

**IMPORTANT:**

**Stay home and do not come to the park if you are involved in any other active COVID-19 Quarantine protocols (school, sports, other...) If you receive a positive test or you are informed of a “Close Contact,” please review the information below for further guidance.**

**Experiencing COVID-19 Symptoms:**

**Symptoms include:**

- Fever (100 degrees or higher)
- Shortness of breath or difficulty breathing
- Cough
- Headache
- New loss of taste or smell
- Nausea, vomiting, or diarrhea
- Congestion or runny nose
- Sore throat
- Fatigue
- Muscle or body aches

**What to do:**

- Stay home and practice isolation
- Call your doctor
- Notify your Head Coach and Josh Burr
- Keep all siblings home

**When to return to NYO:**

- 10 full days since first symptom, AND symptoms have improved, AND 24-hrs fever free without medication

OR

- If you’ve had COVID-19 in the previous 3 months, confirmed by a positive viral test, AND are not symptomatic, AND submit a copy of your current negative PCR test to Josh Burr

OR

- May return with a doctor’s note stating the diagnosis is not COVID-19, a respiratory infection or contagious

### **Positive COVID-19 Test:**

#### **What to do:**

- Stay home and practice isolation
- Notify your Head Coach and Josh Burr
- Keep all siblings home

#### **When to return to NYO:**

- If you tested positive with symptoms, then you may return: 10 full days since first symptom, AND symptoms have improved, AND 24-hrs fever free without medication
- If you tested positive with no symptoms, then you may return: 10 full days since you had a positive viral test AND you continue to be symptom free
- If you develop symptoms after you test positive, then you may return: 10 full days since your first symptom, AND symptoms have improved, AND 24-hrs fever free without medication

### **Close Contact Exposure:**

“Close Contact” exposure per CDC: Someone who was within 6-feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 48hrs (2 days) before symptom onset or, for asymptomatic patients, 2-days prior to test specimen collection until the time the patient is isolated

#### **What to do:**

- Stay home and Quarantine
- Notify your Head Coach and Josh Burr

#### **When to return to NYO:**

- With Negative PCR Testing: Player may return on the 8th day with the date of last exposure to the positive person being day 0, under the following circumstances:
  - o Submit a copy of the negative PCR test administered on day 6 or 7 to Josh Burr AND has no symptoms

OR

- No Testing: Player may return on the 11th day with the date of last exposure to the positive person being day 0, under the following circumstances:
  - o Player has experienced no symptoms during the 11-day period; if any symptoms are experienced the player must revert to the symptom protocols as outlined above

**Important Additional Details:**

- If you have a COVID-19 test pending, you cannot return to campus until you have received your results
- **Stay home and do not come to the park if you are involved in any other active COVID-19 Quarantine protocols (school, sports, other...)**
- If another family is sick, or experiencing symptoms, stay home until the COVID status is determined
- Contact Josh Burr (josh@nyosports.com) if you have any questions or to report any symptoms, exposure or diagnosis / positive COVID-19 test
- The NYO Board, league directors and our coaches will contact and communicate with any COVID-19 affected community members ASAP. We will follow the aforementioned guidelines and CDC protocols to the best of our ability and endeavor to protect the identity of affected teammates and family members

## Helpful CDC COVID-19 Links:

- Isolation:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>

- Quarantine:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-aresick/quarantine.html>

- Contact Tracing:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/contacttracing.html>