

Mayfield High School

via [FinalForms](#)

Mayfield Volleyball Families,

I understand that this has been a very difficult and trying time for all of you. I appreciate those of you that have shared information with us as this has been very helpful during a very challenging few days. We are all hopeful and look forward to volleyball returning as quickly as possible.

In follow up to Dr. Kelly's messages regarding positive tests within the volleyball program over the past few days and after consulting with the Cuyahoga County Board of Health, the CCBH and the Ohio Department of Health recommend:

1. Individuals who have had close contact (within 6 feet for at least 10 minutes) with an infected individual or direct contact (e.g., coughed on or sneezed on by the infected person) must self-quarantine for 14 days following exposure and contact their primary health care provider.

Individuals may return to play afterward if they have not had any COVID-19 symptoms after 14 days. A negative test does not stop the 14-day quarantine.

2. Continue to perform daily COVID-19 symptom assessments and continue good hygiene habits:

- A. Wash hands often
- B. Avoid close contact at home with people who are sick. Physically distance yourself from people outside of your home.
- C. Wear a mask or face-covering in public
- D. Cover coughs and sneezes
- E. Clean and disinfect frequently touched surfaces

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

3. Individuals who have tested positive for COVID-19, whether symptomatic or asymptomatic shall not return to athletic activities until a documented medical exam is performed clearing the individual to return to practice or games. The documented medical exam must specifically include an assessment of the cardiac/heart risk of high-intensity exercise due to the potential of myocarditis occurring in COVID-19 patients. More information can be found at <https://www.acc.org/latest-in-cardiology/articles/2020/07/13/13/37/returning-to-play-after-coronavirus-infection>

Nancy Ivansek is the nurse practitioner at the Wildcat Health and Wellness Center. She is a good resource of information should you have any questions. Wildcat Health and Wellness Center is open on Monday, Wednesday, and Thursday from 7:00 AM-5:00 PM. (440) 995-7600. Heather

Fisher, our athletic trainer can also be contacted at (440) 995-6841 or at hfisher@mayfieldschools.org

Please continue to report any new information to me or Mr. Legan as soon as possible and feel free to reach out to us with any concerns or questions. We will be in contact with the coaches to confirm the return to play date as we continue to work with the Board of Health.

Thank you,
Keith Leffler
Mayfield High School Athletics Administration

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