

Ammanuel Church COVID 19 Updates Sep 07th, 2022

Health Department

The updated recommendations **do not** mean that COVID-19 is over. COVID-19 is still making hundreds of Philadelphians sick every day, and people all across the country are still dying from this disease. There are things you can do to protect yourself, your loved ones, and your community from severe COVID-19.

Vaccines

The most important thing that you can do to protect yourself from severe COVID-19, hospitalization and death is to be **up-to-date on your COVID-19 vaccines**. You can **find the closest vaccine location on the Health Department's website**.

Masks

The Health Department strongly recommends that Philadelphians wear a face mask if they are around others in indoor public spaces. **N-95 and KN-95 masks provide the best protection.**

Wearing a mask is especially important for people who are **at high risk for severe COVID-19.**

Keep an eye on the **CDC Community Level** to help gauge your risk of being exposed to COVID-19. When the risk is high or medium, the Health Department will strongly recommend that people wear masks.

Masks are also important if you have been exposed to COVID-19. Instead of quarantining, people should wear a high-quality mask for ten days if they have been around someone who has COVID-19.

If you test positive for COVID-19, you should stay at home away from others for five days and continue to wear a high-quality mask for five additional days.

If you have been exposed to COVID-19

If you have been around someone who has confirmed COVID-19, you should wear a mask for ten days. After five days, take a COVID-19 test. You can learn more about **where to get tested on the Health Department's website**. If you test negative, continue to wear a high-quality mask for five additional days.

If you are feeling symptoms of COVID-19

If you are feeling sick with symptoms of COVID-19 like sore throat, cough, or fever, you should take a COVID-19 test. You can learn more about **where to get tested on the Health Department's website**. If your test comes back negative but you are still sick, take another test at least 48 hours later and, continue to wear a high-quality mask for five additional days.

If you test positive for COVID-19

If you test positive, you should **start isolating immediately**. This means that you should stay at home and away from others for at least **five days**. **Wear a high-quality mask around others in your home. After five days, if you feel better and have no symptoms, you can stop isolating, but still should wear a high-quality mask for five additional days.**

If you can take a test after testing positive, take it after five days. Once you have two consecutive negative tests at least 48 hours apart, you can stop wearing a mask and isolating.

If your symptoms come back at any point, start isolating again.

You can also use tests to decide when to stop masking. If you are feeling better and **fever free on day 6 take a test, then take another one 48 hours later**. If both are negative, you can stop wearing a mask.

If you are at high-risk for severe COVID-19, because you are **older, overweight, or have chronic conditions that may make the sickness worse, contact your healthcare provider to learn about free treatment options**. If you don't have a healthcare provider, you can visit any of the **Test to Treat locations** to get access to treatment.

You should also stay away from people more likely to have severe illness if they get COVID-19 during that time.

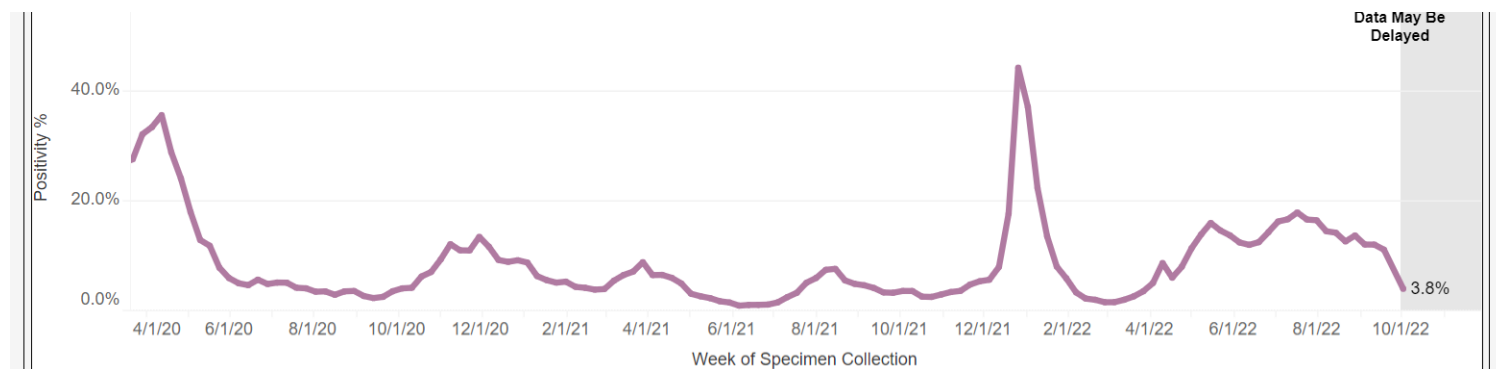
Coronavirus Disease 2019 (COVID-19) | CDC

