

The New CDC Guidelines Explained

By: Rev. Dan Schultz, WCC Community Health Program Director

The federal Centers for Disease Control recently issued new guidelines for how to stay safe from COVID—and how to keep others safe.

How shall we put this? They're, um complicated, at least in the details. The broader strokes are easier to understand:

1. You don't have to stay six feet apart from other people. But it's a good idea to avoid crowds for extended periods of time. In-person church is okay, as long as you're not shoulder-to-shoulder with people you're not related to. An indoor concert, or a large sporting event, isn't a good idea.
2. Wear a mask in public in areas of high transmission. (That's pretty much everywhere these days.) If you're someone with a compromised immune system, or otherwise vulnerable, wear a mask when levels are medium. You can check levels for your county in English or Spanish on the WCC website.
3. Here's where things get a bit complex: If you've been exposed to someone with COVID, you can go out in public, as long as you're not positive yourself. Wear a mask in public for 10 days, and test yourself.
4. What if you test positive? There are some exceptions, but in general, plan to stay home and away from other people for five days, and to wear a mask in public for ten days after that.
5. Always, be kind to one another. Err on the side of caution, act to protect vulnerable people, and respect others who are doing their best.

You can see more details in our [infographic](#), or in our [slide deck](#).

The federal program offering free test kits ended last week, but the state of Wisconsin has just announced that residents can order a set of five test kits through their [website](#). Do it today!

THE NEW CDC COVID GUIDELINES *explained*

① **AVOID CROWDS**
especially if you're unvaccinated or at high risk



Church in person is okay,



but masks are advisable. Think about ways to keep air moving and to keep plenty of space between worshippers. Don't overfill your worship or meeting space.

WEAR A MASK ②



Everyone 2 and older should wear a mask indoors when community levels are high. If you're at high risk, wear a mask when levels are medium.