

Send for Testing

Missionaries who call with any combination of the following symptoms and there is concern for COVID exposure, it is recommended they report to a local testing center for a COVID test. If testing centers are not available or increases their risk of exposure, please send them to a local provider for evaluation, and if possible, testing. Please assume that they are positive and place them in isolation.

The symptoms include:

- Cough
- Fever or chills
- Fatigue
- Shortness of breath or difficulty breathing
- Loss of taste and/or loss of smell
- Sore throat
- Runny nose
- Congestion
- Headache
- Nausea or vomiting
- Diarrhea

Any other missionary exposed to the symptomatic missionary requires quarantine.

Send to the Emergency Room (ER)

If symptoms are more significant such as identified below, they should immediately go to an ER.

- Increasing difficulty breathing
 - You can't go up a flight of stairs without stopping to rest and catch your breath
 - You can't complete two sentences without having to stop to breathe
- Constant chest pain or pressure
- Severe, constant dizziness or lightheadedness
- Slurred speech
- Difficulty waking
- Bluish lips or face
- Severe and worsening diarrhea, nausea, or vomiting

Testing Positive for COVID-19 or Symptomatic

1. If a missionary tests positive for COVID-19 or is symptomatic, self-isolation measures should immediately take place (see below).
2. Isolation should continue until 10 days after onset of symptoms AND 24 hours after resolution of symptoms as follows:
 - a. Resolution of symptoms includes no fever (without use of fever reducing medications) AND improvement in cough and shortness of breath. Mild cough may continue after other symptoms resolve.
 - b. Diarrhea and nausea should be resolved
 - c. Sense of smell and taste may or may not have fully returned.
3. Removing the missionary from isolation does not eliminate the need to maintain appropriate community recommendations for social distancing, wearing a face masks, and/or home

sequestering. It simply means they are able to return to a less isolated environment and are no longer contagious.

4. A test-based strategy is no longer recommended to determine when to discontinue home isolation, except in certain circumstances.

Testing Positive for COVID-19 and is Asymptomatic

1. Isolate from others for 10 days after the test was completed.
2. No social contact with others for 10 days.
3. May leave their home environment, but only for necessities such as medical care, food, medications etc.
4. Follow social distancing guidelines and wear a face-covering while in public areas.
5. Wash their hands frequently and use hand sanitizer.

Exposure to a COVID Positive Individual

1. Exposure is defined as:
 - a. Contact that is within 6 feet for greater than 15 minutes as early as 48 hours prior to the start of symptoms or positive COVID-19 test.
 - b. Direct physical contact, such as hugged, touched.
 - c. Shared eating utensils or drinking utensils.
 - d. The COVID positive person sneezed, coughed, or somehow got respiratory droplets on the missionary.
2. Self-quarantine for 14 days.
3. Monitor for symptoms – including checking temperature twice daily for fevers over 101F or 38.3C.

If symptoms develop, then they are presumed infected and should:

- a. Get tested.
- b. Follow isolation procedures for 10 days AND 24 hours AFTER fevers resolve (whichever is longer).

Exposure to a COVID Positive Individual Who is Asymptomatic

1. Self-quarantine for 14 days.
2. Monitor for symptoms - including checking temperature twice daily for fevers over 101F or 38.3C.
3. If symptoms develop then they are presumed infected and should:
 - a. Get tested.
 - b. Follow isolations procedures for 10 days AND 24 hours AFTER fevers resolve (whichever is longer).

Self-Isolation (For Those with Infection)

1. Self-isolate in a room with a separate bathroom (if possible)
 - a. If there is not a separate bathroom, all surfaces should be wiped clean with disinfectant cleaner after each use.

- b. If infected persons have to go out of the room, they should wear a mask.
 - c. If other people need to go into the same room, both the infected person and those entering the same room must wear a mask.
 - d. Meals should be prepared and delivered to the isolated missionary. When possible, use of disposable utensils and paper plates can be considered. If not available, all items handled by the isolated missionary should be immediately placed in hot soapy water to be cleaned and hands should be washed, and a hand sanitizer used before touching anything else.
 - e. Drink plenty of water.
 - f. Rest.
 - g. Take acetaminophen or paracetamol for fever.
 - h. Disinfect all high touch surfaces in the house frequently including doorknobs, light switches, and hand railings.
2. Remain in isolation for ten (10) days after the symptoms started AND for 24 hours after the fever is completely resolved and other symptoms are improving.

Self-Quarantine (For those Exposed but without Symptoms or Positive Tests)

Quarantine is used to keep someone *who might have been exposed to COVID-19* away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.

People in quarantine should:

1. Stay home, but may leave home environment only for necessities such as medical care or food.
2. Separate themselves from others.
3. Monitor their health, including checking temperature twice daily for fevers over 101F or 38.3C.
4. Follow directions from their state or local health department. [Difference between quarantine and isolation video.](#)

Quarantine and Isolation for Missionaries who Reside in Apartments in Groups of 4-6 Individuals

1. When a single member of a group household is symptomatic and/or tests positive:
 - a. The symptomatic individual should follow self-isolation precautions.
 - b. Other individuals should home quarantine for 14 days after their last exposure to the infected person. This begins after the initially infected missionary has completed his isolation of 10 days AND 24-hour resolution of fevers.
 - c. Wear a mask when unable to social distance within the apartment.
 - d. Watch for symptoms.
 - e. Clean common areas and high touch surfaces frequently with disinfectant cleaner.
 - f. Aggressive compliance with social distancing and face covering when leaving home area, which should only be for essentials.
 - g. If another individual becomes symptomatic, 14-day quarantine will start over again 72 hours prior to the start of the symptoms. This will essentially mean the companions will be isolated for an additional 11 days.

Links

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Mission President Coronavirus (COVID-19) Reference Guide

Medical Document (MD-00032)

Last Approved: 08/17/2020

<https://coronavirus.utah.gov/testing-locations/>

https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html?CDC_AA_refVal=https%3A%2F%2F

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

Location on www.missionarymedical.org

www.missionarymedical.org landing page (before and after login)

Mission President Resources -> COVID-19 -> Reference Guide

Medical Care -> Missionary Department Pre-Field and In-Field Medical Guidelines -> Infectious Diseases
-> COVID-19 Related Resources -> Mission President Reference Guide

Policies -> Missionary Department Pre-Field and In-Field Health Guidelines -> Infectious Diseases ->
COVID-19 Related Resources -> Mission President Reference Guide