

ANF COVID-19 Guidelines

(Updated December 2020)

Returning to ANF after you or a close contact tests positive for COVID-19

Persons who tested positive for COVID-19

Prior to returning to live Sunday service, the following are **MANDATORY**:

1. Quarantine for a minimum of 14 consecutive days from the day of the confirmed test;
2. Must not present any symptoms associated with COVID-19 (e.g. cough, fever, loss of taste, fatigue, etc.); and
3. Must test negative on a PCR (lab) test.

Persons who have been exposed to a close contact who tested positive for COVID-19

Prior to returning to live Sunday service, the following are **MANDATORY**:

1. Quarantine for a minimum of 10 consecutive days after close contact tests positive and
2. Must not present any symptoms associated with COVID-19 (e.g. cough, fever, loss of taste, fatigue, etc.).

Also, not mandatory but recommended: Test negative on rapid test or a PCR (lab) test.

Important Reminders:

- Just because you had COVID-19 in the past does **NOT** mean you can't get re-infected. Exercise all precautions and safety measures even if you have been infected previously.
- Winter time is also prime time for the cold/flu season. It may be difficult to distinguish symptoms from COVID-19. If you are unsure if your symptoms are COVID-related, it is

recommended to take a PCR or rapid test and tune into our live stream Sunday service for the week rather than coming to church in person.