

DPYH COVID-19 EXPOSURE PROTOCOLS

COVID-19 Symptoms with No Known Exposure	Known or Possible Exposure to COVID-19 Positive Individual		COVID-19 Positive Test or Diagnosis
Cough, shortness of breath or difficulty breathing, new loss of taste or smell, congestion or runny nose, fever or chills, nausea or vomiting, diarrhea, headache, fatigue, muscle or body aches, sore throat	NON-CLOSE CONTACT: I was more than 6 feet away OR I was closer than 6 feet but for less than 15 minutes total during the day	CLOSE CONTACT: I was exposed (see definition below), to a positive individual within 48 hours of their symptoms onset	Notify your head coach and team manager of absence and fill out the COVID-19 Reporting form found on the DPYH Website
Notify your head coach and team manager of symptoms	Follow CDC guidelines: continue physical distancing, continue frequent hand-washing, continue to wear a face covering	Notify your head coach and team manager AND complete the COVID-19 Reporting Form found on the DPYH Website	Begin 10-day quarantine from the time of your test or the onset of symptoms, whichever is earlier
Follow CDC guidelines: Stay at home, separate yourself from others, contact your healthcare provider for further guidance	RETURN TO HOCKEY Continue to monitor your symptoms	Begin quarantine from the last known contact with known positive individual. Quarantine can end after: - Day 10 without testing, if no symptoms have been reported during daily monitoring, or - Day 7 if the result of a diagnostic COVID-19 test is negative and if no symptoms have been reported during daily monitoring. A pending test result on day 7 is not sufficient to end quarantine early	Siblings and household members must stay home for 10 days AFTER the confirmed positive case has recovered, if they are unable to isolate from the positive case
You can return to hockey when: - You have written medical clearance, or - You have a negative diagnostic test for COVID-19, or - You have quarantined for 10 days after onset of symptoms and - You are symptom-free for at least 24 hours without medications	If symptoms develop, stay at home, separate yourself from others, contact your healthcare provider for further guidance	If symptoms develop, begin 10-day isolation from the day your symptoms began, follow CDC guidelines and contact your healthcare provider	*If any member of your household is being tested for COVID-19 for any reason, ALL household members must stay home until results have been received
			YOU CAN RETURN TO HOCKEY WHEN quarantine time is complete and have been symptom-free for at least 24 hours without medications

Definition of Close Contact

A person is considered a CLOSE CONTACT if ANY of the following are true:

- Were within 6 feet of a COVID-19 positive person for more than 15 minutes total (not continuous) in a day
- Had physical contact with the positive person
- Had direct contact with the respiratory secretions of the person (e.g., coughing, sneezing, contact with a dirty tissue, shared drinking glass, food etc.)
- Lives with or stayed at the home for at least one night in a household with the positive person

These CLOSE CONTACT criteria apply **regardless** of face covering use, face shields or other physical barriers such as Plexiglass or plastic barriers

Notification Procedures

DPYH will ensure that all who are directly affected are appropriately notified in accordance with health department guidelines and privacy laws.

Close Contacts: Players, coaches and staff who have been exposed will be notified via phone and required to begin quarantine.

Rink Staff: The rink manager will be made aware of a positive case at the rink and will be responsible for notification of rink staff.

Families: All families will be notified of a positive case at the rink, regardless of exposure level.

Quarantine Exception

Per the De Pere Health Department, if you have had a positive PCR test (also called a molecular test) for COVID-19 within the past 90 days and are not experiencing symptoms, you do not have to quarantine if exposed ("close contact") to COVID-19. You must provide a copy of the test report to your Head Coach and Team Manager before a quarantine exception may be granted.