

Creator Lutheran Church Close Contact and Positive Covid test Protocol:

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDExposed.pdf>
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf>

Were you notified that you are a close contact of someone who has a positive COVID-19 test?
You are considered a close contact if you were 6 feet or less apart for 15 minutes cumulative in a 24 hour period with or without a mask.

We recommend the following for both staff and congregation members as you decide whether to participate in activities at church. Volunteers please find a substitute and/or call the office if you need to quarantine or isolate. Staff need to inform Pastor Amanda should you be a close contact, develop symptoms or test positive for COVID-19 so that arrangements for coverage can be made. Thank you all for your self care and community care.

We continue to be under a mask mandate for indoor activities.

If You're Fully Vaccinated — and have no symptoms

- No need to quarantine after known exposure.
- Get tested 5 to 7 days after known exposure.
- Continue wearing a mask in public indoor settings.
- Watch for symptoms for 14 days after close contact.

If You're Not Yet Fully Vaccinated — and have no symptoms

- Follow Quarantine procedures and get tested for Covid-19.
- If you have a negative test, test again on day 5 to 7 after your last contact.
- Quarantine at home for at least 5 days.
- Wear a mask inside and outside of your household.
- Watch for symptoms for 14 days after close contact.

If you have symptoms of COVID-19:

If symptoms develop at any time 14 days from your exposure, isolate and get tested.

If you test positive for Covid -19, regardless of vaccination status:

Move into the protocols for isolation.

Positive Test but no symptoms

Remain in isolation for 10 days (this has recently moved to 5 days per CDC).
(If you develop symptoms the clock restarts.)

Positive test and symptoms

Remain in isolation until:

- Its been at least 24 hours with no fever without using fever reducing medication AND
- Your symptoms have improved, AND
- At least 10 days (now 5 days per CDC) have passed since symptoms first appeared.

What is isolation? Isolation is what you do if you have COVID-19 symptoms, are awaiting test results, or have tested positive for COVID-19. Isolation means you stay home and away from others (including household members) for the recommended period of time to avoid spreading illness.

What is quarantine? Quarantine describes when someone who has been exposed to COVID-19 stays home and away from others for the recommended period of time in case they were infected and are contagious. Quarantine becomes isolation if the person later tests positive for COVID-19 or develops symptoms.

*The CDC has been shifting the length of time for isolation — between 5 and 10 days. We can consult regarding the current recommendations should you have a positive COVID test. For example, you would be welcome to attend worship after 5 days of isolation if you have no symptoms; however, we would ask that you not serve communion in worship, sing, greet or usher until you reach 10 days of isolation. If you are working with children, we would ask for a full 10 day isolation period prior to returning. You are invited to contact Pastor Amanda for consideration of your individual cases.

ISOLATION	QUARANTINE
Applies to people who are infected, regardless of vaccination status, but have no symptoms	Applies to people who were in close contact with an infected person
The clock starts the moment you test positive.	The clock starts the moment you're alerted you may have been exposed.
Go into isolation for five days, instead of the previously recommended 10.	If you're fully vaccinated + got a booster, you can skip quarantine if you wear masks in all settings for at least 10 days.
At the end of five days, if you have no symptoms, you can return to normal activities but must wear a mask for five days more.	If you are unvaccinated or didn't get a booster, quarantine for five days, then wear masks in all settings for five days afterward.
If you have symptoms, stay home until you feel better and then start your five days of wearing a mask.	If you start to experience symptoms, get tested and follow isolation guidance if you test positive.
	Source: The CDC 