



# Gather & Serve

Living Christ's Love, we invite all to worship,  
learn, disciple and serve

December 2020

## Message from Pastor Aaron

One of the themes of Advent is waiting. Just as God's people waited for the coming of the Messiah, their Savior at the time of Jesus' birth, we know observe the theme of waiting during Advent as we await Christ's second coming and the restoration of our world he promises. But what does it mean to wait when you have no idea when the thing you're waiting for will come? For Jesus' followers, they waited, never knowing when Jesus would return. For us, especially in such a time of so much uncertainty, I can't help but think if it's the same, and as a result, we're sick of waiting!

But Advent waiting is much different from the ways we typically think of waiting. Advent waiting isn't staying stationary, waiting for the things we long for to come. It is an active waiting, one in which we cultivate the Advent themes of joy, peace, hope, and love that tunes us into the signs of Jesus' coming into our world. At OFLC, you all use a term for this "God sighting."

I wonder, what would it mean during this Advent time to not simply wait around for God sightings to emerge, but actively seek them through cultivating joy, hope, peace, and love in our communities and world? In a time when it feels like OFLC is "shut down" there is so much still happening! Education for both young and old through Sunday School, Engage and Confirm, and Bible Studies are happening. We continue to worship, and plans are happening to make Advent and Christmas Eve worship meaningful and safe this year. And OFLC continues to serve through NourishingHOPE, Blood drives, and many other ways (ask Kim for more information!). We can also actively wait through giving of our financial resources to a specific cause or to support OFLC's ministry to so many. Those gifts bring joy, hope, peace, and love to so many in need!

I encourage you during this time of Advent to not just wait – actively wait. While Christ has not returned and we are not yet in a place to return to "normal" life due to the pandemic, that does not mean there aren't God sightings – God among us – happening. We wait by cultivating joy, hope, peace, and love in our own lives, and in the lives of others!

Peace,

Pastor Aaron

## About OFLC

### Mission Statement

..Living Christ's Love we invite all to  
worship, learn, disciple & serve

**Office Hours:** Please call to make an apt.

**Phone:** 763-477-6300

**Website:** [www.ourfatherschurch.org](http://www.ourfatherschurch.org)

### Staff Contacts:

**Pastor** Aaron Fuller: [pastoraaron@ourfatherschurch.org](mailto:pastoraaron@ourfatherschurch.org)

**Office Admin:** Melissa Ungaro [Melissa@ourfatherschurch.org](mailto:Melissa@ourfatherschurch.org)

**Community Connector:** Kim Haggen [Kim@ourfatherschurch.org](mailto:Kim@ourfatherschurch.org)

**Music/Bell Choir Director:** Tammy Jarvi [tjarvi@charter.net](mailto:tjarvi@charter.net)

### Council Members:

Rick Fuglie, Aaron Fuller, Gail Swanson, Ruth Durand, Paul  
Bolstad, Diane Dorrel, Lynn Greseth, Sarah Dahl

### Executive Team Members:

Rick Fuglie, Aaron Fuller,

## Information

### Prayer Requests:

Do you have a prayer concern? The prayer chain will confidentially lift up prayers on your behalf, a friend or loved one. Know that you are surrounded in your time of need.

**Contact:** Shirley Bolstad,  
[pbolstad@aol.com](mailto:pbolstad@aol.com)

Would a palm cross or prayer shawl comfort you or a family member?

**Contact:** Norie Siers,  
[ncsiers@gmail.com](mailto:ncsiers@gmail.com)

### Newsletter Deadline:

Deadline for articles, photos or announcements is the 15th of each month. Send to:

[Melissa@ourfatherschurch.org](mailto:Melissa@ourfatherschurch.org)

## WINTER WORSHIP TIMES

**Sundays 9am:** We are worshipping in the Sanctuary. Safety protocols are in place.

**Not ready for in person we will continue to do Zoom.** Find the link and bulletin link on Our Father's Website. Services are recorded and will be placed online for you to view and listen to the following week.

