

COVID-19 SELF-QUARANTINE GUIDE

CLOSE CONTACT: Any individual who was within 6 feet of the Infected person for at least 15 minutes, with or without a face covering; or any individual who had unprotected contact with the Infected person's body fluids and / or secretions. (i.e., being coughed or sneezed on, sharing utensils or saliva, or providing care without appropriate protective equipment).

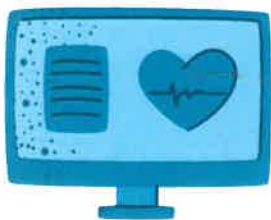


WHEN TO QUARANTINE

You have been in close contact with a person who has been diagnosed with, or likely has, COVID-19, OR you have been informed by an infected person that you may have been in close contact during the time the person was contagious (2 days before their symptoms first appeared/received a positive diagnostic test until the time they are no longer required to be isolated).

HOW TO QUARANTINE

Stay in your home or another residence until you are no longer at risk for spreading COVID-19. Remain in your place of quarantine, except to receive necessary medical care. Avoid people who are at higher risk for serious illness, such as older adults and people with underlying medical conditions.



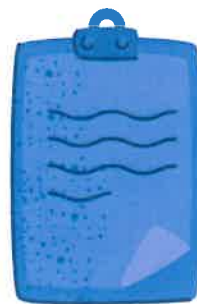
IF YOU DEVELOP SYMPTOMS

If you develop COVID-19 symptoms, you need to isolate until:

- At least 10 days have passed since your symptoms first appeared **and**
- At least 24 hours have passed fever-free without fever reducing medication **and**
- Your symptoms have improved.

QUARANTINE LASTS 14 DAYS

Self-quarantine for 14 days after your last contact with the person who has or is likely to have COVID-19. Remain in quarantine for this entire 14-day period to be sure symptoms and signs of COVID-19 don't develop. During this time, you could spread COVID-19, even if you don't have any symptoms or if you only have mild symptoms.



PRAYER TO MARY, HELP OF THE SICK

O Mary, you always shine on our path as a sign of salvation and of hope. We entrust ourselves to you, Health of the Sick, who at the cross took part in Jesus' pain, keeping your faith firm.

You, Patroness and Protector of the People of the United States of America, know what we need, and we are sure you will provide so that, as in Cana of Galilee, we may return to joy and to feasting after this time of trial.

Help us, Mother of Divine Love, to conform to the will of the Father and to do as we are told by Jesus, who has taken upon himself our sufferings and carried our sorrows to lead us, through the cross, to the joy of the resurrection.

Under your protection, we seek refuge, Holy Mother of God. Do not disdain the entreaties of we who are in trial, but deliver us from every danger, O glorious and blessed Virgin. Amen.



FOR ADDITIONAL GUIDANCE OR ASSISTANCE, CONTACT YOUR COVID-19 COMPLIANCE OFFICER.

This information is current as of August 17, 2020.