

**Guidance from the COVID Task Force**  
**What if you test positive for COVID or had exposure to COVID?**

12/11/2021

The COVID Task Force has the following guidance for when you can resume in-person activities at USG if you have been exposed to someone with COVID, develop symptoms of COVID, or test positive for COVID. These guidelines are based on CDC recommendations as of this date, and we ask that you follow them. As always, please do not come to USG if you are ill.

As a reminder, USG recommends that everyone who comes to the church be fully vaccinated, if eligible. We warmly invite you to join us on Zoom if you are not fully vaccinated. And please get vaccinated if you are eligible.

	<b>If fully vaccinated</b>	<b>If NOT fully vaccinated</b>
Exposure to COVID and NO symptoms	<ul style="list-style-type: none"> <li>• Get tested 5-7 days after last exposure</li> <li>• Mask indoors in public for 14 days <b>or</b> until negative test. (No removing your mask in public to eat.)</li> <li>• No need to quarantine</li> </ul>	<ul style="list-style-type: none"> <li>• Get tested immediately. If negative, test again 5-7 days later</li> <li>• Quarantine for 14 days after last exposure, even if both tests are negative</li> </ul>
<b>Regardless of whether you are vaccinated</b>		
What counts as exposure	<ul style="list-style-type: none"> <li>• Close contact is being within 6 feet of an infected person for a total of 15 minutes or more over a 24-hour period</li> <li>• An infected person can spread COVID-19 starting from 2 days before they have any symptoms (or, if they are asymptomatic, 2 days before their specimen that tested positive was collected until they meet the criteria for discontinuing home isolation)</li> </ul>	
If you have or develop symptoms*	<ul style="list-style-type: none"> <li>• Test right away</li> <li>• If your first test was a rapid (antigen) test and results were negative, repeat the test in 2 days</li> </ul>	
If you test positive and have no symptoms	<ul style="list-style-type: none"> <li>• Isolate for 10 days</li> </ul>	
If you test positive and DO have symptoms	<ul style="list-style-type: none"> <li>• Isolate for 10 days, starting with when symptoms appear</li> <li>• Mask around other people</li> </ul>	

<p>If you had COVID with symptoms, when can you be around people</p>	<ul style="list-style-type: none"> <li>• 10 days since symptoms started</li> <li>• 24 hours without fever and no fever-reducing drugs</li> <li>• Other symptoms improving</li> </ul>
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\*For a list of COVID symptoms, click here:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Symptoms of COVID infection – 2/22/2021

**References:**

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>

Fully vaccinated people – 10/15/2021

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

Small and large gatherings – 10/21/2021

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

Quarantine vs. isolation - 12/9/2021

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html#:~:text=For%20COVID%2D19%2C,for%20discontinuing%20home%20isolation>

Frequently Asked Questions – 10/21/2021