**Wednesdays 7pm:** Please find the zoom and Bulletin link for worship on Our Father's Website

<https://www.ourfatherschurch.org/>

*A password is needed to join worship-this can be found on the OFLC website*

## A Note About Council

As some of you know, OFLC has quite a few leadership positions to fill this coming year for Council and standing committees that oversee maintenance of our resources, congregational life, and ministry to the community. The old stigma is that such positions, while a necessity, are often time-intensive and not too much fun!

I want to share two experiences of my own with church leadership. First, as a layperson, I was asked to serve on council in a previous church I attended. I was hesitant, and in my late 20s – not my job! However, I agreed, and I learned there was so much about the church I didn't know! It were those things that happen and decisions that are made that shape the life and direction of the congregation. It was something I came to not just find fulfilling, but it also made me better in my daily job at the time – leading as a young Navy Officer with compassion and seeing what I did was ministry, just like my council role. As a pastor, I've come to appreciate and value the leaders I have been able to work alongside in those positions. There were those who were new to the church and leadership in the church, and it was so rewarding to see their gifts serve the church in a meaningful way. I was also made better by working with them!

I encourage those of you out there in the OFLC community to consider some of the positions we're looking to fill. Reach out to a member of the church council or myself for more information or to discern what might be the right place for you if you so feel called to serve in this way. There are lots of great things happening at OFLC that need your talent and gifts. And I will promise you this: we will laugh a lot and love each other in that work!

## Help A New Guy Out

As Pastor Aaron gets settled in, one thing he could use our help with is knowing who the “go to” person is for various things around the church! Those are things like “who adjusts the timers on the flood/security lights?” and “who organizes and maintains stuff in the education wing?” If you are the lead person for a regular task, ministry, or responsibility at OFLC, can you please send an email to Melissa, so she can maintain a list in the office. It's important to know who in our faith community is doing what, so we can bring things to your attention when needed, and to properly thank you for all that you are doing!



## Christmas Cantata



Planning has begun on this year's Christmas Cantata! Because of COVID restrictions, the Cantata will be in Video form this year. We are looking for people interested in participating in either narration parts or vocal/instrumental music pieces. Each part would consist of the person recording a video and submitting it for inclusion in the Cantata Video. We are trying to complete the video by December 11<sup>st</sup>. We are extending the invitation to participate to everyone (not just members of Our Father's faith community). Even if you are not interested, but you have a friend or family member that may be interested, please share this information with them!

If you are interested in participating in our Christmas Cantata Video, please contact Tammy Jarvi for more information. Cell: 763-732-8920 or email: [tjarvi@cbiz.com](mailto:tjarvi@cbiz.com)

## A Note About Christmas Eve Service

Some of you may be wondering what Christmas Eve worship will look like in the midst of a pandemic.

Currently, Pastor Aaron is working with the worship team and council to plan worship that is meaningful, safe, and allows for the maximum number of people to attend. What we can communicate is that it likely won't be possible to hold multiple services indoors. Look for more information early in your Friday Faith Feeds on details surrounding Christmas Eve worship.



## Coffee Hour

Do you miss Coffee and social hour after worship? Miss seeing your fellow parishioners and friends? So many of us do during this time! Don't sit alone, join Pastor Aaron and your fellow parishioners for Coffee Hour Sundays @ 10am after worship.



Look on OFLC website for:

[So grab a fresh cup of coffee and click here to join us!!](#)

We hope to see you there.

## Advent Worship Opportunities

The pandemic has empowered some organizations to create meaningful ways to worship and learn during this Advent season. See a variety of opportunities below, and be sure to look for updates on the Friday Faith Feed, Facebook, and Instagram pages!

*Advent Vespers Series, Augsburg University.* Augsburg is offering its entire Advent Vespers series online, including the culminating event, which includes amazing music from the University's Music Department. For more information and to participate, go to <https://www.augsburg.edu/campusministry/advent-vespers/>

*ELCA Young Adults and ELCA Peace Not Walls starting Nov 30 for an Advent Pilgrimage in Palestine.* During the Advent season we often talk a lot about the Holy Land of the past without talking much about the Holy Land of the present. What is going on in Bethlehem today? How are we called to accompany our Palestinian siblings in love, joy, hope, peace, and justice? What does this mean for our own advent journey? Every Monday of Advent we will share a video reflection and every Wednesday of Advent we will share a written blog post, accompanied by discussion questions and actionable items you can use with small groups.

