

## **Covid Decision Tree for Youth Programs**

*documented on MN Department of Health website reviewed 8/13/21*

1. If child is ill stay home and consider an evaluation by a health care provider or getting a COVID-19 test. If a child is positive, they need to isolate (at home) for at least 10 days from the time the symptoms started and until symptoms improved and they have no fever for 24 hours without using fever reduction medications. If they have no symptoms but test positive, they must isolate for 10 days from the day they were tested.
2. If they have been in close contact with a person who tested positive for COVID-19 that contact needs to quarantine (stay home) from ALL ACTIVITIES. FM Athletics board recommends a 10 day quarantine period from the last contact with the infected person or until they test negative. Day 1 starts the day after the exposure with the sick child. Children can be tested immediately after being identified as a contact, and, if negative, again in 5-7 days after the last exposure or if symptoms develop during quarantine.
  - a. Close contact definition is anyone who is within 6 feet of a person who has COVID for 15 minutes in a 24-hour period. For example, if a child is in a “pod” of 5-6 kids doing skill stations over an hour practice they would probably be exposed to that 15 minute amount. The entire team may not be exposed depending on what the practice looked like. Exposure is a Coaches decision however, it is highly recommended the Coach consult with Deb Nelson, if unsure.
  - b. If a child and/or coach are vaccinated and are in close contact they should get tested 3-5 days after exposure, even without symptoms. They should wear a mask indoors for 14 days following exposure or until test is negative. As any positive, they still need to isolate for 10 days if their result is positive.
3. **Consultation with Deb Nelson, FNP, Public Health RN is highly recommended if coaches or parents have questions. Please leave a message and call back number if possible. 701-212-6692**
4. Covid testing in Moorhead [mncovidtestingappt.as.me](https://mncovidtestingappt.as.me)
5. Covid testing in Fargo. Fargo Cass Public Health, 701-328-2497, please preregister at [testreg.nd.gov](https://testreg.nd.gov)
6. Outlying cities contact your local health care clinics.