

DIOCESE OF ERIE

FOOTBALL ASSOCIATION

COVID-19 Return to Safe Play Plan (RTSP Plan) as of 7/21/20

DEFA is an acronym used to describe a cooperation of Erie Region Private Grade Schools to form football teams at the grade school level; grades 2-8.

The schools included in this football co-op are:

Blessed Sacrament, Our Lady of Peace, St. George, St. James, St. Jude, St. Luke, Mother Teresa Academy, St. Gregory and Luther Memorial

The following plan outlines the preliminary policy, protocol, and guidelines for a return to athletic participation within the Diocese of Erie Football Association (DEFA). As more public health information is available, administration will work with our students and coaches to release further guidance which could impact our athletic seasons.

Introduction:

The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control and Prevention (CDC), among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current research suggests there are many steps schools can take to reduce the risks to students, coaches, and their families

In this document, we lay out the guidance from the Pennsylvania Interscholastic Athletic Association (PIAA) and best practices in the areas of classification of sports, gathering size limitations, and levels of participation guidance so that all stakeholders will have a level of awareness of those points. The document concludes with Diocese of Erie Football Association (DEFEA) specific policies, outlined either in congruence with or increased precaution in reference to the guidelines provided. An appendix has been added with helpful information from the CDC regarding COVID-19 and the PA Department of Health information on contact tracing.

The Diocese of Erie Football Association (DEFA) will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA Department of Health, as well as the NFHS and PIAA. The knowledge regarding COVID-19 is constantly changing as new information and treatments become available. Thus, these recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and, eventually, spectators.

PIAA Classification of Sports:

High Risk: Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. Examples: football, wrestling, cheerleading (stunts).

Moderate Risk: Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports that use equipment that can't be cleaned between participants. Examples: basketball, volleyball, baseball, softball, soccer, hockey, tennis, water polo, pole vault, high jump, long jump, 7 on 7 football.

Low Risk: Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors. Examples: running events, cross country, throwing events, swimming, golf, weightlifting, sideline cheer.

** High/Moderate Risk Sports may move to a Low risk category with non-contact modifications. Team activities should be limited to individual skill development drills that maintain social distancing.

Pennsylvania Group Size Limitations:

Any sports-related activities in Yellow or Green phased counties must adhere to the gathering limitations set forth by the Governor's Plan for Phased Reopening (25 in yellow inside, 250 in green outside, 25 indoors in green per PA DOH order on July 15th) and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law. During the Yellow and Green phases of reopening, sports-related activities at the PK-12 level are limited to student athletes, coaches, officials, and staff only. The addition of visitors and spectators will be contingent upon future health conditions within the state and local communities.

PIAA Levels of Participation Guidance:

Level 1 (PA State Red) Team Activities: No in-person gatherings permitted, athletes and coaches may communicate via online meetings (ex. Zoom), athletes may participate in individual home workouts including strength and conditioning.

- All school facilities remain closed as per PA State Guidelines.
- Athletes and coaches should abide by guidelines set forth by the local and state governments

Level 2 (PA State Yellow or Green): Team Activities may include team meetings, open gym, kick around, weight training/conditioning, running events, cross country, throwing events, swimming, golf and cheer, etc.

Pre-workout Screening:

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. The screenings could range from a verbal/written questionnaire to a temperature check or both. (school plan outlined below)
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student or coach develops COVID-19.
- Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. A clearance may be required to return to play.

