

COVID-19 FREQUENTLY ASKED QUESTIONS

Q: What do I do if I am diagnosed with COVID 19?

A: Follow the advice of your healthcare provider!

Q: How do I know when to self-quarantine?

A: Please err on the side of caution when it comes to protecting yourself and others around you. Covenant recommends following the guidelines of local, state and federal authorities and your healthcare provider. As a reminder:

- If you have a temperature above 100.4 F, a cough, sore throat and/or difficulty breathing contact your healthcare provider immediately for medical advice.
- If your student or another member of your family has been exposed to someone who has tested positive for COVID 19 or someone who is experiencing the symptoms noted above.
- If you or a member of your household has recently traveled to a Level 3 or 4 country on the CDC's restricted travel list in the last 30 days.

Q: What should I do if I have a pre-existing condition that makes me more susceptible to any kind of virus?

A: Contact your healthcare provider for advice.

Q: What should I do if my church, community center, daycare, gym or club has issued a notification that a member has been diagnosed with COVID 19 and local authorities have instructed us to self-quarantine?

A: Always follow the guidelines of your local, state and federal authorities once you have verified this information is credible.

Q: If I have been diagnosed with COVID 19 am I required to notify Covenant?

A: Yes, please let us know so we can take any appropriate measures.

Q: What are simple precautions I can take to prevent illness?

A: We ask that all community members follow the CDC best practices by taking these simple measures to prevent the spread of germs:

- Wash hands frequently with soap and water for at least 20 seconds especially before eating.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, mouth and nose.
- If you have a fever (100.4 F or greater), cough, sore throat or difficulty breathing, contact your healthcare provider immediately and share your recent travel history with your healthcare provider.