



COVID-19 ATHLETICS REPORTING & EXPOSURE MANAGEMENT

DEFINITIONS

Exposure/Close Contact

“Close contact” or “exposure” is defined as being within 6 ft. of a confirmed or suspected COVID-19 case for a total of 15 minutes or more, with or without a mask; having unprotected contact with an infected person’s body fluids and/or secretions, such as being coughed or sneezed on; or having a household/family member with a confirmed case.

Isolation

Individuals with a confirmed case of COVID-19 are required to self-isolate for a *minimum* of 10 days after developing signs and symptoms and until they have been without a fever and fever-reducing medications for 24 hours, and other signs and symptoms have improved.

Individuals with a confirmed case of COVID-19 who are asymptomatic are required to self-isolate for 10 days following their positive test.

Quarantine

Signs and symptoms of COVID-19 may present 2-10 days following an exposure. Any individual with a potential or known exposure to COVID-19 should quarantine for 10 days after their last known exposure.

POSITIVE CASES & EXPOSURE MANAGEMENT

In the event of a confirmed case of COVID-19 among student-athletes, coaches, or other athletic department personnel, the following procedures and guidelines will be followed:

- The Head Athletic Trainer should be notified immediately if any student-athlete, coach, or other athletic department personnel tests positive for, or has symptoms consistent with COVID-19.
- The Head Athletic Trainer should be notified immediately if any student-athlete, coach, or other athletic department personnel has a known exposure to a confirmed case of COVID-19.
- Any known positive case will be advised to self-isolate at home for a *minimum* of 10 days after developing signs and symptoms and until they have been without a fever and fever-reducing medications for 24 hours, and other signs and symptoms have improved. Individuals with a confirmed case of COVID-19 who are asymptomatic will be asked to self-isolate for 10 days following their positive test.
- The Head Athletic Trainer will coordinate the identification of individuals who have been exposed to a positive case.
 - A case is considered to be infectious from 2 days before their first symptoms until they are no longer required to isolate (i.e., no fever for at least 24 hours, without the use of fever-reducing medications AND other symptoms have improved AND at least 10 days have passed since onset of symptoms). A person with a positive COVID-19 test and no symptoms is considered infectious from 2 days before their test was taken until 10 days after their test.

- Individuals are considered exposed if they have been within 6 ft. of a confirmed COVID-19 case for a total of 15 minutes or more, with or without a mask; having unprotected contact with an infected person's body fluids and/or secretions, such as being coughed or sneezed on; or having a household/family member with a confirmed case.
- If an exposure occurs within an athletics cohort, all individuals in that cohort are considered exposed.
- Any individual identified as having been exposed will be notified by the school administration. The notification of exposure will include the following information:
 - Individuals with an exposure to a case should be tested for COVID-19, whether or not they have symptoms, and inform the school of their test results. This allows the school to determine the extent of the exposure and will serve as a basis for further exposure management measures.
 - Individuals with an exposure to a case should quarantine for 10 days after their last exposure to the case, regardless of a negative test result during their quarantine period. Any individual who tests negative may subsequently develop disease, with or without symptoms, if tested during the incubation period (i.e. period between exposure and onset of disease).
- The school administration will determine whether additional notification is necessary to inform the school community about an exposure
- The school administration will report any cluster of cases (3 or more cases within a 14 day period) to the Department of Public Health via email at ACDC-Education@ph.lacounty.gov or by calling (888)397-3993 or (213)240-7821 within 1 business day.

Please note that all information shared, including the name(s) of ill persons, is confidential in order to protect patient privacy.

CLEARANCE AFTER COVID-19

Positive COVID-19 Case

The following criteria are required for individuals with a confirmed case of COVID-19 to return to athletics:

- A minimum of 10 days has passed since positive test result, AND
- If symptomatic, no fever or fever-reducing medications for 24 hours, AND
- Other signs and symptoms have improved
- *Written clearance from a doctor is provided to athletic department*

Exposure to COVID-19 Case

The following criteria are required for individuals with a known exposure to COVID-19 to return to athletics:

- 10 days has passed since last known exposure
- *Written clearance from a doctor is provided to athletic department*

For additional information regarding COVID-19 in Los Angeles County, please visit <http://www.publichealth.lacounty.gov/media/Coronavirus/>