



UNDERSTANDING COVID-19 PROTOCOLS

COVID-19 SYMPTOMS

Most Common Symptoms (1 or more)

Fever 100.4 or higher
New cough or a cough that gets worse
Difficulty/hard time breathing
New loss of taste or smell

Less Common Symptoms (2 or more)

Sore Throat
Nausea
Vomiting
Diarrhea
Chills
Muscle aches/pain
Extreme fatigue/Feeling very tired
New severe/Very bad headache
New nasal congestion/stuffy or runny nose

If you have 1 or More of the 'most common' symptoms or 2 or more of the 'less common' symptoms you will need to seek testing and an alternative diagnosis to determine next steps.

Exposure to others

A close contact is ANY person who lives in the same household as a person who tested positive OR someone who has been within 6ft of a person who has COVID-19 for a total of 15 minutes or more throughout the course of a day (24 hours)

What to do if exposed to a positive individual

If you have been notified that a close contact has tested positive you need to take the following action steps:

- Stay home from ALL ACTIVITIES for at least 14 days (quarantine) since the last contact with the person who tested positive
- Get tested at least 5 days after the last contact with the person who tested positive
- Even if your test result is negative you must remain home for the full 14 days before returning to school, work, or any other activities

Who needs to be notified?



People to contact with COVID concerns

If you become symptomatic, test positive for COVID, or have been advised to quarantine please communicate with the following individuals

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GUIDELINES FOR RETURN

An athlete/activity participant may return to their team/activity when:

- They have completed the required days of their quarantine period
- Their symptoms have improved
- They have not had a fever for 24 hours (without using fever-reducing medication)

In order to return to practicing and games/competitions, athletes must:

- Follow the 'RETURN TO PLAY' guidance put forth by the MSHSL
- This is a 7-day extension to ensure athletes are medically cleared

This guidance requires the following (may be completed by a healthcare provider or athletic trainer)

- The ability of an athlete to tolerate activities of daily living without cough, shortness of breath, or fatigue
- Negative cardiac screen



We care about the health and safety of our Athletes, Coaches and families.