

## Responsibilities:

### Ministers and Executive Team

- Ensure PALs Indicators are updated weekly to determine Risk Level
- Decide on Recommended Actions to be taken based on Risk Level and discretion
- Communicate Risk Level and Actions that will be taken to the congregation

### SMA Leader, Ministers, or Director of Faith Formation

- Communicate expectations for following all applicable Recommended Actions and safety protocols
- Ensure everyone working with youth (all ages) is vaccinated

### Church Member, Friend, or Visitor

- Follow all applicable Recommended Actions and safety protocols, speak up if you observe something you feel is unsafe

### All

- **People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask.**
- **Follow CDC Recommendations for Isolation and Quarantine (<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>) if you are exposed, are sick, or test positive. (See p. 6-7 of this document)**

Data Obtained: 12/16/2022	
Community Level For:	
Anderson County	LOW
Knox County	LOW
Morgan County	LOW
Roane County	LOW



Source: <https://www.cdc.gov/coronavirus/2019-ncov/science/community-levels.html>

**At all levels, people can wear a mask based on personal preference, informed by personal level of risk.**










INDICATIONS		
HIGH	MEDIUM	LOW
At least one of the four counties (Anderson, Knox, Roane, and Morgan) comprising the majority of the congregation have a CDC Community Level of HIGH.	At least one of the four counties (Anderson, Knox, Roane, and Morgan) comprising the majority of the congregation have a CDC Community Level of MEDIUM.	The four counties (Anderson, Knox, Roane, and Morgan) comprising the majority of the congregation have CDC Community Level of LOW.

RISK LEVEL	RECOMMENDED CHURCH ACTIONS – for use with discretion by Minister(s) and Executive Team	
LOW	1. Building open for: <ul style="list-style-type: none"> <li>• Worship services (with online Zoom option)</li> <li>• Faith Formation</li> <li>• Memorial Services</li> <li>• Rentals</li> <li>• Other activities</li> </ul> 2. Outdoor areas open for activities with normal approval process.                     3. Specific activities and recommended actions: <ul style="list-style-type: none"> <li>• Stay up to date on vaccines</li> <li>• Wear a mask or stay home if you are feeling sick</li> <li>• Get tested if you feel sick and follow CDC recommendations for those with Covid or Close Contact</li> </ul>	
	Indoor Activities	
	Outdoor Activities	







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RISK LEVEL	RECOMMENDED ACTIONS – for use with discretion by Minister(s) and Executive Team	
MEDIUM	<p>1. Building open for:</p> <ul style="list-style-type: none"> <li>• Worship services (with online Zoom option)</li> <li>• Faith Formation</li> <li>• Memorial Services</li> <li>• Rentals</li> <li>• Other activities</li> </ul> <p>2. Outdoor areas open for activities with normal approval process.</p> <p>3. Specific activities and recommended actions:</p> <ul style="list-style-type: none"> <li>• If you are at high risk for severe illness, talk to your healthcare provider about whether you need to wear a mask and take other precautions</li> <li>• Stay up to date on vaccines</li> <li>• Wear a mask or stay home if you are feeling sick</li> <li>• Get tested if you feel sick and follow CDC recommendations for those with Covid or Close Contact</li> </ul>	
	Indoor Activities	
	Outdoor Activities	

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RISK LEVEL	RECOMMENDED ACTIONS – for use with discretion by Minister(s) and Executive Team	
HIGH	<p>1. Building open for:</p> <ul style="list-style-type: none"> <li>• Worship services (with online Zoom option)</li> <li>• Faith Formation</li> <li>• Memorial Services</li> <li>• Rentals</li> <li>• Other activities</li> </ul> <p>2. Outdoor areas open for activities with normal approval process.</p> <p>3. Specific activities and recommended actions:</p> <ul style="list-style-type: none"> <li>• Wear a mask indoors</li> <li>• Stay up to date on vaccines</li> <li>• Wear a mask or stay home if you are feeling sick</li> <li>• Get tested if you feel sick and follow CDC recommendations for those with Covid or Close Contact</li> <li>• Additional precautions may be needed for people at high risk for severe illness</li> </ul>	
	Indoor Activities	 =   
	Outdoor Activities	    = 

