

COVID-19 Guidelines for Jordan Lutheran Church

First, some definitions of two additional ways to help prevent the spread of COVID.

- ***Isolation*** applies to people who are infected. It separates them from others, so the others cannot be infected.
- ***Quarantine*** applies to people who *might* be infected by exposure to people who are known to be infected. It separates them from others for a period long enough to ensure that the quarantined are not infected.

These guidelines are a result of our concern for one another at Jordan. Our mission is to promote the safety of those who attend worship services or gather for varying reasons.

1. To gather or attend worship at Jordan, you must wear a mask. Although your mask provides you protection from others, its primary purpose is to protect *others* in the event you are infectious.
2. During worship family groups are to remain at least six feet from one another. This distancing helps to prevent to the possibility of close contact between healthy people and others that might be infectious. *Close contact* is defined as being less than six feet from someone for 15 minutes or longer.
3. Do not gather or attend worship if:
 - You are not feeling well
 - You have a fever
 - You have a cough, loss of taste or smell, nausea, headaches, or any other symptoms of COVID-19

These guidelines will also help to prevent infecting others. (Good advice anytime, whether or not there is a pandemic.)

4. If you test positive for COVID-19, you should isolate yourself from others, to help reduce spreading the infection. You may gather or attend worship again **at least 10 days** after the symptoms appeared, or you tested positive, as long as:
 - You have gone at least 24 hours with no fever, without any fever-reducing medication, **AND**
 - Your other symptoms are improving.

This guideline applies even if you did not display any symptoms, but had a positive test.

5. If you are aware you were in contact with someone who developed symptoms of COVID, or learned that s/he had a positive test result, you should quarantine yourself for 14 days from the time of contact. You may be around others or attend worship after that time, as long as you have not developed any symptoms or had a positive test result yourself.
6. If someone who gathered or attended worship notifies the Church s/he tested positive, those attending with that individual will be notified. Due to confidentiality the person will **not** be identified.
7. As always, you should contact your medical provider involving personal health concerns. These Guidelines are based on CDC recommendations. <https://www.cdc.gov/coronavirus/2019-ncov/your-health/need-to-know.html>