<https://docs.google.com/forms/d/e/1FAIpQLSc4PooENwHyCt2KxuxAHRcletKqtPZTCpg3sKRNdNpO9Oz0g/viewform> to receive Advent Pilgrimage in Palestine resources by email and/or to register for our opening educational webinar on Monday, November 30 8:30-9:30pm EST.

*OFLC Wednesday Advent Service, 7pm.*

Our Wednesday evening worship will focus on the four themes of Advent: Hope, Peace, Joy, Love. Come spend time reflecting on each theme through the lighting of the Advent wreath, music, a short reflection and prayer. At home: check out "Wreath at home litany" on the OFLC website, under the *Faith at Home Tab*.



## OFLC Foundation Donation

Here is a photo from our gift drop from the Foundation to the Rockford holiday gift program. Left to right Board member Tom Lemmage, Jayden Lark, Fire department rep Emily Cook, board member Kathy Lunderby, Shauna and Jordyn Lark. The Larks are members of Our Fathers who volunteered to help choosing gift items for 12-15 year olds.

Thank you

Kathy Lunderby



## RiverWorks Thrift Store

Are you looking for things to do during this time of reduced social activities? Maybe you'd enjoy helping out at the Riverworks Thrift Store. There are many ways to help that don't include working with the public. In fact, most volunteer work happens behind the scenes where social distancing is maintained.

Take a few minutes and go to [riverworksonline.org](https://riverworksonline.org). You'll see a list of ways to help, and can click on the link to fill out a volunteer application. There are even ways to involve your kids if they are young teens or older.

Hope to see you there.

Gail and Dave Swanson

## Sewing/Quilting Ministry

The Sewing/Quilting Ministry continues to meet on the third Monday and Wednesday of each month, from nine until noon. Our main project is to make quilts for Vinland National Center in Independence. Vinland offers drug and alcohol addiction treatment for adults with cognitive impairments and brain injury. A hand-made quilt is placed on each bed, and clients are invited to take this quilt with them when they leave the program as a reminder of their ongoing recovery and treatment.

Only basic sewing skills are needed as we make simple, serviceable quilts. It's a great place to learn basic quilting skills and serve the community at the same time.

We practice social distancing and take care to keep our members safe. We accept donations of finished quilt tops, cotton fabrics, and large batting pieces.

If you have an interest in this ministry, please contact Gail Swanson at [dgswan00@msn.com](mailto:dgswan00@msn.com),

We'd love to have you join us.

Gail Swanson



## Love INC Heartland Bedding

Since it has gotten colder out, we have begun receiving bedding requests. We have just worked with four families, chatting and supporting on the phone, and providing bedding items to stay warm at night. We are happy God gives us the chance to connect with our neighbors!

Current needs:

Clean sheet sets (all sizes)  
Clean blankets (all sizes)  
Clean twin (for boy) and queen comforters

When you have a moment, please pray for our Love INC Heartland ministry, that we notice the ways that God opens up for connecting with our neighbors.

## Annual Minutes

The time is fast approaching for our Annual meeting. While we await further information on date and time, please start to think about and write your ministries annual report to hand in. Each group will be receiving an email later in the month also as a reminder.

Thank you

## Love INC— Heartland Christmas Program

Here at Our Father's, we used to provide Christmas gifts (and thanksgiving food baskets) to 8-12 families in our local area each year. For various reasons including the opening of our local food shelf, we no longer do this as a church, but we have been able to help with families in need thru the Love INC office in Delano. Individuals and families have the opportunity to help families with Christmas gifts by calling as the flyer on the next page details. Below is a list of suggested shopping ideas.

\*Child/Teen items are needed for Christmas Store by Wed. Dec. 12th @ 2pm.

Delano Store hours for drop off are: Wed. 9-2, Thurs. 3-7 and Fri. 9-12.

Blessings!

