

UNDERSTANDING EXPOSURE AND QUARANTINE FOR COVID-19

LEVELS of EXPOSURE

Quarantine is the primary method of limiting person-to-person spread of the COVID-19 virus.

1st Level (Primary): the person who tests positive or is symptomatic and presumed positive.

Example: a player tests positive or is symptomatic and presumed positive. (*quarantine required*).

May **return to play** when medically cleared by their health professional or meet the return to work criteria.

2nd Level (Secondary): a player who has been in contact with the primary person.

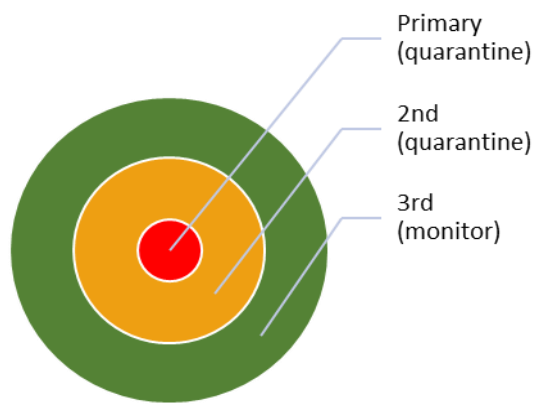
Example: a player's parent or sibling tests positive or is symptomatic and presumed positive. (*quarantine required*)
Communicate with Commissioner and Board to discuss specific return to play protocols.

3rd Level (Third): a player who has been in contact with the secondary person.

Example: a teacher who teaches the player in person has a spouse who tests positive or is symptomatic and presumed positive.

(monitor - quarantine not required unless secondary subsequently becomes positive or symptomatic and presumed positive)

Must continue self-monitoring by checking your temperature daily and reviewing the Self-Screening Questionnaire prior to returning to play to ensure you are **medically fit to return to play**



CONTACT TRACING

When determining the impact population, **count backward 2 days** from date of symptoms appeared. This duration covers the incubation period during which the player might have been contagious. Identify where the player has been and with whom the player has been in contact. **Contact is 15 minutes cumulative within a 24 hour period.**

QUARANTINING

Begin at the last date of known contact and **count forward 14 days (CDC endorses)**. This duration constitutes the monitoring period to isolate those people who are most at risk of infection based on level of contact. **10-days** without testing if remaining asymptomatic; **7-days** with a negative (non-rapid test at least 5-days past exposure)

RETURN TO PLAY CRITERIA

Positive and presumed positive players may return to play when the following conditions are met:

1. No fever for 24 hours without the use of fever suppressing medication, and
2. It has been 10 days since symptoms appeared
3. All symptom have diminished, except the loss of smell and taste.

NOTIFICATIONS – CONFIDENTIALITY

Parents should inform coaches and commissioners of a player's possible exposure to COVID-19 but **maintain confidentiality** as required by any state and federal law.

The word players is used generically in this document, but also refers to coaches, coaching staff, umpires and any other persons involved in rec play.

Wash your hands.

Wear your mask.

Social distance.