

South Church Covid Response Policy

12/28/21

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 10 days from the start/onset of symptoms (start on day 11) 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, day 10 you are still at home, day 11 you are free.

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).

