



Triad Hockey Alliance COVID-19 Exposure Guidelines

I have been exposed to a person positive with COVID-19. What do I do?

I am not vaccinated. Quarantine at home and avoid contact with other members of your household for 10 days past your exposure. Get tested immediately if experiencing symptoms. If you have no symptoms, wait at least six days after exposure before getting tested. Even if the test comes back negative, continue to quarantine for 10 days after exposure to COVID-19.

I am vaccinated. Get tested between days 3-5 post exposure. Continue to mask. No quarantine is needed unless your test is positive.

Whether you are vaccinated or not and you start to experience any symptoms, stay at home and test again!

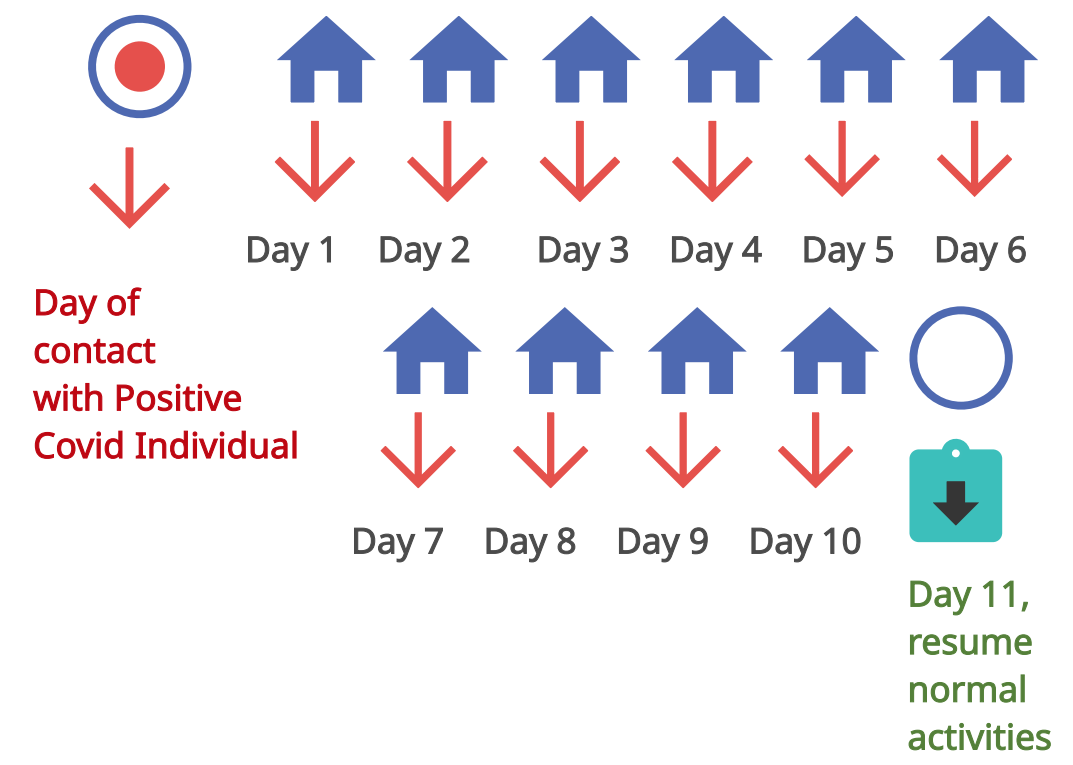
I tested positive. Remain home under quarantine for 10 days. You may return to team activities after 10 days and once you are symptom free for 24 hours without fever reducing medication.

I tested negative. Remain home under quarantine for 10 days. If you remain symptom free, you may return to team activities after 10 days post exposure.

I tested positive. Remain home under quarantine for 10 days. You may return to team activities after 10 days and once you are symptom free for 24 hours without fever reducing medication.

I tested negative. No need to quarantine. You may continue team activities.

Quarantine Guide:



These suggestions are based on guidelines from the CDC and NCDHHS and are subject to change