Limitations on Gatherings:

- Per Governor's Plan for Phased Reopening (25 in yellow inside, 250 in green outside, 25 indoors in green per PA DOH order on July 15th) and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law
- Controlled non-contact practices only, modified game rules
- Social Distancing should be applied during practices and in locker rooms and gathering areas

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease
- Athletic facilities should be cleaned prior to arrival and post workouts and team gatherings; high touch areas should be cleaned more often

- Exercise equipment should be wiped down after an individual's use
- Appropriate clothing/shoes should always be worn in the weight room to minimize sweat from transmitting onto equipment surfaces

Physical Activity:

- Lower risk sports practices may begin
- Modified practices may begin for Moderate and High-risk sports (workouts must remain noncontact and include social distancing where applicable, activity should focus on individual skill development)
- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies
 - Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary (or students using them will need to wear gloves)
- Hand Sanitizer should be used periodically as resources allow

Hydration:

- Students MUST bring their own water bottle. Water bottles must NOT be shared
- Hydration stations (water coolers, water fountains, water cows, water troughs, etc.) should NOT be utilized

Level 3 (PA State Green):

Team activities may include basketball, volleyball, baseball, softball, soccer, hockey, water polo, tennis, pole vault, high jump, long jump, 7 on 7 football, etc.

Pre-workout Screening:

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. The screenings could range from a verbal/written questionnaire to a temperature check or both. (school plan outlined below)
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student or coach develops COVID-19.
- Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. A clearance may be required to return to play.

Limitations on Gatherings:

- Per Governor's Plan for Phased Reopening (25 in yellow inside, 250 in green outside, 25 indoors in green per PA DOH order on July 15th) and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law
- When not directly participating in practices or contests, social distancing should be considered and applied when able

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease
- Athletic facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often
- Exercise equipment should be wiped down after an individual's use

Physical Activity and Athletic Equipment:

- Low, Moderate, and High risk practices and Low and Moderate Risk competitions may begin (As per State, Local, and PIAA Guidelines)
- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary
- Hand Sanitizer should be used periodically as resources allow

Hydration:

- Students MUST bring their own water bottle. Water bottles must NOT be shared
- Hydration Stations may be used but MUST be cleaned after every practice/event

Level 4 (PA State Green):

Team Activities include: Low/Moderate Sports may resume. High risk sports (football, wrestling, and cheerleading stunting) may begin full person to person contact and competition.

Pre-workout Screening:

- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. The screenings could range from a verbal/written questionnaire to a temperature check or both. (school plan outlined below)
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student or coach develops COVID-19.
- Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. A clearance may be required to return to play.

Limitations on Gatherings:

- Per Governor's Plan for Phased Reopening (25 in yellow inside, 250 in green outside, 25 indoors in green per PA DOH order on July 15th) and the facility as a whole may not exceed 50% of total occupancy otherwise permitted by law

- When not directly participating in practices or contests, social distancing should be considered and applied when able

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease
- Athletic facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often
- Exercise equipment should be wiped down after an individual's use
- Appropriate clothing/shoes should always be worn in the weight room to minimize sweat from transmitting onto equipment surfaces

Physical Activity and Athletic Equipment:

- All sports may resume normal practice and competition
- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary
- Hand Sanitizer should be used periodically as resources allow
- Spotters for maximum weight lifts should be stationed at each end of the bar

Hydration:

- Students MUST bring their own water bottle. Water bottles must NOT be shared
- Hydration Stations may be used but MUST be cleaned after every practice/event

Sidelines/Bench:

- Sidelines/Bench – appropriate social distancing will need to be maintained on sidelines/bench during contests and events, as deemed necessary by the school, PIAA, state and local governments. Consider using tape as a guide for students and coaches

Who should be allowed at events?

Group people into tiers from essential to non-essential and decide which will be allowed at an event:

- Tier 1 (Essential) – Athletes, coaches, officials, event staff, medical staff, security
- Tier 2 (Preferred) – Media
- Tier 3 (Non-essential) – Spectators, vendors
- Only Tier 1 and 2 personnel will be allowed to attend events until state/local governments lift restrictions on mass gatherings
- Changes to seating capacity and social distancing may be necessary for each venue facility and will be determined as more recommendations are released by the local/state governments

Overnight/Out of State Events/ Events in COVID-19 Hot Spots:

- The schools that participate in the DEFA co-op will evaluate each event and follow all local/state government guidelines on a case by case basis. Every consideration will be taken as to not expose students to unnecessary or potential high-risk exposure

