

COVID SHIELD *Updated 10Feb2021*

From <https://covid19.nj.gov/> and [CDC.gov](https://www.cdc.gov/)

In order to meet in-person safely, the Mary, Mother of God HS Youth Group has adopted the following procedures to keep us all safe and to help stop the spread of COVID19:

It begins with you:

1. Only attend an in-person meeting if you are feeling well and have not been exposed in the past 14 days to anyone who has tested positive for COVID19
2. Only attend if in the past 10 days, you have NOT spent 24+ hours outside of NJ and its surrounding states – NY, CT, PA and DE (*See updated requirements after travel on page 2*)
3. Wear a mask covering both your mouth and nose
NOTE: The CDC says wearing a cloth mask over a surgical mask offers increased protection against the virus by providing a much better fit especially against the new, more transmissible variants of the coronavirus.
4. Practice social distancing: Stay at least 6 ft apart from those you are not living with
5. IF we are meeting outside, bring a beach/camping chair OR blanket to sit on

It continues with all of us:

1. Check-in immediately upon arrival at an in-person Youth Group meeting:
 - a. COVID screening on first two items above
 - b. Use hand sanitizer (we will provide hand sanitizer)
 - c. Contact info recorded
2. Face coverings are required in indoor spaces and in outdoor spaces when social distancing is difficult to maintain.
3. Use hand sanitizer before taking any snack or drink (we will provide hand sanitizer)
IF proper social distancing can be maintained (at least 6 feet), masks can be lowered when eating/drinking but must be repositioned as soon as possible.
4. Until the weather is better, we will hold YG meetings mainly inside. General meeting format: Icebreaker outside → Meeting inside in small groups in separate areas → Closing outside
If inclement weather prevents this, we will meet remotely.

And for all Visitors coming from residence at a college/university campus:

We always look forward to seeing our returning college students but to keep everyone safe during this pandemic we must request that you only visit a Youth Group meeting if you can comply with the procedures above **AND ADDITIONALLY** if one of the following is true:

1. You have tested negative on a recent COVID test
OR
2. You have completed a 2-week quarantine @ home after leaving your college/university

Coronavirus Symptoms: (from CDC.gov)

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing **
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell ** / #
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Also: Stomach pain; Red or itchy eyes; Redness or blisters on fingers or toes (“COVID Toes”)

** These symptoms help distinguish COVID 19 from regular flu

Some also experience *parosmia*, a temporary distortion of smells that can make a glass of wine, for example, smell like gasoline

Emergency warning signs for COVID-19:

If someone is showing any of these signs, seek emergency medical care immediately!

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Traveling outside of NJ (updated 12Jan2021)

New Jersey strongly discourages all non-essential interstate travel at this time. The advisory is no longer specific to certain states. Because of the rising number of case counts across ALL states, there is an increased risk of spread of COVID-19 upon return from ANY travel.

Travelers and residents returning from **any U.S. state or territory** beyond the immediate region (New York, Connecticut, Pennsylvania, and Delaware) should self-quarantine at their home, hotel, or other temporary lodging following recommendations from the CDC:

- If travel is unavoidable, travelers should consider getting tested with a viral test (not an antibody test) 1-3 days before the trip and again 3-5 days after the trip.
- If travelers test positive, they should **self-isolate for at least 10 days and should postpone travel during that time.**
- If travelers test negative, they should **quarantine for a full 7 days after travel.**
- If testing is not available (or if the results are delayed), travelers should **quarantine for 10 days after travel.**

NOTE: People who have tested positive for COVID-19 in the past 3 months and have recovered do not need to quarantine or get tested again during that three-month period as long as they do not develop new symptoms.