

May 4, 2021

Important: carefully review the following procedure for a shortened quarantine (similar to the travel quarantine):

Protocol for athletes: (7 day with PCR test on or after day 5)

DAY 0	Day of Exposure to COVID positive person	Begin quarantine. Monitor for symptoms of COVID. Test and isolate with any symptom.
DAY 1	First full day after exposure.	Quarantine. Monitor for symptoms of COVID. Test and isolate for any symptom.
DAYS 5-7	Get a PCR COVID-19 test (such as a saliva test). Rapid antigen tests are not permitted. Day 7 is the last full day of quarantine.	Quarantine. Monitor for symptoms of COVID. Test and isolate for any symptom.
DAY 8	Return to sports if the PCR test is NEGATIVE and NO symptoms of COVID-19. *wear a mask, practice social distancing at all times outside of your household.	Proof of negative PCR test w/ date administered needs to be sent to school: lwatzl-king@isd282.org or covidhealth@isd282.org or jwest@isd282.org Continue to monitor for symptoms of COVID. Test and isolate for any symptom.
DAYS 8-14	Participate in outdoor sport, wear a mask, practice social distancing, provide your own transportation to games. *wear a mask, practice social distancing at all times outside of your household.	Monitor for any symptom Test and isolate for any symptom. *Stay away from people who are at risk of severe complications of COVID-19.

More common symptoms of COVID-19: Fever of 100.4 degrees or higher, new cough or a cough that gets worse, difficulty/hard time breathing, new loss of taste or smell.

Less common symptoms of COVID-19: sore throat, nausea, vomiting, diarrhea, chills, muscle pain, extreme fatigue/feeling very tired, new severe/very bad headache, new nasal congestion/stuffy or runny nose.

Individuals who do not get a COVID-19 test on or after day 5, do not qualify for the 7 day shortened quarantine, but can use a 10-day shortened quarantine.

Shortened quarantine without PCR test: (10 day)

Day 0	Day of exposure to COVID positive person.	Monitor for symptoms, isolate and test for any symptom.
Day 1-10	First full day after exposure is day 1, the last full day of quarantine is day 10.	Monitor for symptoms, isolate and test for any symptom.
Day 11-14	Resume sport if no symptoms of COVID-19. *Mask and social distance from others not in your household.	Monitor for symptoms, isolate and test for any symptom. *stay away from people who are at risk of severe complications of COVID-19.

** Athletes who are fully vaccinated (have completed the vaccine series **plus** two weeks) do not have to quarantine when exposed to COVID positive cases.

Examples of PCR (molecular) COVID-19 Tests:

MDH Vault COVID-19 test sites

ID Now Rapid Molecular Tests

Diagnostic PCR Tests

Tests that do NOT qualify for shortened quarantine include:

Rapid Antigen Tests

Home tests purchased at pharmacies such as Binax Now, Pixel home test, Ellum home test.