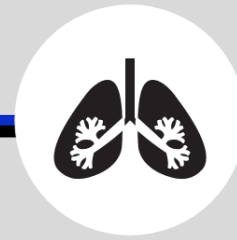


## SYMPTOMS OF A COVID-19 INFECTION

Individuals with COVID-19 can exhibit symptoms ranging from mild to life-threatening. The most common symptoms associated with infection include:

**FEVER**

&gt;= 100.4 F

**COUGH****SHORTNESS  
OF BREATH**

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

**SORE THROAT****CONGESTION****NAUSEA &  
VOMITING****DIARRHEA****HEADACHE****MUSCLE/JOINT  
PAIN****SUDDEN LOSS OF  
TASTE & SMELL****CHILLS**

## Return to Play Following Confirmed or Suspected COVID-19 Infection

These recommendations are intended to guide decision-making regarding players or staff with a suspected or documented COVID-19 infection in order to reduce the risk of disease transmission.

### SYMPTOMATIC PLAYER/STAFF WITH LABORATORY-CONFIRMED COVID-19 INFECTION:

Cannot attend club events until:

- At least 24 hours have passed since resolution of fever (defined as greater than or equal to 100.4 degrees F) without the use of fever-reducing medications and symptoms have resolved (exception is loss of taste or smell which may persist for much longer);

#### AND

- At least 10 days have passed since symptoms first appeared

### PLAYER/STAFF WITH LABORATORY-CONFIRMED COVID-19 INFECTION WHO HAVE NOT HAD ANY SYMPTOMS:

Cannot attend club events until:

- 10 days after date of their first positive COVID-19 diagnostic test assuming no symptoms since that time. If symptoms develop, then management should be guided as above for symptomatic individuals.

### PLAYER/STAFF WITH SYMPTOMS CONSISTENT WITH COVID-19 INFECTION:

Cannot attend club events until:

- At least 24 hours have passed since resolution of symptoms, AND
- Has had a negative result from a RT-PCR or antigen COVID-19 test

#### OR

- At least 24 hours have passed since resolution of fever (defined as greater than or equal to 100.4 degrees F) without the use of fever-reducing medications and symptoms have resolved (exception is loss of taste or smell which persist for much longer);

#### AND

- At least 10 days have passed since symptoms first appeared

## Return to Play Following Exposure to a Suspected or Diagnosed Case of COVID-19 Infection

These recommendations are intended to guide decision-making regarding players or staff following exposure to a suspected or diagnosed case of COVID-19 infection in order to reduce the risk of disease transmission.

**The following procedures apply unless otherwise specified by league rules.**

Any asymptomatic player or staff member who has been exposed to an individual with a suspected or diagnosed case of COVID-19 should be quarantined under ONE of the following two circumstances.

1. For at least 10 days following the last exposure if no COVID-19 tests are available

**OR**

2. For 7 days if a negative COVID-19 RT-PCR or antigen test result is obtained on day 5 or later

Quarantined individuals should be closely monitoring for symptom development and follow the recommendations for symptomatic individuals (Appendix B) if they develop any symptoms at any time. Otherwise, if still asymptomatic at the end of the quarantine period above, they can return to participation.

In general, you need to be in close contact with an individual to contract the disease. In this case, exposure means any one of the following:

- Caring for a sick person with a suspected or confirmed COVID-19 infection.
- Living in the same household as an individual with a suspected or confirmed COVID-19 infection.
- Being within 6 feet of an individual with a suspected or confirmed COVID-19 infection for around 15 minutes or more within a 24 hour period.
- Coming in direct contact with secretions from an individual with a suspected or confirmed COVID-19 infection (for example: being coughed or sneezed on, sharing water bottle or utensils).