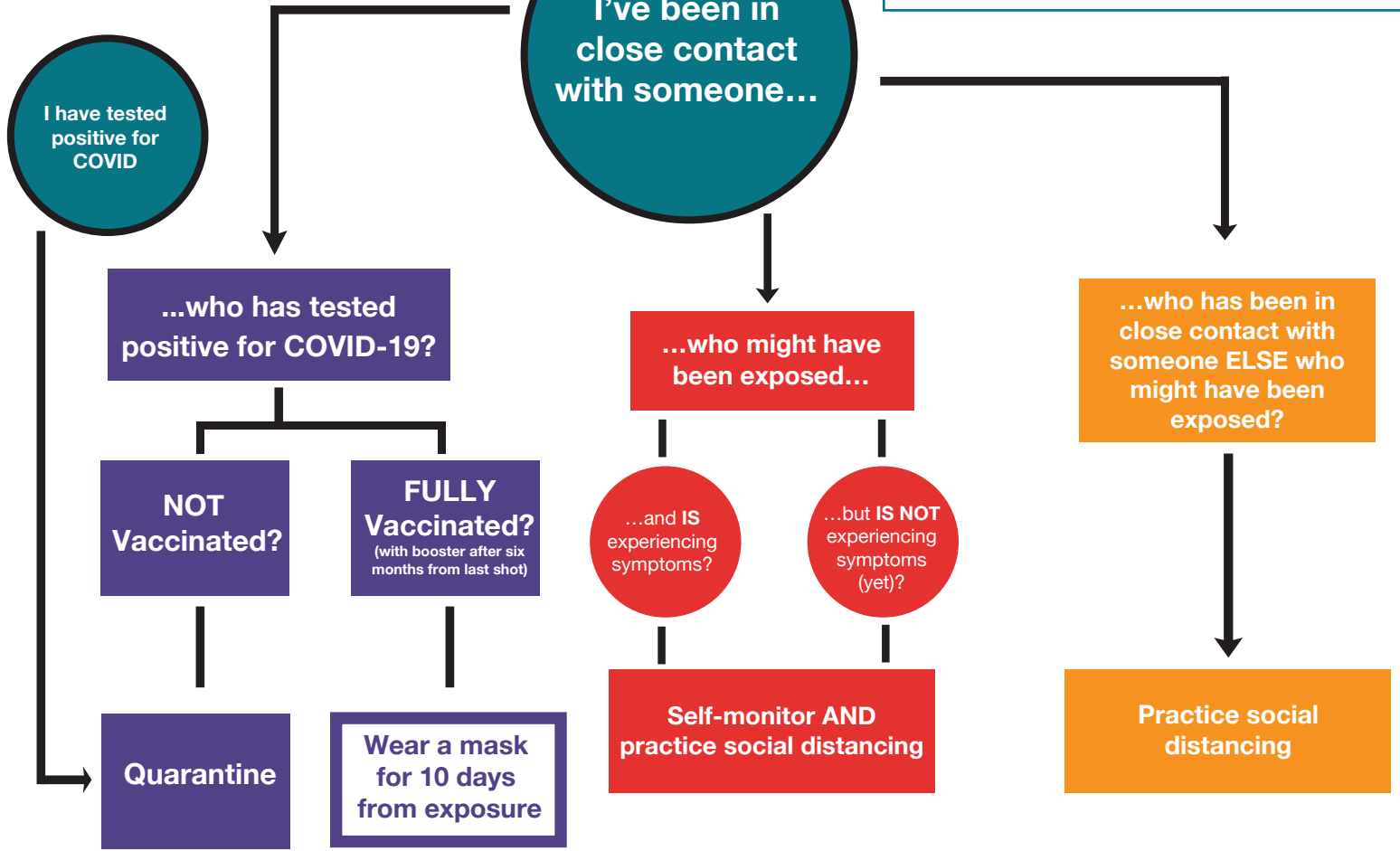


**COVID CONTACT CHART**  
For FBCBA Church Family



**GUIDELINES**

**QUARANTINE**  
(If not fully vaccinated or have COVID-19)

- **NOTIFY:** Your ministry or group leader
- **TESTING PROCEDURE:**
  - **NEGATIVE TEST ON DAY 5 FROM EXPOSURE:** Stay home for 5 days from exposure and wear a mask for 5 additional days
  - **POSITIVE TEST:** Isolate for 5 days after onset of symptoms. May be released from isolation if symptoms have improved AND no fever is present without the use of medication for 24 hours. Wear a mask for 5 days after isolation
  - **NO TEST with NO SYMPTOMS:** Stay home for 5 days from exposure and wear a mask for additional 5 days.
- **DON'T SHARE** household items.
- **AVOID CONTACT** with other people.

**SELF-MONITOR**

- **BE ALERT** for symptoms of COVID-19, especially a dry cough or shortness of breath.
- **TAKE YOUR TEMPERATURE** every morning and night, and write it down.

**PRACTICE SOCIAL DISTANCING**

- **STAY HOME** as much as possible.
- **DON'T** physically get close to people; try to stay at least 6 feet away.
- **DON'T** hug or shake hands.
- **AVOID** groups of people and frequently touched surfaces.
- **WEAR A MASK**

**AND PRACTICE GREAT HYGIENE!**

WASH your hands frequently • AVOID TOUCHING your face • WIPE DOWN frequently touched surfaces regularly