Per the CDC's update on Dec 2nd for COVID-19 quarantining protocols and procedures, we are now able to reduce our quarantine time (see below). In order for us to safely monitor the shortened quarantine, we are requiring that each individual who would like to use the shortened quarantine to notify Brooke Carter immediately upon quarantine and submit our "COVID 19 Symptom Checker Worksheet" at the end of the quarantine period (either 7 or 10 days). Once the Worksheet has been verified and approved by Brooke Carter, the player may return to Level Elite activities.

## Negative or No Symptoms:

<u>No Test/No Symptoms:</u> Quarantine can end after Day 10 without testing and if no symptoms have been reported during daily monitoring over the 10 days.

<u>Testing/No Symptoms</u>: Quarantine can end after Day 7 if a diagnostic specimen tests negative and if no symptoms were reported during daily monitoring.

The specimen may be collected and tested within 48 hours before the time of planned quarantine discontinuation (e.g., in anticipation of testing delays), but quarantine cannot be discontinued earlier than after Day 7. For example, for a modeled quarantine that would end on Day 7, the diagnostic specimen could be collected starting on Day 5 or thereafter.

## **Positive Test:**

<u>Positive Test/No Symptoms</u>: Minimum of 10 days quarantine.

<u>Positive Test/Symptoms:</u> Minimum of 10 day quarantine. 24 hours of no fever without the use of fever reducing medications. If fever and symptoms continue after 10 days, must quarantine until 24 hours of no fever without the use of fever reducing medications and other symptoms are improving.

## Close Contact:

For our purposes, close contact still remains the same and quarantine should be followed per the above guidelines.

If you have any questions, please contact Tina Seals or Brooke Carter.