Laurie Hanson, Love INC Coordinator at OFLC



### Suggestions for Shopping for Teen Christmas Gifts

- Large Faced Watches
- Insulated water bottles
- Candles
- Star Wars gear/t-shirts and sweatshirts
- School wear, Sweatshirts etc. promoting local schools
- Nail polish kits
- Helicopter drones
- Earbuds/headphones
- Flannel pajama bottoms
- Sports equipment: basketballs, baseballs & gloves, tennis racquet, soccer balls, tennis balls
- Sports team hats
- Bath gift sets
- Backpacks
- Cosmetics, makeup brushes
- Cologne & Perfume gift sets
- Board games for teens
- Card games
- Skateboards & Helmets
- Big Curling Irons
- Hair Straighteners / Flat Irons
- Hair Dryers
- Hair accessories
- Jewelry
- Sweatshirts / Hoodies
- Decorative Scarves
- Art Supplies: paint brushes, sketch pads etc.
- Adult coloring books and coloring pencils

## Love INC— Heartland Christmas Program



### MAKE CHRISTMAS MERRY & BRIGHT FOR A LOCAL FAMILY IN NEED!

*With Covid our process may change, but not  
the **JOY** these families feel when blessed by  
generous members of our community!*

#### WAYS TO SUPPORT

- ❄ Purchasing gifts; drop off at Love INC in Delano
- ❄ Providing gift cards from Target or Walmart
- ❄ Donating financially (online or by mail);
- ❄ Volunteering to shop, distribute or wrap gifts

#### DETAILS

Call 763-972-6547

email: [holidays@loveinheartland.org](mailto:holidays@loveinheartland.org)

Website: [loveinheartland.org](http://loveinheartland.org)

## Sunday School

OFLC Sunday School is moving full bore into the Christmas Season! This year, we packed 22 shoeboxes for Operation Christmas Child. The kids had fun choosing items to pack and writing letters to include in their boxes. My helpers and I delivered the boxes to the Collection Site at Northridge Fellowship Church in Rogers. Thank you to all the OFLC families who donated items or money to make this project a reality! And a special thank you to our Sunday School volunteers for all their help making this special day run as smoothly as possible!



Starting Sunday, November 22<sup>nd</sup>, our students will begin rehearsals for our Christmas play “Christmas Pop”, adapted by our own Rachel Reed! The performance will be Sunday Dec. 13th @ 4pm. Watch for further communications.



## 2020 End-of-Year Giving Guidelines

2020 has obviously been—and remains— an unusual and challenging year. With the profound disruptions caused by the COVID-19 pandemic we have developed new and innovative ways to continue the important work of this congregation. As the year concludes, please follow these guidelines for your final 2020 contributions:

Gifts may be left in the offering plate during worship; or given electronically by Dec. 31st postings

*Simply Giving:* <http://www.ourfatherschurch.org/simply-giving.html> to create a new account or change the amount/frequency of your giving

*Breeze:* <https://oflc.breezechms.com/> choose the “Give Now” label at the top of the homepage

*Mailing your offering check:* Our Father’s Lutheran Church, 3903 Gilbert Ave. SE, Rockford, MN

*For questions on financial giving, contact: Diane Mutterer*

Offerings received after these Dec. 31 guidelines will be recorded as 2021 offerings, regardless of which year’s envelope is used.

**We believe our mission and ministry are particularly critical during this time**, and we are grateful to you for your part in helping us continue to *Worship, Learn, Disciple, and Serve*. **Remember your gift makes a difference.**



## Council Minutes

DATE: Nov 3, 2020

### OFLC Leadership Meeting Minutes

Attending: Pastor Aaron, Rick Fuglie; Diane Mutterer; Diane Dorrel, Gail Swanson, Diane Dorrell, Lynne Greseth, Anthony wold, Paul Bostad, Sarah Dahl

