

***Personal Care Guidelines for Congregants, Staff, Friends and all other Visitors to MVUC***  
**From the MVUC COVID19 Task Force - July 9<sup>th</sup>, 2022**

MVUC congregants, staff, friends, visitors and their children may now attend all indoor and outdoor services or other activities at MVUC.

In order to continue to provide protection for members of our community against COVID, the following personal care guidelines have been developed by the COVID Task Force. These are reasonable measures that each of us should utilize to limit the spread of COVID. We kindly ask all who plan to attend services, or activities of any sort, to please adhere to these guidelines:

1. If you have been exposed to a known COVID case, you must be symptom-free for 2 full days and rapid antigen test negative on the day you plan to attend services/activities.
2. You should not come to MVUC if you have symptoms that could be COVID, if you are symptom-free but have tested + for COVID, or you have had COVID for less than 5 days.
3. If you have had COVID you should stay at home for at least 5 days.
4. You may attend MVUC services/activities after 5 days only if you have been symptom-free for 2 full days and have had a negative rapid antigen test on the day you plan to visit MVUC for any reason.
5. If your rapid antigen test is positive after 5 days, and you are asymptomatic for an additional 2 full days, you may return to MVUC, if a repeat rapid antigen test is negative.
6. Continue this process of testing every 2 days until your rapid antigen test is negative.
7. **Please do not return to MVUC until your rapid antigen test is negative.**
8. Vaccination is required for all individuals 6-months of age and older, unless medically contraindicated (see <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html> and check with your doctor).
9. Children currently receiving vaccinations, but who have not completed the primary vaccination course, may attend MVUC services/activities if they have a negative rapid antigen test on the day before, or day of, planned attendance.
10. All adults and children 2-years of age and older must wear snug fitting N95, KN95 or KF94 facemasks that completely cover their nose and mouth at all times when indoors.
11. Masks are optional outdoors but are recommended for those who are most vulnerable.
12. If you are diagnosed with COVID within one week of attending a service/activity at MVUC, please notify the church administrator at [admin@mvuc.org](mailto:admin@mvuc.org) or 703.765.5950.

Individuals who choose not to comply with the guidance above should not attend services or other activities at MVUC. We all want COVID to end, but it may likely remain with us for some time yet. We all need to do our part and, most importantly, to look out for each other.