Concessions:

- Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

DEFA and Facility Use Policies, Procedures, and Protocols:

1. DEFA staff will review and consider the CDC and PA DOH guidance on consideration for youth sports and work with the appropriate stakeholders to modify practices and games to mitigate the risk of spreading the virus. This may include focusing on individual skill building versus competition and limiting contact in close contact sports in conjunction with PIAA Guidelines.
2. All students participating and their parent(s)/guardian(s) will be required to sign a "Participation Waiver for Communicable Diseases Including COVID-19" form. That form will need to be completed and on file before they are able to participate in any practices/events.
3. The primary point of contact for all questions related to COVID-19 and DEFA is Mr. Douglas Chuzie, Director of Athletics. dchuzie@eriercd.org or 814-824-1245 (Office).
4. Should a student or coach receive a positive test for COVID-19 who has been within our facilities, or has a confirmed member of their household with COVID-19, we will immediately consider shutdown of that facility or affected areas for 24 hours to enable a deep clean to occur to prevent the spread of the virus. We will disinfect the facility in accordance with CDC and PA DOH guidelines.

- Individuals with confirmed cases of COVID-19 will not be permitted back to play / coach until at least 24 hours have passed since last fever (without the use of fever-reducing medications), symptoms have improved, 10 days have passed since symptoms first appeared. **There must be written medical clearance provided from their physician or appropriate healthcare professional.** (See Appendix with CDC recommendations)

- All individuals who came in close contact with the infected individual (less than six feet for about 15 minutes) at either an athletic event or in their personal lives, will be excused from practices/events and asked to quarantine for 14 days while self-monitoring for symptoms.

5. Student athletes or coaches who have symptoms of acute respiratory illness are recommended **to stay home** and not come to practice/events until they are free of fever (100.4° F [37.8° C] or greater), signs of a fever, and any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines (e.g. cough suppressants). The following symptoms may appear 2-14 days after exposure.
 - Fever (If you do not have thermometer, we may be able to take your temp.)
 - Cough (dry cough, no runny nose)
 - Shortness of breath
 - Sore throat (possibly one of the first symptoms)
 - Pneumonia (with high fever, difficulty breathing)
 - Heavy nasal congestion (drowning feeling)
6. Educational materials will be made available to all students and families (included in the appendix at the end of this document) and coaches will review with all of their student-athletes' symptoms of COVID-19, when to stay home from practice/events, and proper handwashing/sanitizing.
7. All coaches, staff, and other adult personnel are at all times required to wear face coverings (masks or face shields), unless they have a medical or mental condition or disability, documented in accordance with the Americans with Disabilities Act, that precludes the wearing of a face covering. If a coach, staff member or adult personnel is affected in this way, they must confer with the principal before starting any coaching duties.
8. Coaches and athletes must maintain appropriate social distancing at all times possible, including in the field of play, locker rooms, sidelines, dugouts, benches, and workout areas. During down time, athletes and coaches should not congregate.
9. Coaches and athletic staff must screen and monitor athletes for symptoms prior to and during practices/events. If individuals participating in sporting activities show symptoms, have a temperature of 100.4 degrees or higher, or are sick, they must be sent home. Coaches/trainers/staff will ask students a series of questions and take their temperature at the beginning of each practice, recording results in a log.
10. All athletes, coaches, and staff must bring their own water and drinks to team activities. Team water coolers for sharing through disposable cups are not allowed. Fixed water fountains should not be used.
11. Activities that increase the risk of exposure to saliva must not be allowed including chewing gum, spitting, licking fingers, and eating sunflower seeds.
12. Avoid shaking hands, fist bumps, or high fives before, during or after games and practices. Limit unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators.
13. Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users. For the time being, locker rooms and the weight rooms will remain closed, student-athletes should come ready to practices/events in appropriate attire. Notification will be sent out when this changes.
14. Each athletic team reporting for a practice/event at Seton Catholic School will be required to enter and exit (drop off/pick up) through specific areas to reduce additional student-athlete contact.

