

**MESSIAH CHRISTIAN CHURCH
COVID-19 INFORMATION FOR CONGREGANTS/PARENTS/GUARDIANS**

WHAT IF YOU, YOU/YOUR CHILD OR A MEMBER OF YOUR HOUSEHOLD IS SICK, WHAT SHOULD I DO?

- If you, a member of your household or your child has one or more of the COVID-19 Symptoms please stay home and keep your child home from church and call your/your child's healthcare provider for clearance before returning to church.
- You/your child's healthcare provider will determine if medical evaluation, COVID-19 or other testing is needed.
- Please note that you will need to submit documentation from the healthcare provider **prior to** you/your child returning to church. All documentation should be sent to Rosemary Moore via email or in person.
- When you/your child can return to church and what documentation is required for re-entry depends on the outcome of the health care provider's evaluation, whether or not you/your child was tested for COVID-19 and the results of testing.

- SYMPTOMS:**
- NEW COUGH
 - SHORTNESS OF BREATH
 - DIFFICULTLY BREATHING
 - FEVER (100.4F/38C HIGHER)
 - CHILLS
 - NEW LOSS OF TASTE OR SMELL
 - SORE THROAT
 - HEADACHE
 - CONGESTION/RUNNY NOSE
 - MUSCLE ACHES
 - NAUSEA/VOMITING
 - DIARRHEA
 - FATIGUE

WHEN CAN I/MY CHILD RETURN TO CHURCH AFTER AN ILLNESS AND WHAT DOCUMENTATION IS NEEDED?

- Please see below for more information on when you/your child may return to church after illness and documentation that must be submitted.

Scenario #1: The healthcare provider determined my/or my child's symptoms were due to a diagnosis other than COVID-19 (Alternate Diagnosis)

- *Return to Church:* Follow the recommendations of your healthcare provider and General Illness Guidelines.
- *Documentation Requirements:* Documentation from the healthcare provider of alternate diagnosis should be sent to Rosemary Moore via email or in person.

Scenario #2: I/my child have symptoms and the healthcare provider could not identify an alternate cause of symptoms and no testing was performed (Presumptive Positive)

- *Return to Church:* Must quarantine at home for 10 days from symptom onset, must be fever free for at least 24 hours without fever reducing medication, and symptoms must be improving.
- *Documentation Requirements:* None
- We may also need information from you regarding any close contacts (within 6' for total of 15 minutes within 24 hours) with church staff or others for purposes of contact tracing.

Scenario # 3: The healthcare provider tested me/my child for COVID-19 (Must be PCR Test, Antigen Testing not Accepted)

- You/your child must quarantine at home while awaiting test results.
- Follow guidelines below for return to church and documentation needed based on results of testing.
- Please notify Rosemary Moore if you/your child has been tested for COVID-19 and results of testing when available.

I/my child tested negative for COVID-19

- *Return to Church:* May return to church immediately following negative test result and in accordance with general illness guidelines.
- *Documentation Requirements:* Copy of Negative COVID-19 Test Results or Letter from the healthcare provider stating that you/your child tested negative for COVID-19 must be submitted to Rosemary Moore via email or in person prior to return.

I/my child tested positive for COVID-19 (Confirmed COVID-19 Case)

- **Notify the church nurse as soon as possible after receiving a positive test result.**
- *Return to Church:* Must isolate at home for 10 days from symptom onset (if symptomatic) or 10 days from positive test (if asymptomatic), must be fever free for at least 24 hours without fever reducing medication, symptoms must be improving, and must be cleared by CDC to return to church.
- *Documentation Requirements:* Documentation from the CDC clearing you/your child from isolation (you must request this documentation directly from the CDC, it is not automatically provided).
- We may also need information from you regarding any close contacts (within 6' for total of 15 minutes within 24 hours) with church staff or others for purposes of contact tracing.

WHAT ABOUT TRAVEL? DO I/MY CHILD NEED TO GET TESTED OR QUARANTINE?

Travel to an exempt state (NH, VT, CT, MA, RI as of 3/5/21)

- Testing and/or quarantine are not required when traveling to Maine from an exempt state.
- For the most up to date travel guidance please refer to the following link [Maine CDC Travel Guidance](#).

Exempts those who have either recently had COVID-19 or been fully vaccinated against COVID-19, regardless of their state of origin, from the test or quarantine requirement. Federal requirements related to international travel, however, remain in effect.

Travel to non-exempt states and/or countries

- You may choose to quarantine for 14 days upon arrival in Maine
- You may choose to test upon arrival in Maine
- **FOR CHILDREN'S/YOUTH ONLY:** If you do not quarantine, you must provide documentation to Rosemary Moore establishing a negative test result.

WHAT IF I OR MY CHILD HAD CLOSE CONTACT WITH SOMEONE WITH CONFIRMED COVID-19?

Definition of a Close Contact in the Church Setting

- Out of an abundance of caution, extrapolating the Maine CDC's guidance for schools, for church purposes, a close contact is defined by CDC as someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.
- However, even in the absence of the criteria above, all church activities involving an individual with confirmed COVID- 19 may be assessed on a case by case basis.

