

CDC Guidelines for COVID 19

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

Close contact

<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>

Someone who has been within 6 feet of an infected person (laboratory-confirmed or a clinically compatible illness) for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes in one day). An infected person can spread SARS-CoV-2 starting from 2 days before they have any symptoms (or, for asymptomatic patients, 2 days before the positive specimen collection date), until they meet criteria for discontinuing home isolation.

We continue to use a 48 hour look back to determine who may have had exposure. Example, player develops symptoms on a Monday could have exposed his/her teammates at their games on Saturday/Sunday.

Quarantine after Exposure

Unvaccinated

Quarantine is necessary for non-vaccinated individuals after exposure to a COVID positive individual.

Quarantine for non-vaccinated individuals remains either 10 days or reduced to 7 days if negative testing is obtained on or after day 5.

Vaccinated

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>

Fully vaccinated is defined as 2 weeks after the second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.

Quarantine is not necessary for those who have been fully vaccinated and shows no symptoms of COVID-19. However, per CDC guidelines, "Fully vaccinated people **should** get tested 3-5 days after their exposure, even if they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative."

In an ideal situation, a vaccinated player would test on day 3 prior to returning to club activities since it is not feasible for the player to wear a mask while indoors on the ice. This is a suggestion (if you will), certainly not a regulation or mandate as the language used by the CDC clearly says "should." It would be within your players rights to choose not to test. The vaccinated player may continue with activities within the club.

Isolation due to Infection

Player remains isolated at home for 10 days from onset of symptoms or 10 days from positive test (if no symptoms are present). The infected individual may return to activities if their symptoms are improved, and he/she remains fever free for 24 hours without the use of fever-reducing medications.

**loss of taste and smell may persist for weeks to months and need not delay the end of isolation.

If a person has had COVID-19 infection and has fully recovered/remains without COVID-19 symptoms within the prior 3 months, this individual does not need to quarantine after having close contact with a COVID positive individual.

Variants

There are currently 4 variants of concern in the US. Predominant one being the Delta variant. Usually, people become ill within 2-3 days of exposure and can test earlier to determine illness. Testing early does not reduce quarantine – you must retest on day 5 to reduce quarantine to 7 days or complete full 10-day quarantine.

Miscellaneous

- Does a positive antibody test mean I am immune to the coronavirus disease?
A positive antibody test does not necessarily mean you are immune from SARS-CoV-2 infection, as it is not known whether having antibodies to SARS-CoV-2 will protect you from getting infected again.

An antibody test is not interchangeable with having vaccination status.

<https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/antibody-serology-testing-covid-19-information-patients-and-consumers#:~:text=A%20positive%20antibody%20test%20does,from%20getting%20infected%20again.>

- Asking for your membership to voluntarily provide vaccination status prior to having exposure and need for quarantine may assist your organization and the DVHL in making expedited decisions for your team. Please consider asking your membership in advance is appropriate for your organization.