

COVID-19 RESPONSE GUIDELINES & DIRECTION FROM THE CDC



State Association



IMPORTANT CONCEPTS TO EMPHASIZE

Continue to stress the importance of **social distancing** and follow good hygiene protocols, especially in a team setting like a practice or a game.

Soccer Examples & Best Practices:

- While on the sidelines, players remain at least 6 feet apart, with masks on.
- Limit congregate settings (half-time talks, huddles, locker rooms, no carpooling to/from games or practice, etc.)
- No sharing of drinks or snacks.
- Avoid sharing equipment.
- Wash/sanitize hands regularly.
- Take attendance at all practices and games to better help contact tracing.
- Limit number of guests accompanying each player at practices / games to decongest crowds.
- Add highly visible field signage to promote COVID-19 precaution measures.
- Identify a COVID-19 coordinator responsible for surveillance, notification, and monitoring.





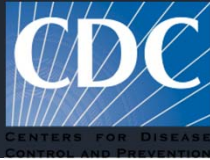
IMPORTANT CONCEPTS TO EMPHASIZE

Contact tracing once an individual has been determined to be COVID-19+ (or presumed COVID-19+) **begins 2 days before the onset of symptoms** up to the date of an administered COVID-19 test.

*Important: The CDC looks at individuals with **CLOSE CONTACT to the COVID-19+** individual when it begins contact tracing.*

What does CDC count as CLOSE CONTACT with someone who is COVID-19+?

- You were within 6 feet of someone who has COVID-19 for at least 15 minutes
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you



WHAT TO DO IF YOU GET SICK WITH COVID-19

Steps to help prevent the spread of COVID-19 if you are sick:

- If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to care for yourself and to help protect other people in your home and community.
- Stay home. Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- Separate yourself from other people.

RECOMMENDED PROCEDURE: WHAT TO DO IF A PLAYER GETS SICK WITH COVID-19

- 1) Player/parent contacts team coach
- 2) Team coach contacts a COVID-19 Club Contact/Club Leadership
- 3) Club communicate as appropriate;
 - Club notifies team (reference sample message) to determine players, coaches, any person who has been in close contact with COVID-19+ individual within 2 days of their onset of symptoms. Per the CDC, those who have been in close contact, need to quarantine.
 - Did individual come into close contact with any other club member within 2 days of the onset of symptoms? Per the CDC, those who have been in close contact, need to quarantine.

(Further guidelines to be developed and communicated)



CDC: I'VE HAD CLOSE CONTACT WITH A COVID-19+ INDIVIDUAL, NOW WHAT?

CDC direction on who needs to quarantine:

- Anyone who has been in **close contact with someone who has COVID-19.**
- This includes people who previously had COVID-19 and people who have taken a serologic (antibody) test and have antibodies to the virus.

CDC definition of close contact:

- You were within 6 feet of someone who has COVID-19 for at least 15 minutes
- You provided care at home to someone who is sick with COVID-19
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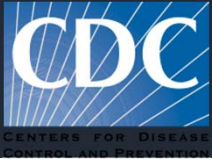
CDC DIRECTION ON QUARANTINE

Stay home until 14 days after last exposure and maintain social distance (at least 6 feet) from others at all times

Self-monitor for [symptoms](#)

- People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

*This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.



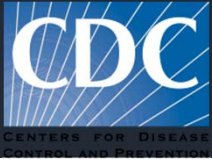
CDC DIRECTION ON LENGTH OF QUARANTINE

Scenario 1: Close contact with someone who has COVID-19—will not have further close contact

- I had close contact with someone who has COVID-19 and will not have further contact or interactions with the person while they are sick (coach, teammate, neighbor, or friend)
- Your last day of quarantine is 14 days from the date you had close contact



Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.



CDC DIRECTION ON LENGTH OF QUARANTINE

Scenario 2: Under quarantine and had additional close contact with someone who has COVID-19

- I live with someone who has COVID-19 and started my 14-day quarantine period because we had close contact. What if I ended up having close contact with the person who is sick during my quarantine? What if another household member gets sick with COVID-19? Do I need to restart my quarantine? (Mom has it, then Dad has it, etc.)
- Yes. You will have to restart your quarantine from the last day you had close contact with anyone in your house who has COVID-19. Any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine.



Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.



CDC DIRECTION ON WHEN YOU CAN BE AROUND OTHERS AFTER COVID-19?

I think or know I had COVID-19, and I had symptoms:

You can be around others after:

- 10 days since symptoms first appeared **and**
 - 24 hours with no fever without the use of fever-reducing medications **and**
 - COVID-19 symptoms have improved (for example, cough, shortness of breath) **and**
 - Consulting with your primary care physician if it is safe to be around others once received from COVID-19
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- Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results
 - For more information when you can reintegrate, please refer to the [CDC Guidelines](#) for ending home isolation.



CDC: DIRECTION ON PREPARING FOR WHEN SOMEONE GETS SICK

- Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure safe and correct use and storage of cleaning external icon and disinfection products, including storing them securely away from children.
- Notify Health Officials and Close Contacts.
- In accordance with state and local privacy and confidentiality laws and regulations, youth sports organizations should notify local health officials, youth sports program staff, umpires/officials, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA) external icon and other applicable laws and regulations.
- Work with local health officials to develop a reporting system (e.g., letter) youth sports organizations can use to notify health officials and close contacts of cases of COVID-19.
- Advise those who have had close contact with a person diagnosed with COVID-19 to stay home and self-monitor for symptoms, and to follow CDC guidance if symptoms develop.

CLUB WEBINAR

(WEBINAR: AUGUST 26TH)

Poll: My club is interested in reporting metrics on soccer participation.

The opportunity is to aggregate metrics across the state to identify the impact of soccer participation on COVID-19 spread.

