

MOTHERLY INTERCESSION SAFETY PROCEDURE

ENTERING THE BUILDING

- Upon Entering the building, all employees will be required to do the following:
 - Wear a face covering (Cloth Face mask, Disposable Face Mask, etc.) If you do not have a face covering Motherly Intercession will provide you with one.
 - Maintain the CDC recommended social distance 6 feet when interacting with others.
 - Truthfully answer Motherly Intercession's COVID 19 Questionnaire.
 - Have your temperature checked by a designated employee
 - If an employee's body temperature is at or above 100.4 degrees Fahrenheit, an employee will not be allowed to enter the building and will be sent home immediately and the employee can return if the following are completed:
 - He or she has had no fever for at least three days without taking medication to reduce fever during that time; AND
 - Any respiratory symptoms (cough and shortness of breath) have improved; AND
 - At least ten days have passed since symptoms began.
 - The employee may return to Motherly Intercession earlier if a doctor confirms the cause of the employee's fever or other symptoms is not COVID-19 and provides a written release for the employee to return to Motherly Intercession.

WHILE IN THE BUILDING

- Maintain the CDC recommended social distance 6 feet when interacting with others.
- All employees will be given hand sanitizer and disinfectant wipes to ensure that their work stations are clean and well maintained.
- All employees will be required to wear their face covering when interacting with fellow employees and clients, if medically allowed.
- Motherly Intercession will have disinfectant wipes in every room.
- Motherly Intercession will be treated with CDC approved disinfectant cleaner every evening.

WHEN EXITING THE BUILDING

- All employees are required to wipe down their workstations with the appropriate cleaner and disinfectant.
- Maintain the CDC recommended social distance 6 feet when interacting with others.

If you test positive for COVID-19:

1. Begin Isolating right away

Stay home except to get medical care. Stay away from everyone else in your household (stay in a separate room, use separate bathroom if possible, etc.). Tell your employer you have COVID-19.

2. Tell your close contacts so they may begin to quarantine.

A close contact is anyone who had face-to-face contact (or other physical contact) with an infected person within 6 feet for at least 15 minutes, within the 48 hours before the infected person developed symptoms or tested positive. Please note there may be exceptions to this criteria in certain cases where the risk of transmission is higher (e.g. contact during high impact sports).

3. On Day 5, do you not have symptoms or are your symptoms resolving?

If **YES**, you can stop isolation on day 6**. **When returning to work at Motherly Intercession, you are required to have a negative test.** Wear a well-fitting mask around others (including household members) through day 10. Avoid people who are immunocompromised or at high risk for severe illness and avoid high-risk settings (like being around grandparents) until after at least 10 days. Avoid travel and take precautions through day 10.

If **NO**, you should not stop isolation. Continue isolating until symptoms resolve or 10 days have gone by since you tested positive or first developed symptoms**.

**Resolving symptoms means your symptoms have gotten noticeably better. Some symptoms (fatigue, loss of taste and/or smell) may persist; consult a medical provider if you have questions regarding your symptoms.*

*** No one should leave isolation until they have been fever-free for 24 hours without the use of fever-reducing medication. If symptoms are not resolving or are worsening, seek medical care.*

NOTE: *If you develop symptoms after testing positive, your isolation period starts over. Day 0 is your first day of isolation.*

Additional recommendations from the Genesee County Health Department

Taking these extra steps can further reduce your risk of spreading COVID-19 to others.

Take a rapid antigen test on day 5 of isolation.

If negative, end isolation on day 6 and wear a mask around others through day 10.

If positive, continue to isolate through day 10.

If you end isolation on day 6, be more cautious through day 10. Limit being around others as much as you can.

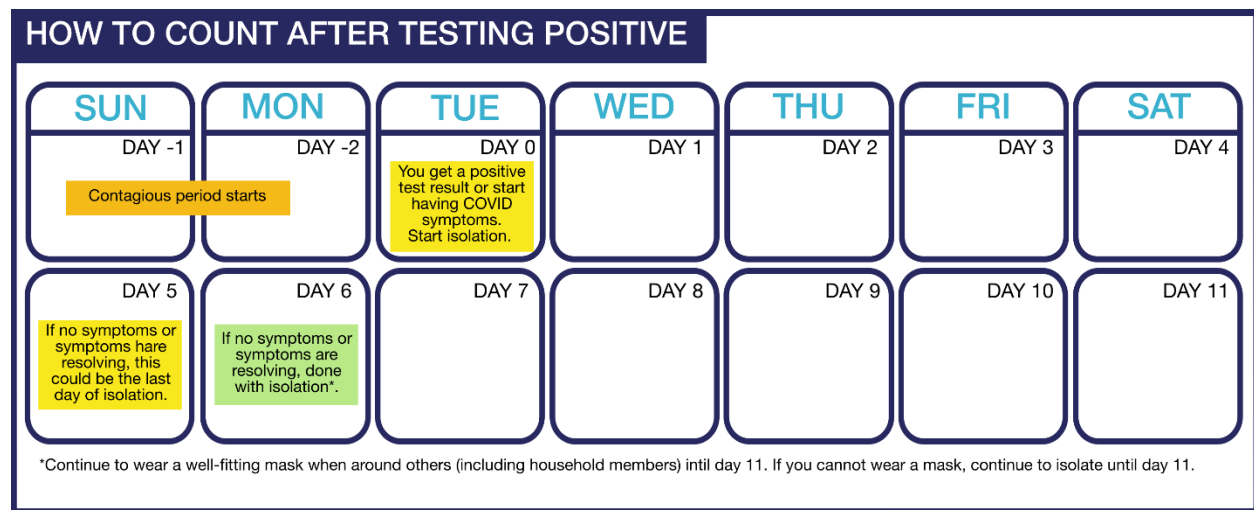
If you are often around vulnerable populations (e.g., immunocompromised or elderly people):

Consider continuing isolation for longer (a full 10 days).

