

COVID Policy & Guidelines

The Church of the Epiphany

These policies do not change based on COVID-19 community levels.

You should isolate if you suspect that you have COVID-19 but do not yet have test results.

If you have been exposed to someone with COVID-19:

- You do not need to isolate unless you develop symptoms.
- You should wear a high-quality, N95 or KF94, mask for 10 days.
- 5 days after exposure, you should take an antigen test.
- If you develop symptoms, you should test immediately.

If you have tested positive for COVID-19:

You can spread the virus to others. There are precautions you should take to prevent spreading it to others: isolation, masking, and avoiding contact with people who are at high risk of getting very sick. Isolation is used to separate people with confirmed or suspected COVID-19 from those without COVID-19.

Regardless of vaccination status, if you have NO symptoms:

- You should isolate in your home for 7 days, provided you do not develop symptoms.
- Wear a high-quality, N95 or KF94 around other people for 10 days after two sequential negative tests 48 hours apart. If your antigen results are positive, you may still be infectious and should not remove your mask around others until 10 days after your second sequential negative test.

If you develop symptoms after testing positive, your 7-day isolation period should start over from the date your symptoms developed.

Ending Isolation

If you had symptoms and mild illness, you may end your isolation if it has been at least 7 days since your symptoms began *and* your symptoms are improving *and* you have been fever-free for 24 without the use of fever-reducing medication. You must wear an N95 or KF94 mask in the presence of others for 10 days after two sequential negative tests 24-hours apart.

If you had symptoms and had moderate illness (shortness of breath or difficulty breathing), you need to isolate through day 10.

If you had symptoms and had severe illness, such as hospitalization, or you have a weakened immune system, you need to isolate through day 10 and consult your doctor before ending isolation.

Signs and symptoms of COVID-19 can include

fever,

chills,

cough,

shortness of breath,

fatigue,

muscle aches,

headache,

loss of taste or smell,

sore throat,

nasal congestion or runny nose,

nausea or vomiting,

diarrhea, and/or

skin rashes.

(These symptoms can appear individually, or you may have multiple symptoms at once.)