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[1]
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

Vaccination against Covid-19 can prevent infection and reduce the risk of severe symptoms. However, breakthrough cases do occur, even when vaccinated and boosted. Masking, thorough hand-washing, and social distancing are still important measures to reduce the spread of Covid-19. Be aware of and follow all local and regional mandates regarding Covid-19.

How to protect yourself and others[2]
1. **Get vaccinated.**
   a. CDC authorized Covid-19 vaccines can help protect you from Covid-19.
   b. Being "fully vaccinated" means two weeks have passed after having received the full round of vaccine (2 shots for Pfizer and Moderna, 1 shot for Janssen/J&J).
   c. Some countries/areas may require you to show proof of your Covid-19 vaccination upon entry. Keep your vaccination documentation with you at all times.

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[1] cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html
[2] https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html

      d. Vaccine boosters are available for adults and children over the age of 5. Consult your medical care provider or the CDC at https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html#when-you-can-get-booster to find out if you are eligible for a booster.

2. **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% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
3. 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.
4. **Cover your mouth and nose** with a mask.
   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 2 years and older who is not vaccinated should wear a mask in indoor settings or at crowded outdoor events. For people who are fully vaccinated, wearing a mask can maximize protection and prevent potentially spreading Covid-19 to others in places with substantial or high transmission.
   d. If you have a medical condition that prevents you from safely wearing a mask, please notify your team leader and the host.
5. Cover coughs and sneezes.
6. 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.
7. 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.
8. Testing can prevent the spread
   a. Testing can let you know if you are infected with Covid-19, whether you are experiencing symptoms or not.
   b. There are various types of tests available. No matter what type you use, a positive result means that you have Covid-19.
   c. Some countries may require you to take a Covid-19 test before or upon your arrival into the country. Be sure to have your results available.