

COVID in Sports FAQ

COVID-19: Quarantine vs. Isolation

QUARANTINE keeps someone who was in close contact with someone who has COVID-19 away from others.



If you had close contact with a person who has COVID-19



- Stay home until 14 days after your last contact.



- Check your temperature twice a day and watch for symptoms of COVID-19.



- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.



CS317422-A

7/20/2020 7AM

ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



If you are sick and think or know you have COVID-19



- Stay home until after
 - At least 10 days since symptoms first appeared **and**
 - At least 24 hours with no fever without fever-reducing medication **and**
 - Symptoms have improved



If you tested positive for COVID-19 but do not have symptoms



- Stay home until after
 - 10 days have passed since your positive test



If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if available.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

COVID in Sports FAQ

1. How long is “Isolation”?

- a. Isolation for a positive athlete is 10 days from the onset of symptoms. If asymptomatic, it is 10 days from the date of the positive test.

2. How long is “Quarantine”?

- a. Quarantine is for anyone who has had close contact with a positive COVID-19 case. Quarantine lasts 14 days from the last point of contact. If an athlete is exposed to someone with COVID-19 at home, their 14 day quarantine will restart each time they are in contact with this person. We recommend the family member who is positive isolate away from the athlete. Otherwise, the athlete’s 14-day period will begin when the family member is no longer contagious (10 days after onset of symptoms).

3. Who is considered a “contact”? What does it mean to have had close contact with a person?

- a. You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- b. You provided care at home to someone who is sick with COVID-19
- c. You had direct physical contact with the person (hugged or kissed them)
- d. You shared eating or drinking utensils
- e. They sneezed, coughed, or somehow got respiratory droplets on you

4. Can I “test out” of quarantine?

- a. No. Close contacts must quarantine for 14-days regardless of a negative test.

5. If I already had COVID-19, do I still need to quarantine?

- a. People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again.

6. Who needs to get physician approval to return?

- a. Any athlete who tested positive or had symptoms (assumed positive) needs to be cleared by a physician to return to activity after their 10-day isolation. This form can be found here:

<http://northlandprep.org/wp-content/uploads/2020/10/COVIDXRTPXForm.pdf>

7. Who needs to do the Return to Play Protocol?

- a. Any athlete who tests positive
- b. Any athlete who was exposed to a person with COVID-19 and did not receive a negative test, even if asymptomatic.
- c. Any athlete who was exposed to a person with COVID-19 and experienced symptoms.

8. Why is the Return to Play protocol mandatory?

- a. The AIA has mandated physician approval and return to play protocol because individuals who have had COVID-19 are at risk of developing severe cardiac complications that can affect participation in sport. Gradually introducing activity will allow for healthcare providers including the athletic trainer to monitor cardiac-related symptoms to ensure a safe return to play.

9. Any other questions, please visit the CDC and AIA websites, otherwise, contact Mike Elder or Samantha Carpenter.