

Hamline Church United Methodist

Guide to Re-entering the Church Building FAQ



FAQ

1. What if someone becomes sick while at Hamline Church?

If someone experiences symptoms of COVID-19 during business hours, isolate that person to a room, with ventilation. At Hamline, this may look different depending on the time of day and if there are any other events going on. If no events are going on, use **room 10** and be sure to open a window, weather permitting. If the sick person is with someone else, ask if they can safely transport the ill person home or to a health facility. If this is not an option locate a safe transport option for the person. [Notify](#) the Minnesota Department of Health (651-201-5414) if a person diagnosed with COVID-19 has been the building and communicate with staff and others about the potential exposure, while maintaining confidentiality. Inform those who may have been exposed to stay home and self-monitor for symptoms. Close off areas used by sick person and not use the area until after cleaning and disinfecting. Wait 24 hours to disinfect. Ensure safe and effective application of disinfectants.

2. What are the signs and symptoms of COVID-19?

People with Coronavirus Disease 2019 (COVID-19) can experience mild to severe respiratory illness. People with these [symptoms](#) or combinations of symptoms may have COVID-19:

- Cough
 - Shortness of breath or difficulty breathing
- Or at least two of these symptoms:*
- Fever
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - New loss of taste or smell

Emergency warning signs and symptoms of COVID-19 that may suggest that you need urgent medical attention include:*

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to be awakened (i.e., aroused)
- Bluish lips or face

**This list is not all-inclusive. Consult your healthcare provider for any other symptoms that are severe or concerning.*

Some infected healthcare workers have also reported experiencing a sore throat and lost sense of smell, but the relationship between these symptoms and SARS-CoV-2 infection is unclear.

3. What should I do if I think I have been exposed to or infected?

Alert your healthcare provider immediately if you think you may be infected with SARS-CoV-2, including if you have been exposed to someone with COVID-19 and have signs/symptoms of infection. If you are experiencing symptoms, you should tell your healthcare provider about any suspected exposures you may have had. Although many communities are experiencing ongoing transmission, be sure to tell your healthcare provider about any recent travel to areas where SARS-CoV-2 is spreading.

If you believe you have been exposed to someone with COVID-19 or another source of SARS-CoV-2 on the job, alert your supervisor or occupational health clinic immediately.

If you are sick with COVID-19 or think you might have it, follow [CDC recommendations](#), including the steps below, to help protect other people in your home, workplace, and community:

- **Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor:** Call before you seek medical care. Be sure to get care if you feel worse or you think it is an emergency.
- **Notify your supervisor:** Your employer can take actions that will keep others in your workplace healthy and may be able to offer you additional schedule and leave flexibilities while you are away from work.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.
- **Call 911 if you have a medical emergency:** If you have a medical emergency and need to call 911, notify the operator that you have, or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

4. The situation is changing every day; how will Hamline keep people safe?

The response team (Church Council, Pastor Mariah, Maureen Freberg and Amy Perna) will work to stay informed and make well-informed decisions taking guidance from federal, state and local authorities and with the Minnesota Annual Conference. We will continue to edit and update this document in response to new information. If you have specific questions about re-opening, procedures, HR concerns or would like to share information, please contact Amy Perna aperna@hamlinechurch.org.

5. How do I know if I am at a high risk of contracting COVID-19?

Anyone can become infected with SARS-CoV-19, however, those with a [higher risk of severe illness](#) should exercise additional caution. People who have serious underlying medical conditions, such as heart or lung disease or diabetes, may be at increased risk of complications from COVID-19. Older adults (those 65 years of age or older) and those with

immunosuppressive conditions like cancer, or taking immunosuppressive medications, are also at increased risk of severe illness.

Staff and volunteers may consider discussing their medical conditions that could place them at higher risk of severe illness from COVID-19 with their supervisors, and work with their supervisors to determine appropriate steps to help prevent exposure to SARS-CoV-2 on the job.