

# SJHA COVID-19 Return to Hockey Flow Chart

KEY:



Is a close contact<sup>3</sup>.  
See Page 2.

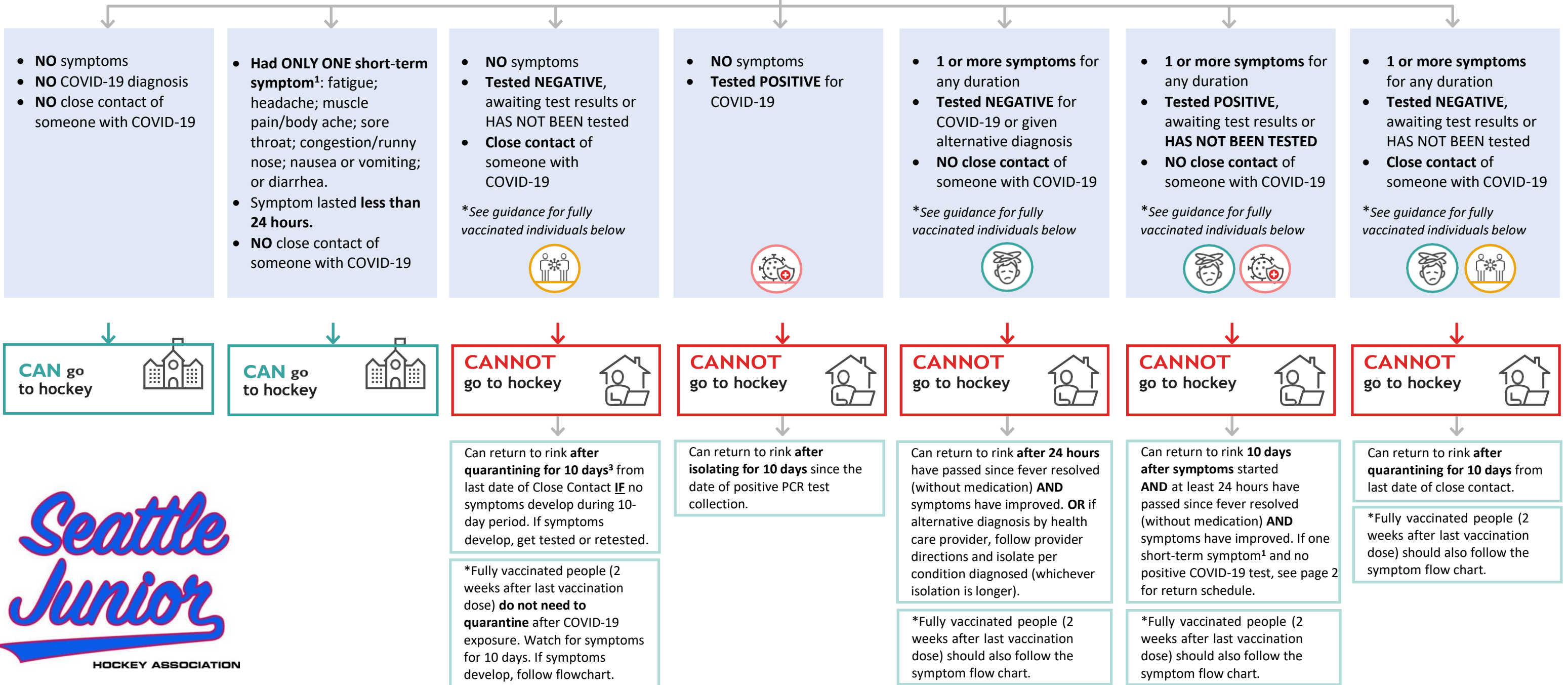


Tested positive for COVID-19



Has symptom(s).  
See Page 2.

## SCREEN PLAYER OR COACH FOR COVID-19



# SJHA COVID-19 Return to Hockey Flow Chart



## COVID-19 SYMPTOMS<sup>2</sup>

- Fever (100.4°F / 38°C or higher)
- Cough
- Loss of taste or smell
- Chills
- Shortness of breath or difficulty breathing
- Fatigue
- Headache
- Muscle pain or body aches
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

<sup>2</sup>That are not explained by a preexisting condition, such as asthma.

<sup>1</sup>A **short-term symptom** is defined as: A person has **only one of the following symptoms** (fatigue; headache; muscle pain or body aches; sore throat; congestion or runny nose; nausea or vomiting; or diarrhea) **AND** the symptom begins and resolves in less than 24 hours **AND** no known COVID-19 exposure (close contact).

A person can return to hockey the next day if the short-term symptom resolves. A COVID-19 test is not required.



## CLOSE CONTACT DEFINITION<sup>3</sup>

“Close Contact” includes anyone in one or more of the following categories:

- Been within 6 feet (2 meters) of a person with COVID-19 for a combined total of 15 minutes or more within a 24-hour period
- Live in the same household as a person with COVID-19
- Cared for a person with COVID-19
- Been in direct contact with saliva or other body secretions from a person with COVID-19 (for example: been coughed on, kissed, shared utensils, etc.)

Public Health will help identify close contacts.

**If you’ve been exposed to someone with COVID-19 and you have no symptoms, Public Health recommends the following:**

1. Stay in quarantine for 10 days after your last contact. **This is the safest option.**
2. If this is not possible, stay in quarantine for 10 days after your last contact, without additional testing.
3. If the first two options are not possible, stay in quarantine for 10 full days beginning after your last contact **and** if you receive a negative test result (get tested no sooner than day 5 after your last contact). *This option depends on availability of testing resources and may not be recommended in some settings.*

\*Fully vaccinated people (2 weeks after last vaccination dose) with no symptoms **do not need to quarantine** after COVID-19 exposure. Watch for symptoms for 14 days. If symptoms develop, follow flowchart.