

COVID-19 Guidelines for Jordan Lutheran Church

These guidelines are a result of our concern for one another at Jordan. Our Relaunch mission is to promote the safety of those who attend worship services or gather for varied 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 we ask that nonrelated family groups remain at least six feet from one another. This distancing helps prevent the possibility of close contact between healthy people and others that may be infectious. *Close contact* is defined as being less than six feet from someone for 15 minutes or longer. The use of alternating pews will help with this spacing.
3. Many congregants at Jordan have received the full complement of COVID vaccination. If this is true for you, you may sit with other people not in your family group who agree to be part of your "bubble", as long as they, too, have been fully vaccinated.
4. 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.)

5. 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.

6. If you are aware you were in contact with someone who developed symptoms of COVID, or learned that she/he had a positive test result, **and are fully vaccinated**, according to the CDC you do not need to do anything except monitor yourself for symptoms. If you develop symptoms, you should arrange to be tested, and then follow the guidelines in #4 (above). You may be around others or attend worship after that time.
7. As always, you should contact your medical provider involving personal health concerns. These guidelines are based on recent CDC recommendations.

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/need-to-know.html>