



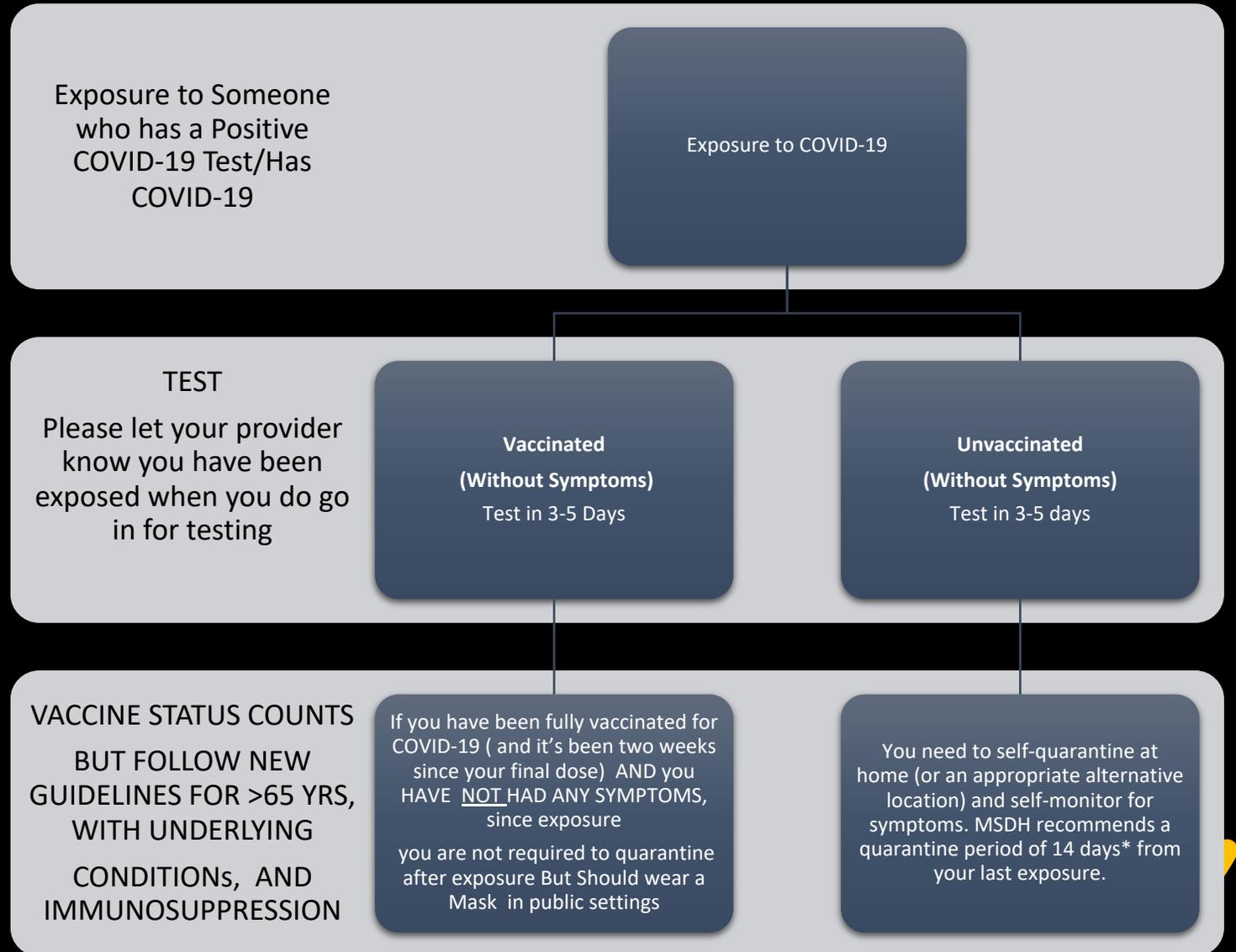
Jerusalem Wellness Ministry

August 6, 2021

Time to Stop the Spread

PART II (Testing)

What if you're Exposed to Someone with COVID-19 ?
Exposure=
Contact Less than 6 feet for 15 minutes or more



In the Meantime,...

