

## Oakdale EFC Health Guidelines

### 1. What kinds of sickness or exposure to sickness should keep people from Oakdale EFC activities?

- a. Please do not attend Oakdale EFC gatherings *if you have any of the following symptoms*: acute sore throat, acute runny nose, acute sinus headache, acute body aches, cough, fever, chills, shortness of breath, wheezing, acute loss of smell, acute loss of taste, nausea, vomiting, or acute diarrhea.
- b. Please do not attend Oakdale EFC gatherings *if you have had exposure to a known COVID-19 infected person in the last 7 days*. Note: “exposure” to COVID-19 is defined as close contact: within 6 feet for more than 15 minutes, living in the same household as the person, or having contact with aerosolized cough or sneeze. It is not considered “exposure” if appropriate personal protective equipment is worn by a professional healthcare worker doing their job.
- c. Please do not attend Oakdale EFC gatherings *if you have had exposure to a suspected COVID-19 infected person in the last 3 days*. Note: “exposure” is defined as close contact: within 6 feet for more than 15 minutes, living in the same household as the person, or having contact with aerosolized cough or sneeze. It is not considered “exposure” if appropriate personal protective equipment is worn by a professional healthcare worker doing their job.
- d. Please do not attend Oakdale EFC gatherings *if you are diagnosed with COVID-19 (see section 2)*.

### 2. What is the protocol for returning to church activities after being “sick”? (When are you considered well?)

- a. If you have had any of the symptoms in 1 (a) above, you should not return to church activities in person until the following has occurred:
  - At least 10 days have passed since symptoms first appeared AND
  - At least three days (72 hours) have passed since recovery (defined as resolution of fever without the use of fever-reducing medications and resolution or continued improvement in all symptoms (i.e. shortness of breath, sore throat, runny nose, cough, sneeze) without aid of medications
- b. Patients with confirmed COVID-19 infection may return to Oakdale EFC gatherings by fulfilling any 1 of the following 3 criteria:
  - (1) If your physician specifically releases you to public gatherings.
  - (2) If there is improvement of symptoms AND greater than 10 days from first symptom AND 72 hours without a fever without medications AND a negative COVID test
  - (3) In absence of guidance from your physician you may return to Oakdale EFC gatherings by fulfilling the following criteria of a symptom-based strategy:
    - At least 10 days have passed since symptoms first appeared
    - AND at least three days (72 hours) have passed since recovery (defined as resolution of fever without the use of fever-reducing medications, resolution of productive cough, resolution of sore throat and runny nose, and improvement in respiratory symptoms dry cough and shortness of breath)

Note: if in doubt of return to church or other public activities we suggest you ask your doctor as some patients may need longer to recover and/or not be infectious.

### 3. What about those with secondary health issues?

- It is loving and right for us to point out that there is good medical evidence that some groups of people have a higher risk of developing severe and/or life-threatening symptoms from COVID-19, if they contract it. This includes but is not limited to those with an immunocompromising condition such as chronic steroid medication, cancer, chronic medications to suppress inflammatory conditions like rheumatoid arthritis, Crohn's disease, transplants, medical conditions such as asthma, heart issues, severe obesity, diabetes, chronic kidney and/or liver disease, tobacco use and those over age 65.
- We are not requiring or even implying that such people should stay away from Oakdale EFC activities. We are encouraging them to prayerfully consider what is best for them to do and then do that.