

RETURN TO PLAY/ACTIVITY PROTOCOL POST-COVID 19 EXPOSURE

(7/8/2021)

Athlete has known exposure to a confirmed positive COVID-19 case.

Quarantine for 14 days from last known date of exposure.
Shorter quarantine options may be available, contact your local health department for further details.

No symptoms

Symptoms

- COVID-19 SYMPTOMS**
- Diarrhea, vomiting or nausea
 - Fever over 100.0
 - Headache
 - Muscle or body aches or fatigue
 - New loss of smell or taste
 - New or worsening cough
 - Runny nose or congestion
 - Shortness of breath or trouble breathing
 - Sore throat, different than your seasonal allergies

Consult with healthcare provider (MD/DO/PAC/ARNP) for further evaluation and medical clearance.

Begin gradual return to play. Monitor for chest pain/pressure, difficulty breathing, dizziness, decreased exercise tolerance and fainting. If athlete experiences these symptoms, consult with healthcare provider (MD/DO/PAC/ARNP) before returning to sports.

Athlete has symptoms consistent with COVID-19 but has not been tested.

Athlete was confirmed positive for COVID-19 infection with symptoms.

Not hospitalized

Hospitalized

Athlete has symptoms consistent with COVID-19; received a negative test result.

Consult with healthcare provider (MD/DO/PAC/ARNP) to determine if gradual return to play is recommended. If so, proceed with return to play protocol for COVID-19 positive patient.

Athlete may begin **gradual return** to play once medically cleared by a licensed health care provider and 10 days have passed since symptom onset OR positive test AND fever free/symptoms improving. Monitor for chest pain/pressure, difficulty breathing, dizziness, decreased exercise tolerance and fainting. Discontinue the return to play protocol and return to your health care provider for further evaluation if the athlete experiences these symptoms with exercise.



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