



Individuals Confirmed, Suspected, or Exposed to COVID-19

•Any player, coach, or staff who are diagnosed with COVID-19 may not return until all three of the following criteria are met:

- 1) at least 3 days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications)
- 2) the individual has improvement in symptoms (e.g., cough, shortness or breath)
- 3) at least 10 days have passed since symptoms first appeared.

•In the case of an individual who has symptoms that could be COVID-19 and who is not evaluated by a medical professional or tested for COVID-19, such individual may not participate in practice or games until the individual has completed the same three-step set of criteria listed above.

•Any individuals-including players, coaches, and staff who cannot pass the self-screen health protocol and who exhibit symptoms that could be COVID-19 will not be allowed to participate in practice or games until the individual can provide the Saints SC with an alternative diagnosis from a medical physician.

Cough

Shortness of breath or difficulty breathing

Chills

Repeated shaking with chills

Headache

Sore throat

Muscle Pain

Loss of taste or smell

Diarrhea

Feeling feverish or have a temperature greater or equal to 100.0 degrees

Known close contact with a person who is lab confirmed to have COVID-19

•Any individual that has come in close contact with someone who is lab-confirmed to have COVID-19 should stay at home throughout the 14-day incubation period and should not attend practice or games. After the 14-day incubation period has concluded, and if the individual did not experience COVID-19 symptoms during that period, the individual can return with a medical physician note stating the individual did not have COVID-19 symptoms.

Saints SC