

Kirk of Kildaire
Safe Gathering Task Force

Covid-19 Policy Update – April 7, 2022

In accordance with the Kirk Roadmap for Relaxation of Covid Restrictions, we have relaxed restrictions as the seven-day average of new hospital admissions in North Carolina has declined. As long as the seven-day average stays below 75, there are few restrictions for those who are fully vaccinated and have at least one booster. As long as the seven-day average stays below 50 there are also few restrictions on those who are less than fully vaccinated. The following is the current status of restrictions:

Masks for indoor activities

- ❖ Masks are optional for worship and other functions where there are no children below the age of 5.
 - For children under the age of 5, nursery care is offered, so that they will not be exposed to potential infection from adults not wearing masks in worship.
- ❖ For worship, a section of the last three rows of the center pews is reserved for families with children ages 5-11 who are not yet fully vaccinated. Another section is reserved for immunocompromised people. All individuals sitting in these rows must wear masks.

Note: Those whose booster was more than 3-4 months ago may well contract an Omicron variant if they do not wear a well-fitting mask. However, fully vaccinated/boosted people with no significant risk factors will most likely not require hospitalization.

We urge people with the following risk factors to consider wearing an N95, KN95, or KF94 mask:

- *Age over 65, diabetes, obesity, history of cancer, history of stroke, history of smoking, chronic lung disease, chronic kidney disease, chronic liver disease, heart disease, currently pregnant or less than 42 days since the end of pregnancy.*
- *Immune compromised.*

Anyone in the outer office must don a mask when someone arrives who is wearing a mask. Thus, all staff should carry a mask with them.

If the 7-day average of new hospitalizations rises above 50, masks will be optional only for those who are fully vaccinated and have at least one booster.

Social distancing

The current seven-day average of new hospitalizations is 35. Until the seven-day average is 25:

- ❖ Three feet social distancing between members of different households is still required.
- ❖ Choir members must be spaced 3 feet horizontally and 6 feet front to back.

Requirements for vaccination/boosting for certain individuals/functions

All staff are required to be vaccinated and boosted. Existing staff who do not meet this requirement are tested weekly in lieu of vaccination. However:

- ❖ Testing is no longer required for such main office staff as the seven-day average of new hospitalizations is below 75.
- ❖ Testing is no longer required for such pre-school staff as the seven-day average of new hospitalizations is below 50.

Anyone attending a church-sponsored retreat or other event lasting more than three hours must be fully vaccinated/boosted.

All volunteers who work with children more than one hour per week are required to be fully vaccinated/boosted.

Worship materials

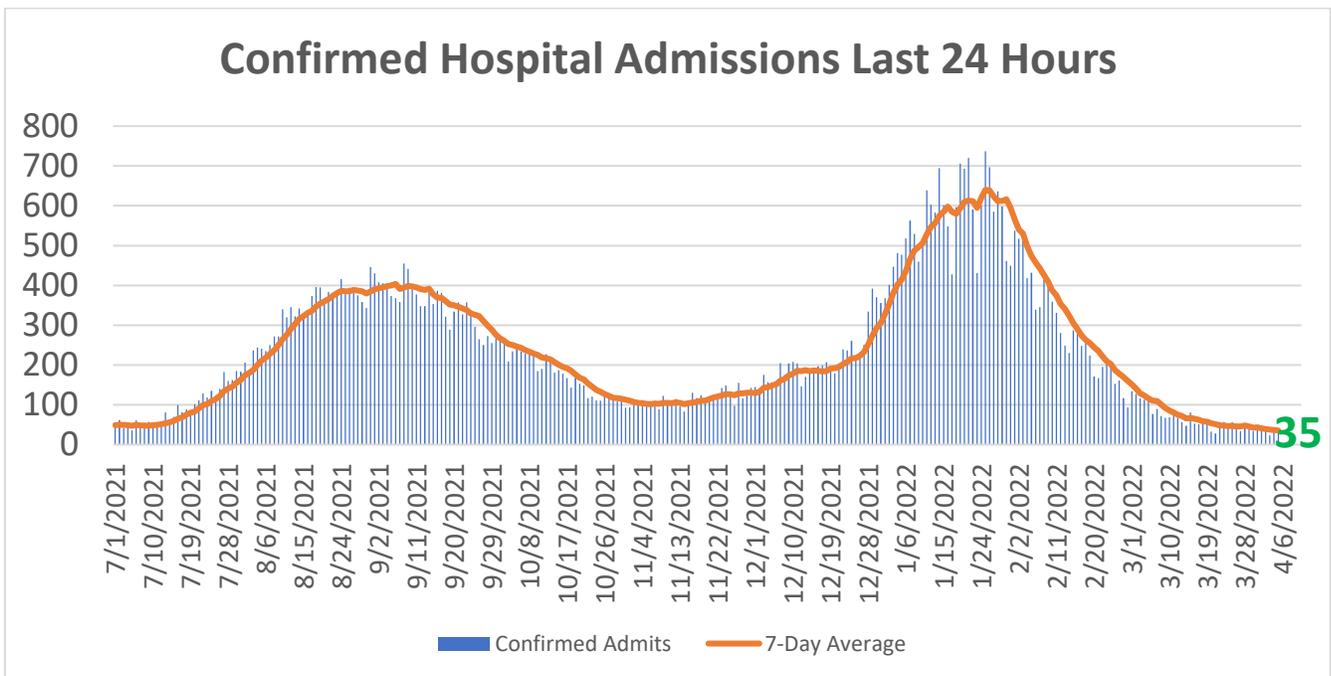
Because surface transmission of Covid-19 is quite rare, we have returned Bibles, hymnals, and other materials to the pews.