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Safety Protocol Legend	
	Wear a mask
	Social Distance (at least 6 feet)
	Eating and drinking are not allowed
	Eating and drinking are allowed
	Singing is allowed
	Sick with an undiagnosed illness, e.g., a cold, sinus infection, allergies

### Further Recommendations and Guidance

- *Get vaccinated and stay up to date on your Covid-19 vaccinations*
  - [Vaccine Information](#)
- *If you are at a higher risk*
  - [Covid 19 Information for Specific Groups of People](#)
  - [Medical Conditions Associated with Higher Risk of Severe Covid](#)

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- *If you feel sick*
  - [What to Do if You are Sick](#)
- *Additional Resources*
  - General prevention: [How to Protect Yourself and Others](#)

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## Recommendations for People with COVID-19

Have you tested positive for COVID-19 or have mild symptoms and are waiting for test results?

### Here's What To Do:

**Isolate. Stay at home for at least 5 days.\***

STAY HOME



To keep others safe in your home, wear a mask, stay in a separate room and use a separate bathroom if you can.



Do not travel for **10 days**.



If you can't wear a mask, stay home and away from other people for **10 days**.



To calculate the recommended time frames, **day 0** is the day you were tested if you don't have symptoms, or the date your symptoms started.



Contact your healthcare provider to discuss your test results and available treatment options. Watch for symptoms, especially fever. If you have an [emergency warning sign](#), such as trouble breathing or persistent chest pain or pressure, seek emergency medical care immediately.

**Day 6: Do a self-check. How are you feeling?**

*You could have loss of taste or smell for weeks or months after you feel better. These symptoms should not delay the end of isolation.*

SELF CHECK



No symptoms or symptoms improving. No fever without fever-reducing medication for 24 hours: You can leave isolation. Keep wearing a mask around other people at home and in public for **5 more days** (days 6-10).



Symptoms not improving and/or still have fever: Continue to stay home until 24 hours after your fever stops without using fever-reducing medication and your symptoms have improved.



After you feel completely better, keep wearing a mask around other people at home and in public through **day 10**.



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\*If you are [moderately or severely ill](#) (including being hospitalized or requiring intensive care or ventilation support) or [immunocompromised](#), please talk to your healthcare provider about when you can [end isolation](#). Please refer to [COVID-19 Quarantine and Isolation](#) for guidance on isolation in healthcare settings and high risk congregate settings (such as correctional and detention facilities, homeless shelters, or cruise ships).

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## Recommendations for COVID-19 Close Contacts

Have you been in close contact with someone who has COVID-19? You were a close contact if you were less than 6 feet away from someone with COVID-19 for a total of 15 minutes or more over a 24-hour period ([excluding K-12 settings](#)).

### Here's What To Do:



#### Protect Others

Take these steps to keep others safe.



**Quarantine** if you are not up to date with COVID-19 vaccines or didn't have COVID-19 in the past 90 days. Stay home and away from other people for at least **5 days**.

If you are up to date or had COVID-19 in the past 90 days you do not have to quarantine.



**Avoid travel through day 10.**



**Wear a mask** around other people for **10 days**.



**Watch for symptoms of COVID-19 for 10 days.**

*Up to date means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible.*



#### Get Tested

Get a COVID-19 test on or after **day 5** or if you have **symptoms**.

*People who had COVID-19 in the past 90 days should only get tested if they develop symptoms.*



You tested **negative**. You can leave your home.



Keep **wearing a mask** in public and when traveling through **day 10**.



You tested **positive** or have **symptoms**.



**Isolate** away from other people. Stay home for at least **5 days** and follow steps for [isolation](#).



**Do not travel for 10 days.**

If you are unable to get tested, you can leave your home after **day 5** if you have not had symptoms. Keep wearing a mask in public and avoid travel through **day 10**.



To calculate the recommended time frames, **day 0** is the date you last had close contact to someone with COVID-19.



If you can't wear a mask, **stay home** (quarantine) and away from other people, and do not travel for **10 days**.

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