Vaccinated

- Check your temperature and self-assess for symptoms twice a day.
- Wear a mask in public indoor settings for 14 days or until you receive a negative test result.(Note: CDC Added a recommendation for fully vaccinated people to wear a mask in public indoor settings in areas of high transmission like Mississippi)
- If you have/develop **symptoms**, contact your healthcare provider for evaluation and further testing if indicated. **Ask your Healthcare provider about treatment with Monoclonal Antibodies.**

Unvaccinated/Quarantined

- **You need to self-quarantine at home (or an appropriate alternative location) and self-monitor for symptoms. MSDH recommends a quarantine period of 14 days* from your last exposure.**
- During the quarantine period you may be allowed to continue to work if your employer says **you are essential**, and you continue to **have no symptoms**, undergo **symptom and temperature monitoring by your facility** and **wear a mask** while you are at work.
- Contact your employer for approval. If you do return to work, you should continue to self-quarantine at home at all other times.
- If you have **symptoms**, contact your healthcare provider for testing and evaluation for treatment if indicated. **Ask your Healthcare provider about treatment with Monoclonal Antibodies.**
- Guidance for self Quarantine:
https://msdh.ms.gov/msdhsite/_static/resources/9914.pdf

What if you Test Positive ?

- Remember that a PCR COVID 19 test is more accurate than a rapid COVID-19 test. A rapid test is most accurate when you have symptoms [It takes more virus to be positive] So, if your rapid test is positive, you most likely have COVID and are a case. If you have symptoms and a negative rapid test, you should get a PCR test.
- **If your PCR result is positive, you have COVID-19.**
- **Continue to isolate at home for 10 days.**
- **Do not go to work** or leave your home until your isolation period ends. Please let your employer know you have tested positive for COVID-19 and will not be able to return to work until your isolation period ends.
- Stay away from all persons at your home. COVID-19 spreads easily to others indoors with you. Stay in a specific room away from others in your home. You should use a separate bathroom if available.
- If you need to be around others in your home, you should wear a face mask and limit your time around them as much as possible. This is very important to minimize the risk of spreading the disease to your family and friends.
- Follow the isolation instructions and further advice in our [Home Isolation Instructions for Those With COVID-19](#).
- When your isolation period is over **and** your symptoms improve and you are fever-free, you may leave home and return to work. You do not need to be tested again in order to return to work.

What if I'm a Close Contact to someone with COVID-19?

- If you were tested because you were in close contact with someone who has COVID-19, follow these steps:
- **If your PCR result is positive, you have COVID-19.**
- Continue to **isolate** at home for 10 days from the date you took your test (the date your sample was collected). See the isolation steps above for those with a positive COVID-19 test.
- Follow the isolation instructions and further advice in our [Home Isolation Instructions for Those With COVID-19](#).
- **If your PCR result returns negative:**
- You should **quarantine** at home or another appropriate location and monitor for COVID-19 symptoms. MSDH recommends a quarantine period of 14 days from your last exposure.
- Quarantine limits your exposure to others in case you go on to develop COVID-19. There are options for shorter quarantine periods, and working during quarantine if your employer considers you essential and you have **no** symptoms.
- Read and follow the steps in our [Quarantine Instructions and Options for those with COVID-19 Exposure](#).

When should I seek treatment?

As soon as you have a confirmed positive test, talk with your Provider to assess your need for treatment.

Monoclonal Antibody Treatment

CRITERIA

- Positive SARS-COV 2 test
- Over 12 years of age and at least 88 pounds
- At high risk for progressing to severe COVID-19 and/or hospitalization.
 - Older age (for example aged 65 years or older)
 - Obesity or being overweight
 - Pregnancy.
 - Chronic kidney disease.
 - Diabetes.
 - Immunosuppressive disease
 - immunosuppressive treatment.
- You can be treated at COVID Center of Excellence. Your Provider can treat or refer you.

URGENT /ER CARE

You don't have to wait until you need hospitalization for treatment

And Hospitals are critically short of beds. There were 6-8 ICU beds available across the entire state today (8/6/21)

St. Dominic's has almost 1/3 (28%) of its 92 patients with COVID 19 in the ICU and half of those are on Ventilators. (8/6/21)

Signs/SX you need Emergency Care

- Shortness of Breath
- Chest pain and pressure
- Fever/ Symptoms getting worse
- Current treatments are not working
- Blue coloring in the face or lips
- Confusion
- Inability to wake up or stay awake

If you have other questions,
concerns, the Jerusalem Wellness
Ministry is here to help you!

- **Wellness Ministry** —
- Ann Johnson
- Rel Mims, RN
- Kim Cooper, RN, FNP
- Gerri Cannon-Smith, MD MPH
- Glendora Singleton, RN
- Jannie Johnson, RN
- Joyce Dunson, RN

References/Recommended References

- www.msdh.ms.gov
- www.cdc.gov
- <https://healthychildren.org> (American Academy of Pediatrics)
- <https://coronavirus.jhu.edu/map.html>
- <https://www.nytimes.com/interactive/2021/us/covid-cases.html>