Definition of a Close Contact in Settings in the Sunday church service and Outside of Church

- For purposes of the Sunday church service or settings outside of church, a close contact is defined by CDC as someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.

What should I do if I or my child are a close contact?

If you/your child is identified as a close contact to a positive case within the church setting

- You will be notified by the church and asked to leave or pick your child up from church.
- You/your child will be required to quarantine at home for 14 days from the known exposure.
- Testing for COVID- 19 is recommended 5- 7 days after exposure. Please note that a negative test does not shorten the duration of 14-day quarantine from the known exposure.
- You will be contacted by a CDC contact tracer and asked to enroll in the Sara Alert System. This is a daily symptom reporting system that allows the CDC to quickly identify close contacts that become symptomatic so appropriate testing and quarantine can be done to reduce the spread of COVID- 19 in the community.
- The quarantine can end after 10 days if the person has not developed any symptoms and can end after just seven days if the asymptomatic person also tests negative for the virus. He added that the sample for the negative test should be collected within 48 hours of the final day of quarantine.

If you/your child is identified as a close contact to a positive case outside of the church setting

- Notify the church and initiate a 14-day quarantine and monitor for symptoms.
- You may or may not be contacted by the CDC depending on what information was provided to them.
- Testing is recommended 5- 7 days after the exposure but does not impact the duration of quarantine which still needs to be 14 days from the known exposure.

What if I or my child were exposed to someone that was a close contact of a confirmed COVID- 19 Positive Case?

- You/your child is not considered a close contact and does not necessarily need to quarantine or get tested for COVID- 19 but should self-monitor for symptoms and contact a health care provider, if necessary.

WHAT IS CONSIDERED AN OUTBREAK AND WHAT HAPPENS IF THERE IS AN OUTBREAK?

What is considered an outbreak of COVID- 19?

- An outbreak is defined as 3 or more confirmed cases of COVID- 19 (separate households) within a 14-day period.

What happens if there is an outbreak?

- The church will consult with the CDC and will notify all members of the church community of the outbreak.
- The church will transition to fully remote to allow for deep cleaning/disinfection to occur.
- Close contacts should get tested 5- 7 days after exposure and quarantine for 14 days.
- Non-Close contacts should get tested and may return to church once cleaning is complete and they have received a negative COVID- 19 results.
- The decision of when to return to church will be made in collaboration with the CDC.

WHO SHOULD QUARANTINE AND WHAT DOES IT MEAN?

Who Should Quarantine?

- Someone who had close contact with someone who has confirmed COVID- 19.
- Travelers from non-exempt states or returning from international travel.
- Someone who is awaiting COVID- 19 Test Results.

How Long is Quarantine?

- *Close Contacts:* Stay home for 14 days after your last contact with someone who has COVID- 19. A Negative Test Result does not shorten the duration of your quarantine.
- *Travelers:* Stay home for 14 days upon entering Maine or until you receive a negative PCR test result.
- *Awaiting Test Results:*
 - Stay home while awaiting COVID- 19 test results;
 - If Negative - return once 24 hours fever free without fever reducing medication and symptoms improving;
 - If Positive - must remain at home for 10 days after onset of symptoms, absence of fever for 24 hours without fever reducing medication, improvement of symptoms, and be cleared by CDC to return.

What Does Quarantine Mean

- Stay at home, check your temperature twice daily and monitor for the development of symptoms;
- You cannot have visitors;
- You cannot go out in public (grocery stores, banks, gas stations, beaches or parks)
- You can leave quarantine only for necessary and/or emergent medical care. For non-emergent care you should contact the healthcare provider or facility prior to being seen to let them know you are in quarantine and share any symptoms you have so they can determine whether or not you should be seen or if the appointment can be postponed until cleared from quarantine.

WHO SHOULD ISOLATE AND WHAT DOES IT MEAN?

Who Should Isolate?

- Someone who tested positive for COVID- 19

- Someone who has symptoms of COVID- 19, was not tested for COVID- 19, and does not have an alternate diagnosis to explain their symptoms (Presumptive Positive)

How long is Isolation?

- Stay home in isolation for 10 days from the start of symptoms with the exception of seeking medical care and/or testing, absence of fever without fever reducing medication for 24 hours, and improvement of symptoms.
- The CDC must officially release you from isolation

What Does Isolation Mean?

- Ideally you should have zero contact with anyone else, including other household members
- If you cannot isolate completely from other household members:
 - Practice physical distancing, wear masks, practice hand hygiene and disinfection practices to minimize the potential for spread to other household members
 - Being unable to completely isolate from other household members means that they will need to remain in quarantine until 14 days after you are released from isolation (or last close contact with the confirmed case)
- You cannot have visitors
- You cannot go out in public (grocery stores, banks, gas stations, beaches, or parks)
- You can leave isolation for necessary and emergency medical care. Please call ahead and let the facility and provider know that you are COVID- 19 positive or are experiencing symptoms.