

## **If exposed to COVID-19 after receiving the vaccine and**

**quarantining:** In accordance with the new CDC guidance, a vaccinated individual does NOT need to quarantine if they meet all 3 of the following criteria:

1. The individual must have received both doses of the vaccine.
2. It has been 14 days since the individual received their second dose of the vaccine.
3. It has been within 90 days since the individual received their second dose of vaccine. If an individual is exposed after the 90 day period, quarantine is required.

If a person does not meet all 3 of the above criteria, they should continue to follow current quarantine guidance after exposure to someone with suspected or confirmed COVID-19. Additionally, fully vaccinated persons who do not quarantine should still watch for symptoms of COVID-19 for 14 days following an exposure. If they experience symptoms, they should be clinically evaluated for COVID-19, including SARS-CoV-2 testing, if indicated. In addition, vaccinated persons should continue to follow current guidance including masking, social distancing, hand sanitization, travel requirements and other preventative protocols practiced in their local jurisdiction.

• **Hosting Fish Frys during Lent:** During the time of Lent, many parishes offer weekly or periodic Fish Frys. During this time of COVID-19, it is necessary to adjust the protocols by which these events are offered by our parishes. It is extremely important to follow these guidelines to ensure the safety of all and adherence to health and food safety codes in your local jurisdiction.

○ Due to the need to limit the number of individuals gathering at the parish for this type of event, it is required that food is made available for off-site consumption only. This can be done by offering carry-out or curbside pick-ups. Under no circumstances is food to be served and consumed on site.

- With the requirement to offer curbside or carry-out food services only, the parish must check with the local city or county health department to ensure the commercial kitchen license for the parish facility permits the operation of carry-out or curbside food operations. If the parish does not have a commercially rated kitchen, then they must check with the local health department to confirm if it is permissible to provide carry-out in the absence of a licensed kitchen.

- All volunteers must adhere to social distance protocols, wear proper masks and follow all city and county health department guidance - both related to COVID-19 and food preparations.

- Given this activity is considered a “social gathering”, including those gathered to volunteer, your parish must comply with all limitations applicable in your jurisdiction for the size (number of people) of gatherings permitted in your area.

- If offering carry-out services, the number of individuals coming into the building at any one time for pick-up must be included in the head count for compliance with the gathering size.

It is understood that Fish Frys provide both an important social element and revenue to the parish. However, it is extremely important that care and caution is exercised in the offering so as not to create circumstances of possible exposure and spread of the COVID-19 virus.

- **Distribution of ashes (a reminder):** In order to clarify the liturgical guidance on distributing ashes, the following is to be observed:

- The only two ways ashes may be distributed is to either sprinkle a small amount on the person’s head or by applying ashes to someone’s forehead using an instrument such as a cotton swab or Q-tip. If an instrument is used, please use a new one for each person.

- Ashes may not be packaged and sent home with the faithful to be self-applied.

- Please read a recent article on PPP and its essential use by Catholic organizations: [Catholic schools, parishes defend federal aid as crucial lifeline](#)