

Kings Hockey Club

July 17, 2020

Re: COVID Update

The Board has tried to better educate itself on what is now considered to be the “best practices” for dealing with COVID issues. In coming up with the following summary, we have consulted with three physicians,

Some people who are exposed to COVID-19 come down with symptoms of the disease (fever; cough; shortness of breath; fatigue; muscle or body aches; headache; loss of taste or smell; sore throat; congestion or runny nose; nausea or vomiting; diarrhea), but usually not until 2-14 days after exposure. If you develop of any of these symptoms, you should immediately stay home and isolate yourself from other people, and call your primary care provider to seek medical advice.

Because the above-described symptoms usually do not appear for 2-14 days after exposure, it is critical that you self-isolate immediately upon your becoming aware of the fact that you have been exposed. If you decide to get tested, you cannot wait for your test results in order to start your self-isolation, as you could be contagious while waiting.

1. If you have come into “**close contact**” (i.e., less than 6 feet away for more than 15 minutes<sup>1</sup>) with a person who either (a) has symptoms of COVID-19, or (b) who has tested positive for COVID-19 but has no symptoms, then unless the person with whom you have had such close contact has already met the self-isolation guidelines (see #3 below), you should self-isolate (stay at home) until 14 days after your last exposure and, in the meantime, maintain social distance from all others. While in self-isolation, you should check yourself for symptoms (temperature, cough, etc.) and if symptoms develop, you should seek medical care.
2. If you have symptoms of COVID-19, then you should self-isolate and seek medical advice. Your self-isolation should continue for at least 3 days (72 hours) after your symptoms (no fever without the use of aspirin, and no other symptoms) have abated, and for at least 10 days have passed since your symptoms first appeared<sup>2</sup>.
3. If you are self-isolating (either because you came in close contact with someone with COVID-19, or because you, yourself, tested positive for COVID-19), but you do not have any symptoms, you can discontinue your self-isolation using the following standards:

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<sup>1</sup> The CDC recently increased its 10-minute standard to 15 minutes. You may wish to be more conservative than 15 minutes.

<sup>2</sup> You can also discontinue your self-isolation if you have had two consecutive negative COVID tests where the sample were collected at least 24 hours apart. However, very few individuals (even medical providers) are getting follow-up tests, and, instead, are coming out of isolation based on the length of time they have remained symptom-free.

- (a) At least 10 days have passed since your exposure or positive test result and you have not subsequently developed symptoms<sup>3</sup>; or
- (b) You have no symptoms and have received at least two consecutive negative COVID-19 test results that were collected at least 24 hours apart.

These guidelines can be found on the website of the CDC entitled “Coronavirus Disease 2019”.  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Finally, it appears that about 40% of people with COVID-19 exhibit no symptoms and don’t know that they are infected with the virus, **but can still spread the infection to others**. That means when you come into contact with those persons, you will likely not know that you have been in such close contact until you are later informed of their condition. As such:

- A. You should not mingle with others who are not part of your “pod” without wearing a mask, as you are exposing yourself, members of your pod (family / friends), and others to needless risk of infection.
- B. If you learn you have been exposed to COVID-19 or come down with COVID symptoms, then, in addition to immediately self-isolating, it is essential that you immediately tell Michael Rabe or Trisha Bond so that we can advise the other Club members, and they can determine whether they have been in “close contact” with you (in which case, they also need to self-isolate).

**This letter is not intended to constitute medical advice: you should seek that advice from your personal physician. Instead, the Board is simply sharing with you a compilation of the general recommendations for dealing with COVID that we have been able to find in the hope that we can avoid a needless spread of the virus within our Club, as we are all a part of a closely interacting community.**

The Kings Hockey Club will only use the information provided for the protection of the Club and its members. We will not share names and or specific information as we respect the privacy of our members.

The Board respectfully requests that all Members carefully follow these guidelines (and any more stringent protocol your personal physician may recommend). Please let me know if you have questions.

For any know exposure or positive test results please reach out to:

Trisha Bond [trish.bond@kingshshockey.com](mailto:trish.bond@kingshshockey.com)

Michael Rabe [michael.rabe@kingshshockey.com](mailto:michael.rabe@kingshshockey.com)

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