever resolves.

If You Were Exposed to Someone with COVID-19 (Quarantine)

If you:

Have been boosted

OR

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

OR

Completed the primary series of J&J vaccine within the last 2 months

- Wear a mask around others for 10 days.
- Test on day 5, if possible.

If you develop symptoms get a test and stay home.

If you:

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted

OR

Completed the primary series of J&J over 2 months ago and are not boosted

OR

Are unvaccinated

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible.

If you develop symptoms get a test and stay home

If you have any questions about whether you should participate in the ministries of South Church due to a Covid exposure or you are not sure about your symptoms or if anyone in your ministry tests positive for Covid, please notify Pastor Doug Phillips (517-896-9472) (dphillips@southlife.org); Kelly Sites (517-927-3473) (KSites@southlife.org) or Tim Van Loh (989-640-6411) (tvanloh@southlife.org).