TOPIC	FACILITATOR	NOTES	FOLLOW UP / TASKS
Devotion and Prayer	Diane Dorrel	Ephesians 3:17	
Administrative/ Personnel	Rick	<p>Pastoral update –</p> <ul style="list-style-type: none"> <li>• Thanksgiving – historically a community worship service</li> <li>• Christmas – Pastor Aaron to put together a plan after hearing our historical service plan and will present via email to the leadership team</li> </ul> <p>Personnel committee – no update</p> <p>Constitution team – Gail updated leadership team. The following are some proposed changes and when finalized will submit 60 days prior to vote.</p> <ul style="list-style-type: none"> <li>• Nomination committee – 3-5 voting members proposed</li> <li>• Staff support committee – 4 <u>member</u> proposed</li> </ul> <p>Pastor Aaron to meet with Gail and Wayne at constitutional review meeting. 11/4 at 7pm via Zoom</p>	
Finance	Diane M	<p>Treasurer update –</p> <ul style="list-style-type: none"> <li>• Benevolence not paid since February. Diane to research moneys owed to reconcile October books</li> <li>• Confirmation/Sunday School stipends have not been paid. – Diane to pay from July forward and set up autopay for continued stipends</li> <li>• Amy Krcl volunteered for temporary replacement as secretary and may consider for next year</li> <li>• Need <u>Quickbooks</u> updated</li> <li>• Audit of the books – possible to use someone in congregation, but cannot be a counter or someone in leadership</li> <li>• PPP loan forgiveness – paperwork delivered to Bankwest</li> </ul>	
Outreach Ministries		<p>Nourishing Hope</p> <ul style="list-style-type: none"> <li>• Kim in office taking over for ordering</li> <li>• Second Harvest to suspend delivery fees through Jun</li> <li>• Good volunteer turnout</li> </ul>	

## Council Minutes Continued

		<p>NA</p> <ul style="list-style-type: none"> <li>• Would like a Saturday meeting 11-12 in church, group leader referred to Melissa for scheduling</li> </ul> <p>Others – Caution needed in rising cases of Covid-19</p>	
Internal Ministries		<p>Worship</p> <ul style="list-style-type: none"> <li>• In person on Sundays, Zoom on Wednesdays</li> <li>• Facebook Live – will continue to upload sermons to FB</li> <li>• Proposal to connect microphones to soundboard</li> </ul> <p>Pastor</p> <ul style="list-style-type: none"> <li>• Pastor Aaron to continue to focus on worship, office staff, confirmation, and pastoral care <span style="background-color: yellow;">at this time</span></li> </ul>	
Other Discussion		<p>Covid-19 preparedness plan</p> <ul style="list-style-type: none"> <li>• Plan updated to allow groups of 20 in education wing</li> <li>• Groups are contacting Melissa to get on calendar</li> <li>• Oversight on sanitation needed during worship/group gatherings</li> </ul> <p>January Congregational meeting:</p> <ul style="list-style-type: none"> <li>• Call for volunteers in November Gather and Serve – thank you Gail</li> <li>• Exec committee openings – please reach out and make a <span style="background-color: red;">person</span> invitation to anyone who crosses your mind/heart in each position</li> </ul> <p>President Vice President Secretary Treasurer Council openings</p>	All Council
Upcoming Meetings		<p>Exec team meeting – Nov 17<sup>th</sup></p> <p>Council meeting – Nov 30<sup>th</sup> (Change from 1<sup>st</sup> Tuesday)</p>	
Devotion Schedule		<p>December – Rick</p> <p>January - Anthony</p>	
Prayer			

## Community Garden—A Note of Thanks

"Dear Our Father's Lutheran Church:

Thank you for allowing me the opportunity this summer to use your garden plot to grow vegetables. I planted green beans, tomatoes, broccoli, peppers, cucumbers, squash, and potatoes. It was a bountiful year and it far exceeded my expectations. In fact, it produced so much that I stopped recording the amounts. The harvest totaled at least: 100 pounds of beans, 100 pounds of tomatoes, 40 cucumbers, 50 pounds of potatoes, and 130 squash. I eat a lot of vegetables. So I've been mostly living off of the garden's produce since mid-July and I will continue to do so until well into next year.

Thanks again,

Philip Freeberg"



Watch for your January Gather  
& Serve Newsletter to come out  
on January 1st, New Year's  
Day!

