

ECC Guidelines for Individuals Who are COVID positive

Updated September 22, 2022

What to do if you test positive for COVID-19?

You should first contact your primary care provider to discuss your infection and whether you need to seek medical care. Seek urgent or emergency care if you are unable to contact your medical provider. Please follow the below CDC recommendations for how long to quarantine/isolate.

Summary Table of General Guidelines:

Category	Isolation and Masking
1. For people who are mildly ill with a lab-confirmed positive COVID-19 test (<u>not</u> moderately or severely immunocompromised)	<ul style="list-style-type: none"> Isolate for at least 5 days after symptom onset with the resolution of fever for at least 24 hours (without the use of Tylenol, aspirin, or ibuprofen) and with improvement of other symptoms. Wear a well-fitted mask around others at home in public for 5 additional days. People who cannot properly wear a mask, including children < 2 years of age and people of any age with certain disabilities, should isolate for 10 days. May return to church after 10 days, following church COVID-19 guidelines. (Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.)
2. For People who are infected but asymptomatic	<ul style="list-style-type: none"> Isolate for at least 5 days after the first positive COVID-19 test. Isolation can be discontinued at least 5 days after the first positive viral test. Continue to properly wear a well-fitted mask around others at home and in public for 5 additional days after the isolation. May return to church after 10 days following church COVID-19 guidelines. People who cannot properly wear a mask, including children < 2 years of age and people of any age with certain disabilities, should isolate for 10 days.
3. For people who are moderately ill (as defined by COVID-19 lung infection demonstrated by a chest x-ray or a CT scan) and not	<ul style="list-style-type: none"> Isolate for at least 10 days. May return to church after 10 days with mask for two additional Sundays. Isolation and precautions can be discontinued 10 days after the first positive test.

moderately or severely immunocompromised	
4. For people who are severely ill (hospitalized, requiring ICU admission)	<ul style="list-style-type: none"> Isolate for at least 10 days after symptom onset with the resolution of fever for at least 24 hours (without the use of Tylenol, aspirin, or ibuprofen). Consult an infectious disease specialist to determine whether to integrate a test-based strategy for discontinuing isolation. May return to church once cleared from isolation with mask for 4 additional Sundays for your own protection.
5. For people who are moderately or severely immunocompromised (regardless of COVID-19 symptoms or severity)	<ul style="list-style-type: none"> Isolate for at least 10 days. <ul style="list-style-type: none"> Consult an infectious disease specialist to determine whether to integrate a test-based strategy for discontinuing isolation. May return to church once cleared from isolation with mask for 4 additional Sundays for your own protection.

- Returning to church: Because of the high number of people gathered in close proximity to one another, for the elderly and immunocompromised individuals in our congregation, we have added additional precautions to protect our congregation. Please see the recommended procedures in the table above for returning to church.
- If you tested positive and were recently at church, please notify us (206-789-6380) for contact tracing.

REFERENCE WEBSITES

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html>

What if I was recently exposed to someone with COVID-19? What do I do if one of my family members has COVID-19?

1. Casual contacts:

- Persons who have had recent confirmed or suspected exposure to an infected person should wear a mask (even if you are speaking, worship leading, etc.) for 10 days around others when indoors in public and should receive testing ≥ 5 days after exposure (or sooner, if you are symptomatic), irrespective of your vaccination status.

2. For close contact but not in your household:

- If you have a close contact with someone who has COVID-19, you should wear a mask for 10 days.
- Watch for symptoms of COVID-19 (fever, cough, shortness of breath, loss of smell or taste, diarrhea, etc.) for the next 10 days and **get tested 5 days after your last exposure to that person, even if you don't have symptoms**, regardless of your vaccination status. Continue to wear a mask indoors in public.



3. For contact with members of your household

- If you have a household contact who is positive, because you have the potential for daily continued exposure, you will need to continue to wear a mask when coming to church (even if you are speaking, worship leading, etc.) until your contact is finished with their quarantine (see above, typically 10 days) plus an additional 10 days, and then get tested 5 days after their last day of quarantine.
 - Note: If the person infected with COVID-19 or the family members not infected move to a different household, then they can follow “close contact but not in household” protocol as above.
 - The risk of household contact is very high, even with brief door openings. See https://wwwnc.cdc.gov/eid/article/28/2/21-2422_article
<https://www.cdc.gov/mmwr/volumes/71/wr/mm7133e1.htm>

Note: Understanding your exposure risk

Please see the following website to help you determine your exposure risk:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/risks-exposure.html>

Different factors can determine your risk of exposure:

1. Length of time with the infected person
2. Was the infected person coughing, singing, shouting, or breathing heavily?
3. Did the infected person have symptoms at the time you were with them?
4. Masks: were you or the infected person or both wearing a high-quality mask (e.g., N95 or equivalent)?
5. Ventilation and filtration: How well-ventilated was the space?
6. Distance: How close was the infected person to you?

Reviewing the website and the different factors can help you decide if you had a significant exposure risk. If you are unsure, err on the side of safety and follow the exposure protocol as outlined above.

Being exposed to someone who has had a close contact with COVID-19 but does not have confirmed COVID-19 or COVID-like symptoms DOES NOT COUNT as exposure to COVID-19. Watch for symptoms, continue masking in public spaces, but no additional precautions are needed.