Education:

Education Staff, coaches, parents and student-athletes will be educated on the following:

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.)
- No Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging), etc.
- The content of this Return to Safe Play Plan
- Any pertinent COVID-19 information released by state/local governments, NFHS and PIAA
- Students should be prepared to come dressed for activity
- Limit indoor activities and the areas used. Locker room use may be curtailed, and showers cannot be used
- Student athletes should remain with their assigned groups during each workout and during daily workouts to limit the number of people they come in contact with
- No students allowed in training areas without the presence of an athletic trainer

For all levels of athletics:

1. Anyone who is sick must stay home.
2. Educate athletes, coaches, and staff on health and safety protocols, including COVID-19 signs and symptoms.
3. Plan in place if an athlete or coach gets sick.
4. Identify staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions. (See - CDC “People Who are at a Higher Risk for Severe Illness”)
5. Intensify cleaning, disinfection, and ventilation in all facilities. Intensify cleaning and disinfection of shared equipment.
6. Athletes and coaches **MUST** provide their own water bottle for hydration. Water bottles must not be shared. Water re-fill stations / water fountains must **NOT** be used.
7. Athletes, Coaches, and Staff will undergo a COVID- 19 health screening prior to any voluntary workout, practice, event or team meeting. The type of screening will be dependent upon the available resources and the Phase level. The purpose is to check for signs and symptoms of COVID-19. The screenings could range from a verbal/written questionnaire to a temperature check or both. Temperatures registering at 100.4 or higher will be sent home
8. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap) and coaches wearing a facemask as feasible. (Facemasks will not be used for athletes while practicing or competing; only when arriving on site.) Hand Sanitizer will be available for team use.

9. Face coverings will be worn at all times by all coaches. Coaches are to put on their face covering prior to leaving their vehicle upon arrival on site and continue to wear the face covering until returning to their vehicle after their team activity concludes.
10. Athletes will wear face covering upon arrival on site and during the health screening process, unless they fall under an exception listed by the PA Department of Health Mask Order (listed in Section 3 of the Order). Athletes must wear face coverings unless they are outdoors and can consistently maintain social distancing of at least six (6) feet. Athletes are not required to wear face coverings while actively engaged in workouts and competition that prevent the wearing of face coverings, but must wear face coverings when on the sidelines, in the dugout, etc. and anytime six (6) feet of social distancing is not possible.
11. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible
12. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures and updates to policies and procedures
13. Gloves, masks, and eye protection will be used as needed and situations warrant, or determined by local/state governments
14. Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry

REMINDERS FOR ALL PARTICIPANTS

1. You must have a participation waiver signed by both parents/guardians and yourself
2. You must come dressed and ready for activity. There will be no locker room use.
3. You must wear a face covering upon arrival to site check-in (see #10 above for details)
4. You must go through a health screening upon arrival to site check-in
5. You must bring your own water bottle with your name on it (no re-fill stations available)
6. You must wear a mask anytime you are not actively engaged in your sport (see guidelines)

POSITIVE CASES AND COACHES, STAFF, OR ATHLETES SHOWING COVID-19 SYMPTOMS

What are the signs and symptoms of COVID-19?

Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. Symptoms may include:

- Fever or chills (100.4 or High)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

What to do if you are sick?

- If you are sick with COVID-19 or think you are infected with the virus, STAY AT HOME. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice
- Notify the school immediately (principal, athletic director, athletic trainer, coach)
- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and /or monitored for symptoms
- If a positive case of COVID-19 is diagnosed, contact tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH

What to do if a student or staff become ill with COVID-19 symptoms during practice, event, or during transportation to or from an event?

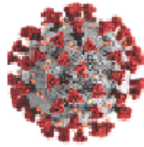
- The ill individual will be isolated / distanced from others, until the student or staff member can leave the school or event
- If a student comes down with a temperature and/or begins to show symptoms of being sick, the parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up
- Ill individual will be asked to contact their physician or appropriate healthcare professional for direction

Return of student or staff to athletics following a COVID-19 positive diagnosis?

