



What to do if you have been exposed to or contracted COVID-19

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Dear Faith Family,

As most of you know, there has been a significant uptick in COVID-19 infections across the nation and a significant increase in infections in California and in Los Angeles County. At Faith Community Church, we should expect to see more infections within our Church Body. Your Elder Team is committed to providing you with the correct information to be prepared if you or a member of your family tests positive for COVID and to being there with you as a ministering body.¹

This document is designed to provide a checklist for the following situations:

- What to do if you came in close contact with a person who has COVID-19
- What to do if you begin to experience the symptoms of COVID-19
- How long does it take to experience the symptoms of COVID-19 once exposed to a person who has it?
- If you test positive for COVID-19, what should you do?
- When should you call 911?
- How long must you stay in self-quarantine after contracting COVID-19?
- Does COVID-19 impact the older population?

¹ The information presented herein is not medical advice, but rather is offered for free as general best practices. Please consult a doctor for medical advice. The information presented herein is accurate as of the time of writing. Governmental guidelines can change specific elements, so readers are encouraged to pay attention to the ongoing direction issued by the CDC, state and local Public Health Officers, and medical professionals.

1. What to do if you came in close contact with a person who has COVID-19

- a. A *close contact* with a person with COVID-19 is defined by the CDC as a contact with a person within six feet or less AND for a period of 15 minutes or more.²
- b. If you experienced a *close contact*, you should be self-quarantined and get tested.

2. What to do if you begin to experience the symptoms of COVID-19

- a. According to the CDC³, the symptoms of COVID are:
 - i. Fever or chills
 - ii. Cough
 - iii. Shortness of breath or difficulty breathing
 - iv. Fatigue
 - v. Muscle or body aches
 - vi. Headache
 - vii. New loss of taste or smell
 - viii. Sore throat
 - ix. Congestion or runny nose
 - x. Nausea or vomiting
 - xi. Diarrhea
- b. Self-quarantine and get tested.

3. How long does it take to experience the symptoms of COVID-19 once exposed to a person who has it?

- a. Symptoms may appear 2-14 days after exposure to the virus.⁴

4. If you test positive for COVID-19, what should you do?⁵

- a. Self-quarantine at home. This includes isolation from your family. You should set up a separate room in your house where you stay and your family stays out of. When your family brings you food, have them use disposable plates and utensils. Place the food in your room while keeping at least six feet of

² What is a close contact? See: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#Symptoms-&-Emergency-Warning-Signs>

³ Symptoms of COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

⁴ Symptoms of COVID 19: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

⁵ What to do if you get sick: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

distance between you and them. Place the trash in a plastic bag and leave it outside your door.

- b. Wear a mask at all times except when sleeping to protect your family.
- c. Notify anyone that you have had close contact with for six days prior to the onset of your symptoms. Request they follow the guidance in Question #1 above.
- d. Get rest and stay hydrated. Treat your symptoms with over-the-counter medicine. Treat the fever and headache with acetaminophen, NOT ibuprofen. Tylenol contains acetaminophen.
- e. Stay in touch with your doctor.
- f. Consider notifying your Life Group Shepherd, Care Group Leader, or an Elder so that we can offer you practical helps including financial assistance, resources, and prayer.

5. When should you call 911?⁶

- a. If you have difficulty breathing.
- b. If you have persistent chest pain.
- c. New confusion.
- d. Inability to wake or stay awake.
- e. Blueish lips or face.

6. How long must you stay in self-quarantine after contracting COVID-19?⁷

- a. At least 24 hours have passed since last fever without the use of fever-reducing medications. AND
- b. At least 10 days have passed since symptom onset. AND
- c. Other symptoms have improved.

7. Does COVID-19 impact the older population?⁸

- a. Among adults, the risk from COVID-19 increases with age, with older adults at highest risk.
- b. 8 out of 10 cases of COVID-19 deaths reported in the United States have been adults 65 years old and older.

⁶ When should I call 911 for COVID? See: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html>. Specifically, see the second bullet point in the subsection under "Stress & Coping," titled, "If you think you may have COVID-19 or were exposed to COVID-19:."

⁷ When can you discontinue isolation after COVID-19 positive test? See: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

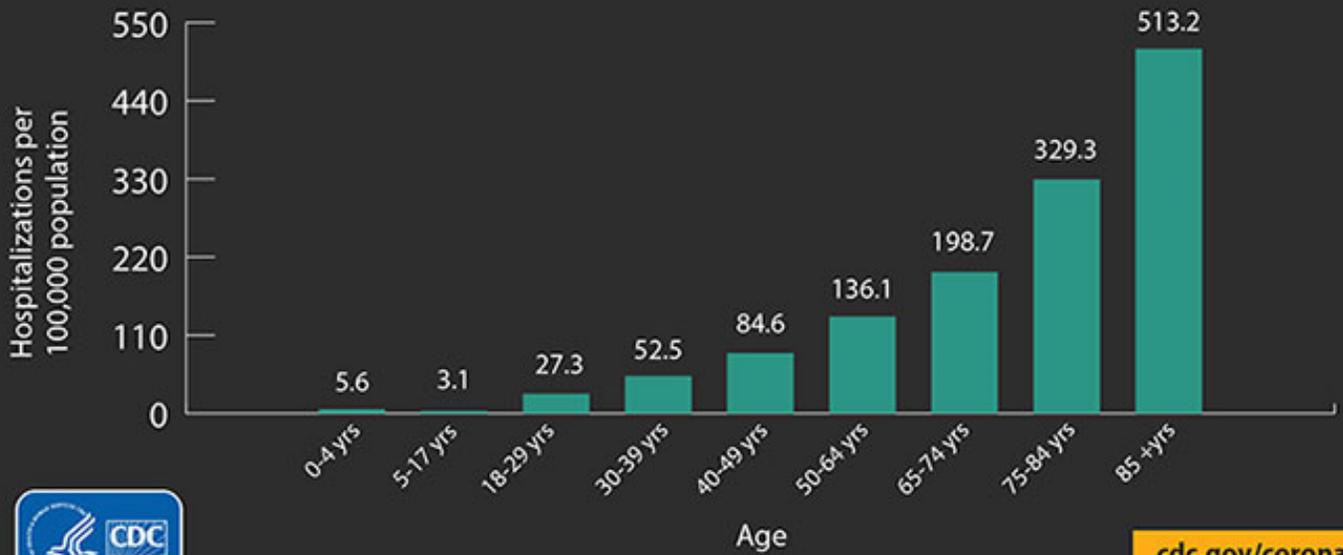
⁸ Older adults and COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html>

NATIONAL CENTER FOR HEALTH STATISTICS (NCHS) MORTALITY REPORTING SYSTEM

Coronavirus Disease 2019 (COVID-19)-Associated Hospitalization Surveillance Network (COVID-NET)

DATA THROUGH WEEK ENDING JUNE 6, 2020

LATEST DATA
JUNE 6, 2020



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

<https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/index.html>