If you decide to stop isolation before 10 days, take a rapid antigen test. If positive, consider isolating for the full 10 days.

A Note on Testing:

A positive at-home test is considered a positive and does not need to be confirmed with a PCR or additional test. Local testing resources are stretched thin and transmission is high – if you have already tested positive, we do not recommend testing again before at least 5 days have passed and any symptoms improved or resolved. In some cases you may need a record of an official PCR test, such as for future travel or medical/insurance records, but it is not necessary for confirmation of infection. *If testing to return to school after isolation or quarantine, see our guidance for [schools and childcare](#).*



If You're Exposed to Someone Who Tested Positive for COVID-19:

- 1. If you are 12+ years old, are fully vaccinated, and have gotten a booster (if eligible):***

Then you don't need to quarantine, but you should:

- Wear a well-fitting mask around others for 10 days. Monitor for symptoms. Avoid travel and being around people who are at high risk for severe illness. Take precautions through day 10.
- Get tested (PCR or rapid antigen) on day 5, if possible. If positive, follow [isolation](#) guidance.

**Some immunocompromised people should also have received an additional primary series dose*

IF YOU HAVE TESTED POSITIVE* FOR COVID-19 IN THE LAST 90 DAYS

Then you don't need to quarantine, but you should:

- Wear a well-fitting mask around others for 10 days. Monitor for symptoms. Avoid travel and being around people who are at high risk for severe illness. Take precautions through day 10.
- Get tested (PCR or rapid antigen) on day 5, if possible. If positive, follow [isolation](#) guidance.

IF YOU ARE NOT FULLY VACCINATED

Then you should quarantine for at least 5 days:

- During quarantine, stay home and away from others except to get medical care. Monitor for symptoms. Wear a well-fitting mask if around others at home. Avoid travel and take precautions through day 10.
 - **If you develop symptoms**, get tested immediately (PCR or rapid antigen) and isolate until you get your results. If you're positive, follow isolation guidance. If negative, stay home until symptoms resolve.
 - **If you don't develop symptoms**, get tested (PCR or rapid antigen) on day 5 if possible. If positive, follow isolation guidance. If negative or if it is not possible to test, you can stop quarantining on day 6 but continue to wear a well-fitting mask around others until day 11.
- Avoid people who are immunocompromised or at high risk for severe illness and avoid high-risk settings (like being around grandparents) until after at least 10 days.
- If you are unable to quarantine, wear a well-fitting mask for 10 days when around others (at home and in public). Keep activities to [essential](#) tasks only.

IF YOU DEVELOP SYMPTOMS AFTER EXPOSURE TO SOMEONE POSITIVE FOR COVID-19

If you develop any symptoms of COVID-19, you should avoid others and get [tested](#) (PCR or rapid antigen).

If positive, follow [isolation](#) guidance. If negative, stay home until symptoms resolve. If symptoms worsen or change, follow up with your medical provider and consider getting another COVID-19 test.

IF YOU ARE OFTEN AROUND VULNERABLE POPULATIONS (E.G. IMMUNOCOMPROMISED OR ELDERLY POPULATIONS)

Consider staying home to quarantine for the full 10 days.

IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

And you...

- Are 12+ years old, are fully vaccinated and have gotten a booster (if eligible), OR
- Are 5-11 years old and have completed the primary series of COVID-19 vaccines, OR
- Tested positive for COVID-19 in the last 90 days

SUN	MON	TUE	WED	THU	FRI	SAT
DAY 0 You're exposed. Wear a well-fitting mask around others.	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5 Get tested on this day if possible.	DAY 6
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11 You may stop wearing a well-fitting mask around others.	<p><u>GCHD recommendation:</u> If you are often around vulnerable populations, consider staying home/quarantining for a full 10 days after exposure. If doing this, DAY 11 would be when you can stop quarantining.</p>	

IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

And you...

- Are NOT fully vaccinated, OR
- Received your 2nd dose of Pfizer or Moderna more than 5 months ago AND have not yet received a booster dose, OR
- Received your initial dose of Johnson & Johnson (Janssen) more than 2 months ago AND have not gotten a booster

SUN	MON	TUE	WED	THU	FRI	SAT
DAY 0 You're exposed. Stay home & QUARANTINE.	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5 Get tested on this day if possible.	DAY 6 You can end quarantine. Continue to wear a well-fitting mask around others.
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11 You may stop wearing a well-fitting mask around others.	<p><u>GCHD recommendation:</u> If you are often around vulnerable populations, consider staying home/quarantining for a full 10 days after exposure. If doing this, DAY 11 would be when you can stop quarantining.</p>	