

A gentle reminder as we enter the season of flu and colds.

Dear Holly Presbyterian Family:

A gentle reminder as we enter the season of flu and colds, as well as the continuing challenge of Covid, we wanted to reach out and urge everyone in our congregation to continue to exercise the best care for one another by following suggested guidelines. We navigated the first two winters of Covid with excellence. Let us continue in that spirit in our care for each other. Below is the most recent guidance from the CDC on Covid.

Updated August 11, 2022

If you were exposed to COVID, you should wear a high-quality mask for 10 days and get tested on day 5.

Regardless of vaccination status, you should isolate from others when you have COVID 19.

You should also isolate if you are sick and suspect that you have COVID but do not yet have test results.

If your results are positive, follow CDC's full isolation recommendations. If your results are negative, you can end your isolation.

Should you test positive for COVID 19, you should stay home for at least 5 days and isolate from others in your home. You are likely most infections during the first 5 days. Wear a high-quality mask when you must be around others at home and in public.

If after 5 days you are fever-free for 24 hours without the use of medication and your symptoms are improving, or you never had symptoms, you may end isolation after day 5.

Regardless of when you end isolation, it is recommended that you avoid being around persons who are more vulnerable to sickness until at least day 11.

You should wear a high-quality mask through day 10.

If you share a dwelling with someone who is COVID positive you should test immediately, as you may have it too and have no symptoms. You would also test again 5 days later, which is the current estimated incubation period. Since you are sharing your home with a COVID patient you would also test again at day 10 to evaluate if you contracted it during their contagious period.

To care for your fellow congregation, we ask that you not attend any events at Holly Presbyterian Church if you are Covid positive or are in an evaluation period.

As always:

- Wash your hands after using the toilet, before eating, and if you cough/sneeze into your hands (follow the [20-second hand-washing rule](#)). Hand sanitizer can be found in the bathrooms and sanctuary doors.
- Cough/sneeze into your sleeve, preferably into your elbow. If you use a tissue, discard it properly and clean/sanitize your hands immediately.
- Avoid touching your face, particularly eyes, nose, and mouth with your hands to prevent from getting infected.
- If you find yourself coughing/sneezing on a regular basis, avoid close physical contact with others and take extra precautionary measures to minimize the risk of cold, flu or COVID.