

WCYHA COVID EXPOSURES AND INFECTIONS PROTOCOL

1. Any player, or family member, who has been exposed, on quarantine, awaiting test results, or has tested positive, must be reported to WCYHA Covid Directors, Chad Muchow, Deanna Krell and Don Snider, for proper contact tracing & notification if necessary. These individuals should avoid all WCYHA sanctioned activities until a plan of action has been determined.
2. If you, your player, or a member of your family is sick or has symptoms of an illness, you, your player, and family members should stay home regardless of what may be causing your illness.
3. Per CDC, "Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms."
4. "Close contact" is defined as being within 6 feet of someone with COVID for a total of 15 minutes or more in a 24 hour period irrespective of whether the person with COVID or the contact was wearing a mask or whether the contact was wearing respiratory personal protective equipment (PPE).
5. Any player, coach, or family member who has had "close contact" with an individual with known or suspected COVID infection should follow CDC guidelines about quarantine. Please visit:
<https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>
- Current guidelines require an individual who has had close contact with someone who had COVID-19 to stay home for 10 days after the last contact. Quarantine can end after day 10 without testing and if no symptoms have been reported during daily monitoring. Quarantine can also end after day 7 with a negative diagnostic test and no symptoms were reported during daily monitoring.
- Close exposure that occurs more than 2 days before symptoms started, or 2 days before a positive test for someone asymptomatic, does not require quarantine.
- If no symptoms develop after 10 days of quarantine, the player, coach, or family member may return to normal activity.
- Individuals who have recovered from COVID-19 illness do not need to quarantine if re-exposed within 90 days of the initial diagnosis.
6. If a player or coach contracts COVID-19, they should isolate themselves. Please visit:
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>
- If symptomatic
 1. At least 10 days after onset of symptoms, AND
 2. At least 24 hours with no fever without fever reducing medication, AND
 3. Other symptoms of COVID-19 are improving.NOTE: Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation

- If asymptomatic
 1. At least 10 days after their first positive COVID-19 test.