Communion can now be offered by intinction or passing of communion elements down the rows.

- ❖ Individuals serving communion should wear masks as they will come closer than three feet to those receiving communion elements.
- ❖ Individuals serving communion should sanitize their hands just prior to serving to avoid transmission of other viruses/bacteria that can spread via surface transmission.

Consumption of food and drink

There are no longer restrictions on these activities, however the period of meal consumption should not exceed 20 minutes so that those with risk factors are not exposed to less than fully vaccinated/boosted individuals for long periods. Home-prepared food may be served.



Revised Covid-19 Exposure and Positive Test Policy

4/7/2022

The CDC has recently issued less stringent guidance with respect to what people should do after receipt of a positive Covid-19 test result or exposure to someone with Covid-19.

Background

Research now shows that people are most contagious 1-2 days before and 2-3 days after experiencing symptoms. This is the basis for the shortened isolation periods outlined below.

Note that where masking is specified, a well-fitting mask is required. Most cloth masks and even surgical masks do not qualify because they have too many gaps around the edges. KN-95, KF-94 and N-95 masks are well-fitting as is double-masking with a cloth mask over a surgical mask.

- ❖ CDC uses the term “isolation” to refer to behavior after testing positive and “quarantine” to refer to behavior after close contact with someone known to have Covid-19. This is a technical difference – the term “isolation” is used exclusively in this document.

Where a Covid-19 test is indicated, a rapid (antigen) test is fully acceptable, and at this point in the pandemic is preferable as a follow-up test after an initial positive PCR or antigen test. After an initial positive test and resolution of symptoms, an antigen test will return a positive result if you are still infectious to others. PCR tests may continue to give positive results by detecting genetic viral fragments when you are not infectious.

Counting days after exposure or receiving a positive test

Day 0 is the day of exposure/day of specimen collection for a positive test/day of the appearance of symptoms. Thus, for example, if you received a positive result and you were tested on a Monday, Day 1 would be Tuesday and Day 5 would be Saturday.

What to Do After a Positive Covid-19 Test

If no symptoms (asymptomatic)

- ❖ Isolate for 5 days, then wear a mask when around others for 5 more days.

If symptoms

- ❖ Isolate for at least five days. if you are fever-free for 24 hours (without the use of fever-reducing medication) and your other symptoms are improving (but no earlier than 5 days), you can end isolation but must wear a mask for five additional days.
 - Many in the media have said that you can end isolation after 5 days. This is not true. You must also have improving symptoms and no fever for 24 hours without using fever-reducing medication.

If you have severe Covid-19 or are immunocompromised

People who are severely ill with COVID-19 (including those who were hospitalized or required intensive care or ventilation support) and people with compromised immune systems might need to isolate at home longer. They may also require testing with a PCR test to determine when they can be around others. CDC recommends an isolation period of at least 10 and up to 20 days for people who were

severely ill with COVID-19 and for people with weakened immune systems. Consult with your healthcare provider about when you can resume being around other people.

What to do After Close Contact with Someone Who Has Covid-19

We define this as less than 3 feet for 15 minutes or more in a 24-hour period. An example would be having someone in a person's household test positive for Covid-19.

If symptoms occur, isolate for a minimum of 5 days and thereafter improvement in symptoms with no fever

If no symptoms: Boosted or received a second dose of Pfizer/Moderna in last 5 months or received J&J in last 2 months/had a confirmed Covid infection in the last 90 days

- ❖ No isolation required but wear a mask for 10 days after exposure. Watch for symptoms for 10 days and get tested if they occur. If you test positive, follow the above protocol for positive test results.

If no symptoms: All others

- ❖ Isolate for 5 days after exposure. Get a test after 5 days; if you test positive, follow the protocol for a positive test. Wear a mask for an additional 5 days in all settings. Watch for symptoms for 10 days and get tested if they occur.

Questions?

If you have questions about what you should do in the above circumstances, contact our Parish Nurse, Caryn Mastalli: cmastalli@kirkofkildaire.org