

## Health Information

Mission trips are commonly a time where we come together as groups, meet new people, and share the love of God. We love this and want to keep doing it. What we don't want to do is endanger our group or the communities we partner with by spreading dangerous diseases, like COVID-19. To protect your team and the communities you go to, we ask that you review the basic COVID-19 information provided and perform daily health screenings before, during, and after your mission trip. Some locations require proof of a negative COVID-19 test within a specific time frame prior to arrival, per country regulations.

### COVID-19 basic information<sup>1</sup>

COVID-19 is a virus that can be passed person to person by people who are in close contact (within 6 feet), and can have very severe health impacts. People with COVID-19 have a wide range of symptoms, from mild to severe illness. Symptoms may appear 2–14 days after exposure to the virus. Symptoms include:

- fever/chills
- cough
- shortness of breath or difficulty breathing
- fatigue
- muscle or body aches
- headache
- loss of taste or smell
- sore throat
- congestion or runny nose
- nausea/vomiting
- diarrhea

While there is a vaccine for COVID-19, it is still not widely available. The best way to prevent illness is to avoid being exposed to this virus.

### How to protect yourself and others<sup>2</sup>

1. **Wash your hands** often.
  - a. Wash your hands with soap and water, scrubbing for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
  - b. If soap and water are not available, use **hand sanitizer that contains at least 60 percent alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
2. Avoid close contact.
  - a. Put **6 feet of distance** (about 2 arms' length) between yourself and people who are not in your group.
  - b. Remember that some people without symptoms may be able to spread the virus.

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<sup>1</sup> [cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)

<sup>2</sup> [cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html)

3. Cover your **mouth and nose** with a mask when around others.
  - a. You could spread COVID-19 to others even if you do not feel sick.
  - b. Your mask protects other people in case you are infected.
  - c. Everyone should wear a mask in public settings and when around people who are not part of your household/group, especially when social distancing measures are difficult to maintain.
  - d. If you have a medical condition that prevents you from safely wearing a mask, please notify your team leader and the host.
4. Cover coughs and sneezes.
5. Clean and disinfect.
  - a. Clean and disinfect **frequently touched surfaces** daily. If a surface is dirty, clean it with soap and water, then use a household cleaner to disinfect.
6. Monitor your health daily.
  - a. Be alert for symptoms.
  - b. Take your temperature.
  - c. Before, during, and after your mission trip, we ask that you screen your health daily, using the health screening questions provided.