

## Living with Respiratory Illness

As people of faith, the St. James community seeks to offer Christian hospitality, compassion and welcome to all. We also seek to protect the vulnerable. Respiratory illnesses, including Influenza, Respiratory Syncytial Virus, and COVID will continue to be part of our lives now and into the future.

The viruses have the potential to result severe illness, including hospitalization, for some people. We understand that some people will choose to wear masks—and social distance—while participating in activities at St. James during seasons when respiratory illnesses are most prevalent. Others will make different choices. Regardless of your choice, know that you are welcome at St. James and you will be treated with respect and compassion.

In order to provide a welcoming and safe environment for all, we offer the following guidelines should you, or a loved one, be exposed to, or become ill with, a respiratory virus. The guidelines are consistent with recommendations from the Centers for Disease Control.

### PREVENTION

- Highly effective vaccines are available for RSV, Influenza, and COVID.
- Everyone six months of age and older should receive an annual Flu vaccine.
- Everyone six months of age and older may receive an updated COVID vaccine.
- RSV vaccines are available for infants and toddlers and for people 60 years and older.

### If you have symptoms of a respiratory illness:

Stay Home  
Get Tested  
Seek Treatment

### COVID 19

#### If you test positive for COVID 19:

- Talk to your doctor about starting Paxlovid.
- Stay home at least **five days** and isolate from others in your home.
- Wear a high-quality mask when you are around other people.
- Do not travel.
- **After five days**, if you do not have any symptoms, you may end isolation.
- Continue to wear a mask when you are around others for five additional days, even if you have no symptoms.

**If you are exposed to COVID 19:**

- You do not have to isolate.
- Wear a high-quality mask when you are around other people.
- Monitor for symptoms.
- Test for COVID five days after exposure and again at day 10 or if you develop symptoms.

**Influenza**

**If you test positive for influenza:**

- Talk to your doctor about antiviral medication.
- Stay home until symptoms resolve.
- Isolation is not required.
- You should refrain from contact with people at high-risk for serious illness from any exposure to respiratory viruses.

**RSV**

**If you test positive for RSV:**

- Stay home until symptoms resolve.
- Isolation is not required.
- Call your doctor immediately if you are having difficulty breathing.
- You should refrain from contact with people at high-risk for serious illness from any exposure to respiratory viruses.