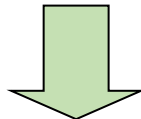


Symptoms or Confirmed Test for COVID-19 of Player or Coach Guidance Flow Chart

Player or coach tests positive for COVID-19 **OR** is symptomatic for COVID-19 (has any of the following symptoms):

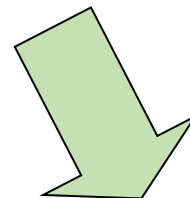
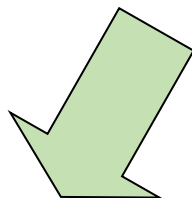
- Fever/chills
- Cough
- Shortness of breath
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion / runny nose
- Nausea / vomiting
- Diarrhea



Check temperature twice daily and self-monitor symptoms

- Document temperature checks and any symptoms experienced on the DMPS Illness Tracker – Sports form

Follow-up with healthcare provider / urgent care as needed or if symptoms start to worsen



Player / coach must **not** return to practice and/or games until **all three** of these criteria have been met:

- No fever for at least 72 hours
 - That is three full days of being fever free without the aid of fever-reducing medicines such as: Acetaminophen, Tylenol, Ibuprofen, Advil
- At least 10 days have passed since your symptoms started
- Other symptoms have improved

**A person may return sooner-- if they have 2 negative test results 24 hours apart, and are fever free, and symptoms are improved. The coach / player would need to show proof of the 2 negative test results.*

If player or coach had close contact (less than 6 feet, greater than 15 minutes) with **other players, coaching staff or support staff** at any time 48 hours prior to the onset of their symptoms to the time they are “cleared” to return to they must:

- Stay home until 14 days after last exposure
- Maintain social distance (at least 6 feet) from others at all times
- Check temperature twice daily and self-monitor for symptoms
 - Document temperature checks and any symptoms experienced on the DMPS Illness Tracker – Sports form.