



# COVID-19



## DAILY SELF-CHECK

### PRIMARY SYMPTOMS

FEVER OF 100.4+      COUGH  
SHORTNESS OF BREATH      CHILLS

### SECONDARY SYMPTOMS

MUSCLE ACHES      RUNNY NOSE  
SEVERE FATIGUE      SORE THROAT

#### NOTIFY TEAM PROTOCOL MANAGER

INDIVIDUALS WITH PRIMARY SYMPTOMS MUST SELF-ISOLATE AND WILL NOT BE ALLOWED TO PARTICIPATE UNTIL CDC SYMPTOM-BASED RETURN STRATEGY CRITERIA ARE MET

INDIVIDUALS THAT ONLY EXPERIENCE SECONDARY SYMPTOMS AND DO NOT HAVE ANY PRIMARY SYMPTOMS OF COVID-19 MAY RETURN TO PLAY 24-48 HOURS AFTER THEIR SYMPTOMS HAVE RESOLVED AND AFTER OBTAINING WRITTEN PHYSICIAN APPROVAL

## CLOSE CONTACT OR POSITIVE TEST

THE CDC CONSIDERS CLOSE CONTACT AS AN UNPROTECTED INDIVIDUAL WHO WAS WITHIN 6 FEET OF AN INFECTED PERSON FOR AT LEAST 15 CONTINUOUS MINUTES STARTING TWO DAYS BEFORE THE ILLNESS ONSET UNTIL THE TIME THE INDIVIDUAL IS ISOLATED

#### NOTIFY TEAM PROTOCOL MANAGER

INDIVIDUALS WHO HAVE BEEN IN CLOSE CONTACT WITH A POSITIVE TEST MUST ISOLATE AND WILL NOT BE ALLOWED TO PARTICIPATE UNTIL CDC SYMPTOM-BASED RETURN STRATEGY CRITERIA ARE MET

INDIVIDUALS WHO HAVE TESTED POSITIVE WILL REMAIN IN SELF-ISOLATION FOR A PERIOD OF 14 DAYS OR UNTIL SUCH TIME HE IS APPROVED FOR RETURN TO PLAY BY THE TEAM PHYSICIAN AND SATISFIES THE CDC SYMPTOM-BASED RETURN STRATEGY

**WASH YOUR HANDS**  
**WATCH YOUR DISTANCE**  
**WEAR A MASK**