## Men's Group Ministry

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

*Matthew 11: 28-30*

It often feels easier to go through life just relying on our own strength, our own knowledge, our own resources. Jesus did not travel alone, but gathered with his disciples. As Christian men, we are also called to share our burdens and our gifts. We may not have answers, but there is wisdom from sharing our questions, and strength from working together.

The Men's Group invites all men to join us for discussion and fellowship on the 1st and 3rd Saturdays of each month from 7:30am-9:00am. In normal times, we meet with coffee and donuts, but for the next few weeks, we will be meeting only by zoom.

First Saturday of the month:

<https://zoom.us/j/91796609072?pwd=TFF2eXdCd2JQdGdNOHdMOGFtmdKUT09>

Or Zoom meeting ID: 917 9660 9072, Passcode: 265416

Third Saturday of the month:

<https://zoom.us/j/96994067779?pwd=MHU3NEJqUWFxbENLeFNFcDQxbzhXUT09>

Or Zoom meeting ID: 969 9406 7779, Passcode: 359188

## Tuesday Morning Bible Study

Join us Tuesdays at 10 a.m. as we dive into scriptures in the Narrative lectionary.

*All are welcome.*

Join us on Zoom <https://zoom.us/j/93948689553>

Passcode **156201**



**NourishingHope**



# Free Fresh Produce and Dairy

Sponsored by NourishingHOPE Food Drop and Second Harvest Heartland

Boxes of fresh produce and dairy products will be available for drive through pick up on a first come, first served basis  
All are welcome

## Tuesday, December 8 3pm -until gone

### Locations for pick up

***Corcoran***

St. Thomas Catholic Church parking lot

***Delano***

Light of Christ Lutheran Church parking lot

***St. Michael***

Colonial Mall

***Montrose***

Montrose United Methodist Church parking lot

***Rockford***

Our Father's Lutheran Church parking lot

***Buffalo***

Buffalo Covenant Church parking lot

Appropriate distancing and covid mitigation practices will be employed



Mark your Calendars!!

**Blood Drive**

January 14, 2021

12:30-6:30pm

## Compassion Meals

Did you know that Our Father's has a freezer full of compassionate service meals to share with those in need? They are for times of trouble or emergency, like illness, surgery, baby's birth or death in the family. If you know of someone who could benefit from these meals, please contact [kim@ourfatherschurch.org](mailto:kim@ourfatherschurch.org) or call the office at 763-477-6300

A special THANK YOU to all those who helped to prepare these meals!



## Free Senior Meals

Do you know of someone over the age of 60 who could benefit from this FREE meal delivery? Please share!

We are also looking for Delivery Drivers! If interested in helping please contact [kim@ourfatherschurch.org](mailto:kim@ourfatherschurch.org) or call 763-477-6300

**Open to anyone 60+**

**Confidential**

**Home Delivery**

**Made from scratch**

**NO-COST MEALS FOR SENIORS**

WCCA and Catholic Charities have partnered with Nourishing Hope to provide seniors ten made-from-scratch, frozen meals per delivery, which can be microwaved or oven-cooked to heat.

If you live in **Wright County**  
(320) 963-6500  
ext. 274 or  
ext. 241

If you live in **Hennepin County**  
(763) 477-6300 or email  
[nourishinghope.oflc@gmail.com](mailto:nourishinghope.oflc@gmail.com)

**WCCA**  
WRIGHT COUNTY COMMUNITY ACTION

**NourishingHOPE**  
at OFLC

# Update from Wright County Public Health Department

## Isolate and Quarantine to Protect Yourself and Your Community

Those who test positive for COVID-19 may not receive a case investigation call from the department of health until a few days after their positive test results come back. To help ensure safety for your loved ones and the community, follow the guidelines for isolation and quarantine.

**Those who are experiencing symptoms of COVID-19 or have tested positive for COVID-19:** Isolate at home. Do not go to work, school, or any other place outside the home. As much as possible, separate yourself from those in your household. Stay in a separate room and use a separate bathroom, if possible.

