

# Lutheran Church of Hope COVID-19 Policy

Updated Jan. 12, 2022

## If you were exposed to COVID-19:

- You do NOT need to stay home UNLESS you develop symptoms.

## If you tested positive for COVID-19 or have symptoms:

- Stay home for at least FIVE days and [isolate](#) from others.

## Ending isolation if you had symptoms:

- [End isolation after FIVE full days](#) if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.

## Ending isolation if you did NOT have symptoms:

- [End isolation after at least 5 full days](#) after your positive test.

## If you were severely ill with COVID-19:

- You should isolate for at least 10 days.

## If you are able to return to work in five days:

- Wear a well-fitted mask (covering mouth and nose) for 10 full days anytime you are around others.

***Please note:*** Day zero is your first day of symptoms or a positive viral test. **Day one is the first full day after your symptoms developed or your test specimen was collected.** If you have COVID-19 or have symptoms, isolate for at least five days.

[https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fif-you-are-sick%2Fquarantine.html](https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fif-you-are-sick%2Fquarantine.html)