



REPORTING OF AND SUSPECTED POSITIVE COVID-19 INFECTION

TESTING AND CONTRACTION

APPENDIX A - SYMPTOMS OF COVID-19 INFECTION:

Individuals with COVID-19 can exhibit symptoms ranging from the following:

The most common symptoms associated with infection include:

- Fever (≥ 100.4 degrees F)
- Cough
- Shortness of breath

Less common symptoms that may still be evidence of COVID-19 infection include:

- Sore throat
- Congestion
- Nausea and vomiting
- Diarrhea
- Headache
- Muscle / joint pain
- Sudden loss of taste or smell
- Chills

Note: Some people do not have symptoms or have very mild symptoms. Persons with COVID-19 may be infectious two days prior to symptom onset.

Read the document “What to do if you are waiting for COVID-19 test results” after taking the test.

APPENDIX B – RETURN TO PLAY FOLLOWING CONFIRMED COVID-19 INFECTION

These recommendations are intended to provide an outline for decision-making as it relates to protocols for navigating a confirmed case of COVID-19.

Persons with a lab-confirmed case of COVID-19 should quarantine immediately, and can leave isolation and return to normal activities 10 days after symptom onset so as long as:

- The individual has not had a fever in the past 24 hours.
- Symptoms are resolving.

Athletes will need to contact their health care provider to receive the “all clear” prior to a return to soccer.



APPENDIX C – EXPOSURE TO A SUSPECTED OR DIAGNOSED CASE OF COVID-19

These recommendations are intended to provide an outline for decision-making as it relates to protocols for navigating a possible exposure to a suspected or diagnosed case of COVID-19.

Any player or staff who has been exposed to a COVID-19 case shall self-quarantine for 14 days from the last contact with the case.

In this case, exposure means any one of the following:

- Caring for a sick person with a suspected or confirmed COVID-19 infection.

OR

- Living in the same household as an individual with a suspected or confirmed COVID-19 infection.

OR

- Individual who has had close contact (> 6 feet) for greater than or equal to 15 minutes with known or suspected COVID-19 or possible COVID-19 infection.

For the cases of the first two bullets above, we will consider these as quarantine criteria “automatic”.

For the 3rd bullet point:

If the individual attended practice, then the entire team now has to quarantine until:

A negative test result has been confirmed

OR

The team sits out for 14 days from the last contact with the case

If a negative test result is received, the remainder of the team can resume practicing/games, but the tested player needs to remain quarantined until the 14 days have passed from their last contact with the original case.

Please wait 72 hours after possible exposure before being tested. Waiting this additional time will greatly reduce the chance of receiving a false negative.

If you have questions about whether an individual needs to self-isolate, follow the below steps:

1. Have that individual self-isolate (No on-site/in-person team activities)
2. Email health.Sports.Covid19@state.mn.us and explain your exposure story. It's ok to reach out to your local health officials instead, if you prefer.
3. Don't allow that individual return to team activities until you've received a recommendation from a state or local health official.
4. Follow their recommendation.

Please also see the document titled “Public Health Guidance for Community-Related Exposure _ CDC” for additional information on preventative steps.