High

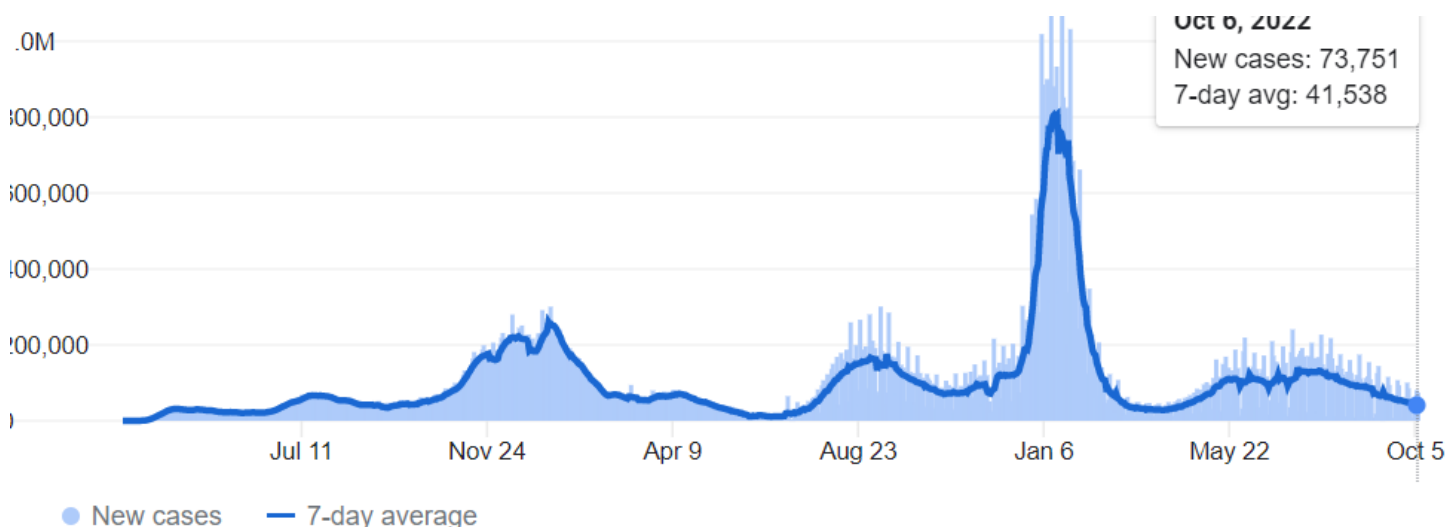
In **Philadelphia County, Pennsylvania**, community level is **High**.

- Wear a mask indoors in public
- Stay up to date with COVID-19 vaccines
- Get tested if you have symptoms
- Additional precautions may be needed for people at high risk for severe illness

Philadelphia COVID and Vaccine Status shown the two graphs below



USA COVID 19 Status



Monkeypox

Monkeypox is a viral disease. Right now, there's an **outbreak of monkeypox in the United States** and here in Philadelphia. The virus is mostly spreading through skin-to-skin contact. A pregnant person can also pass monkeypox to a fetus.

Anyone who's exposed to monkeypox can get it — but some groups of Philadelphians are more likely to be exposed. The current outbreak of monkeypox has been found more often in men and transgender people who have sex with men and/or who have had multiple partners.

If you believe you've been exposed, or believe you are at high risk of being exposed to monkeypox, call **(215) 685-5488** to see if you're eligible to be vaccinated.

2022 U.S. Map & Case Count | Monkeypox | Poxvirus | CDC

New Jersey	721
New York	3,976
PA	789
Delaware	39

A Monkeypox is the National Health Emergency

U.S. COVID-19 vaccine tracker: See your state's progress - Mayo Clinic

U.S. Coronavirus Map: Tracking the Trends - Mayo Clinic

Frequently asked questions | Department of Public Health | City of Philadelphia

If you have any **symptom**, please take a test and **Quarantine**.

END of COVID PRESENTATION