

COVID-19 Guidelines for Returning Missionaries



What is COVID-19?

COVID-19 (coronavirus disease 2019) is a respiratory disease that affects the lungs, and is spreading throughout the world. It can be spread from person-to-person through respiratory droplets that come from coughing or sneezing within a close distance (about six feet) from another person.

What are the symptoms of COVID-19?

Some common symptoms of COVID-19 include: fever, cough, shortness of breath, sore throat, muscle aches and pains, and/or decrease in your sense of smell or taste. These symptoms can range from mild to more severe, and in some cases, may require medical care. There are many illnesses that have these same symptoms, so even if you have them, you may not have COVID-19.

What is my risk for getting COVID-19?

Living or traveling to another country may have exposed you to the virus that causes COVID-19. You may be at an increased risk for getting COVID-19 and spreading it to others because you have been in another country. Those traveling between different states may also be at increased risk for getting COVID-19. We are currently experiencing cases of COVID-19 in Utah.

Why am I being asked to stay home?

The Centers for Disease Control and Prevention (CDC) has asked all travelers, international and domestic, to stay home for 14 days after returning to help limit the spread of the virus that causes COVID-19. Even if you do not feel sick, it is important for you to stay at home and social distance because it can take up to 14 days for symptoms to develop.

Do I need to self-isolate or self-quarantine? What's the difference?

You will be asked to either self-isolate or self-quarantine upon returning home. The main difference depends on whether or not you are sick. Regardless of which one you are asked to do, all missionaries need to remain home for 14 days upon returning from their missions.

Self-isolate:

To self-isolate means to separate yourself from others if you are sick. It is a strategy that is used to help prevent the spread of infection. Because COVID-19 can be spread from person-to-person, staying away from other people is critical to stop the virus from spreading.



If you have been around someone who tested positive for COVID-19, or if you have developed symptoms of COVID-19, you will be asked to self-isolate. The Davis County Health Department will give you additional information if you are asked to do this and will work directly with you to monitor, or check in, on how you are feeling. You may also need to get tested for COVID-19.

Self-quarantine:

Self-quarantine means to separate yourself from other people because you may have been exposed to a contagious disease, even if you are not sick. Doing so helps to slow the spread of the virus. The majority of missionaries returning home will fall into this category. Even if you do not feel sick, it is important for you to stay at home because it can take up to 14 days to develop symptoms.



Your paperwork for returning home may have used the term self-isolation instead of self-quarantine and that is okay because even if you are not sick, the guidelines to stay away from other people remain the same. It is important for you to stay home and follow the recommendations given from the Church and from the Davis County Health Department in this packet to slow the spread of the virus.

What guidelines should I follow to self-quarantine?

All returning missionaries, regardless of where they traveled from or if they have already been in quarantine, should follow the instructions that were given to them from the Church.

Returning missionaries should self-quarantine for **14 days**. This includes:

- Practicing good hygiene, including regular handwashing
- Covering nose and mouth with tissues or elbows when coughing or sneezing
- Limiting contact with others
- Not leaving home for any reason, except to receive needed medical care or other essential care
 - Do not visit public buildings or places
- Staying in a well-ventilated room, preferably alone
 - If unable to stay in a room alone, stay six feet away from others
- Avoid sharing personal items such as towels, drinks, or toothbrushes
- It is okay to go outside and get some fresh air
 - If you spend time outdoors, stay six feet away from other people, and do not get together in groups

To read the Church guidelines for missionaries again, review the email that was sent to parents/guardians, or visit:

- [Here are the Church's self-isolation guidelines for missionaries returning home due to coronavirus concerns](#)
- [More Temporary Adjustments Made to Missionary Work](#)

What should I do if I develop COVID-19 symptoms?

If you develop any of the symptoms of COVID-19, you should be tested. You can find a testing location at coronavirus.utah.gov/testing-locations or contact your healthcare provider.

Most people who have COVID-19 experience mild symptoms and can recover at home. Medical care may be needed at times, but the majority of those who get COVID-19 recover quickly.

What if I need immediate medical attention?

If you are ill and need medical attention immediately, call your healthcare provider and let them know that you are at risk for COVID-19. They will give you further instructions for how to receive care. Do not go to your healthcare provider without calling first. If you develop life-threatening symptoms, call 911 and let them know that you are at risk for COVID-19.

What guidelines should my family follow?

Family members and friends should support and encourage returning missionaries to follow the self-isolation/self-quarantine guidelines listed above.

Family members should continue practicing good hygiene by washing their hands often, not sharing dishes, utensils, or cups, and regularly cleaning commonly touched surfaces. When possible, stay in a different room and use a separate bathroom.

Families should practice social distancing in the home, by staying six feet away from each other. Family members who are not sick can still go to the grocery store, work, and other public places while practicing social distancing (staying six feet apart from others). Family members that are sick should stay home, self-isolate away from the rest of the family, and consult with their medical provider.

For more information on COVID-19, visit:

www.daviscountyutah.gov/coronavirus

10 things you can do to manage your COVID-19 symptoms at home

If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



3. **Get rest and stay hydrated.**



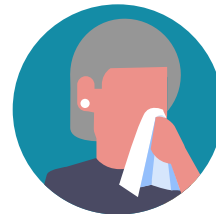
4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



6. **Cover your cough and sneezes.**



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



cdc.gov/coronavirus