- Student or staff must have written medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea and fit to return to athletic activity.

APPENDIX

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



CS174823 04/15/2020

cdc.gov/coronavirus

BACKGROUND

Contact tracing is the process of reaching out to anyone who came into close contact with an individual who is positive for COVID-19. Contact tracing helps monitor close contacts for symptoms and to determine if they need to be tested. Contact tracing is a key strategy for preventing the further spread of infectious diseases such as COVID-19.

WHAT DOES THIS PROCESS LOOK LIKE?

- In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then inform individuals who have had close contact (e.g. “close contacts”) that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them.
- Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.
- Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain social distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms.
- If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

- A **case** is a patient who has been diagnosed with COVID-19. A case should isolate themselves, meaning they should stay away from other people who are not sick to avoid spreading the illness.
- A **close contact** is an individual who had close contact with a case while the case was infectious. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.
- A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.

When You Can be Around Others After You Had or Likely Had COVID-19

Updated July 16, 2020 by the CDC

https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprevent-getting-sick%2Fwhen-its-safe.html

If you have or think you might have COVID-19, it is important to stay home and away from other people. Staying away from others helps stop the spread of COVID-19. **If you have [an emergency warning sign \(including trouble breathing\)](#)**, get emergency medical care immediately.

When you can be around others (end home isolation) depends on different factors for different situations.

-Find CDC's recommendations for your situation below.

1. I think or know I had COVID-19, and I had symptoms

You can be with others after

- At least 10 days since symptoms first appeared **and**
- At least 24 hours with no fever without fever-reducing medication **and**
- Symptoms have improved

Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you are tested, you can be around others when you have no fever, respiratory symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart.

2. I tested positive for COVID-19 but had no symptoms

If you continue to have no symptoms, you can be with others after:

- 10 days have passed since test

Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others after you receive two negative test results in a row, at least 24 hours apart.

If you develop symptoms after testing positive, follow the guidance above for "I think or know I had COVID, and I had symptoms."

3. I have a weakened immune system (immunocompromised) due to a health condition or medication. When can I be around others?

[People with conditions that weaken their immune system](#) might need to stay home longer than 10 days. Talk to your healthcare provider for more information. If testing is available in your community, it may be recommended by your healthcare provider. You can be with others after you receive two negative test results in a row, at least 24 hours apart.

If testing is not available in your area, your doctor should work with [an infectious disease expert at your local health department](#) to determine if you are likely to spread COVID-19 to others and need to stay home longer.

4. For Anyone Who Has Been Around a Person with COVID-19

It is important to remember that anyone who has close contact with someone with COVID-19 should stay home for 14 days **after exposure** based on the time it takes to develop illness.

Close contact has been loosely defined as within 6 feet of individual for a period of 15 minutes. Close contact in each case will be determined by the Department of Health professional contact tracers.

RESOURCES:

NFHS: Guidance for Opening Up High School Athletics and Activities (per update on May 2020)

Covid 19 Fact Sheet:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf#:~:text=COVID%2D19%20can%20spread,has%20COVID%2D19.>

Contact Tracing Information:

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Contact-Tracing.aspx>

Centers for Disease Control and Prevention

Website: [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

“What You Should Know About COVID-19 to Protect Yourself and Others”,
“Schools Decision Tree”

PA Department of Health

Website: [health.pa.gov](https://www.health.pa.gov)

“Coronavirus Symptoms”

“What is Contact Tracing”

“Phased Reopening Plan by Governor Wolf”

A Guide to Re-Entry to Athletics in Texas Secondary Schools

By Jamie Woodall, MPH, LAT, ATC, CPH and Josh Woodall Med, LAT, ATC

Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes and the Public

<https://www.governor.pa.gov/covid-19/sports-guidance/>

Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

<https://www.governor.pa.gov/covid-19/restaurant-industry-guidance/>