Notify your close contacts. Close contact is defined as being within 6 feet of a person with COVID-19 for a total of 15 cumulative minutes per 24 hours during their infectious period. The infectious period starts two days before you experienced symptoms or two days before you were tested and lasts until you meet the below isolation criteria.

Isolate until the following are true:

- It has been at least 10 days since your symptoms first started or (if you don't have symptoms) you tested positive for COVID 19
- You have been fever-free for 24 hours without fever-reducing medications
- \* Your other symptoms of COVID-19 are improving

If you are isolating and need help getting food, medication, or other essential items, call the Wright County COVID-19 Information Line at 763-682-7607.

### **Those who were in close contact with someone experiencing COVID-19 symptoms or who tested positive for COVID-19:**

Quarantine at home until it has been 14 days since you were last in close contact with someone who was diagnosed with COVID-19 and in their infectious period (as defined above). Only leave home to do essential tasks; wear a mask.

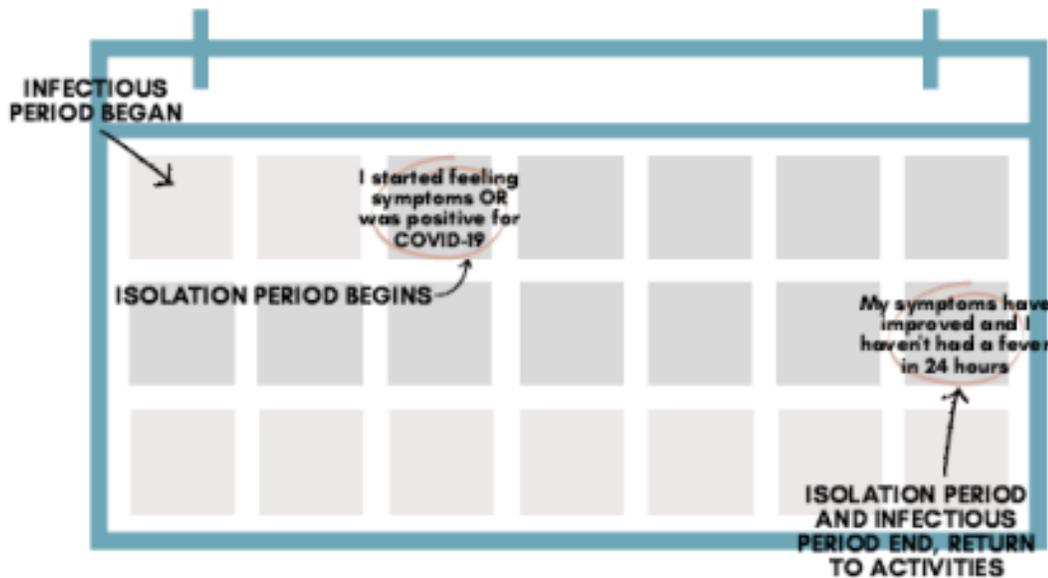
Close contacts are encouraged to get tested a week after their last exposure. Regardless of a negative test, close contacts should quarantine for 14 days.

Following these guidelines can help protect ourselves, our loved ones, and our communities.

Visit Wright County Public Health (<http://www.co.wright.mn.us/945/Coronavirus-COVID-19>) and Minnesota Department of Health (<https://www.health.state.mn.us/>) for COVID-19 information. Follow Wright County Public Health on Facebook for local updates.

# Isolation and Quarantine 101

## ISOLATION I HAVE COVID-19 SYMPTOMS OR TESTED POSITIVE FOR COVID-19



THE ISOLATION PERIOD IS, AT MINIMUM, 10 DAYS

If you received positive test results, remain in isolation until all three are true:

- At least 10 days since your symptoms first started or, if asymptomatic, you tested positive for COVID-19
- Fever-free for 24 hours without fever-reducing medications
- Other symptoms of COVID-19 are improving

## QUARANTINE I WAS IN CLOSE CONTACT WITH SOMEONE WHO TESTED POSITIVE FOR COVID-19



THE QUARANTINE PERIOD IS, AT MINIMUM, 14 DAYS

Close contact is defined as being within 6 feet of a person with COVID-19 for a total of 15 cumulative minutes per 24 hours during their infectious period