

Ephrata Athletic Department Return to Sport and Competition Safety Guidelines

The COVID-19 pandemic presents numerous challenges for returning to sports and athletics. 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. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to students, staff, coaches, and their families.

EASD will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. The EASD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. 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 spectators.

Recommendations: For ALL phases for Junior and Senior High School Athletics

1. Athletes, coaches, and staff should undergo a COVID-19 health screening prior to any practice, event, or team meeting. The type of screening will be dependent upon the available resources and the Phase Level. The purpose of the screening is to check for signs and symptoms of COVID-19.
2. Promote health hygiene practices such as hand washing (20 seconds with warm water and soap) and employees wearing a cloth face covering at all times, as required by the Pennsylvania Department of Health. (Face coverings are required to help decrease the potential exposure to COVID-19 respiratory droplets by an infected individual.) Hand sanitizer will be available for team use as needed.
3. Intensify cleaning, disinfection/sanitation, and ventilation in all facilities.
4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible.
5. Educate athletes, coaches, staff, and parents on health and safety protocols.
6. ANYONE who is sick should stay home.
7. Have an Action Plan (see appendix) in place for if a student or employee becomes sick.
8. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
9. Athletes and coaches MUST provide their own water bottles (labeled clearly with their name) for hydration. Water bottles will not be provided by the Athletic Training Room. Any athlete who does not come with at least one filled water bottle will not be permitted to participate that day. Coaches or Boosters can provide bottled water in special circumstances.

10. PPE (gloves, masks, eye protection) will be used as needed and situations warrant or as determined by local/state governments.
11. Staff and students who may be at a higher risk of severe illness from COVID-19 will be identified. The following underlying medical conditions will be considered:
 - Age 65 or older
 - Lung disease, moderate-severe asthma
 - Serious heart conditions
 - May be immunocompromised
 - Obesity
 - Diabetes
 - Kidney or liver disease

Classification of Sport

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), dance

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 cannot be cleaned between participants.

Examples: basketball, volleyball, baseball, softball, soccer, ice hockey, field hockey, lacrosse, tennis, 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 have the ability to clean the equipment between use by competitors.

Examples: running events, cross country, throwing events, swimming, golf, weightlifting, sideline cheer

YELLOW PHASE

Pre-workout Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. Screenings may include a temperature check.
- 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 develops COVID-19.
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.

- Vulnerable individuals should not oversee or fully participate in any workouts during Phase 2.

Limitations on Gatherings:

- No gathering of more than 25 individuals, including coaches and spectators, per scheduled field/court. Every effort should be made to group athletes into “pods” of 5-10 athletes. Pods should remain the same throughout this phase.
- Controlled non-contact practices only, modified game rules
- No concession stands
- Social distancing should be applied during practices.
- No locker room use
- No weight room use; weights, dumbbells, and kettlebells can be taken outside for use but must be wiped down with disinfectant before and after use.

Facilities Cleaning:

- Work with custodial staff to create cleaning schedules for all athletic facilities during training sessions to mitigate any communicable disease.
- Athletic facilities should be cleaned prior to arrival and post workouts and team gatherings; high touch surfaces should be wiped down and sanitized.
- Hand sanitizer should be plentiful and available to athletes and coaches for use before and after workouts as resources allow.
- Weight equipment must be properly wiped down before and after use.
- Appropriate clothing and shoes must be worn at all times to minimize the transmission of sweat onto equipment surfaces.

Physical Activity:

- Lower risk sport practices may begin with social distancing and no sharing of equipment, or they have the ability to clean equipment between use by athletes. *Examples: cross country, golf, sideline cheer*
- MODIFIED practices may begin for Moderate and High risk sports. (These practices must remain non-contact and include social distancing where applicable.) *Examples: volleyball, water polo, soccer, field hockey, tennis, 7 v 7 football*
- Students should refrain from sharing clothing and towels.
- Athletes should be encouraged to shower and wash workout clothing (including pinnies) immediately upon returning to home.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shotput, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary.
- Hand sanitizer should be used periodically as resources allow.

- Athletic equipment, such as hockey sticks, helmets, pads, gloves, eyewear, should be worn by only one individual and not shared.

Hydration:

- Students MUST bring their own water bottles labeled with their name. Water bottles must not be shared.
- Hydration stations will not be utilized in this phase. It is suggested that students bring multiple filled water bottles with them.

GREEN PHASE

Pre-workout/Contest Screening:

- Any person who has COVID-19 symptoms, including a fever or cold symptoms in the previous 24 hours, should not be allowed to participate in practice/games and should contact his/her primary care physician or another appropriate health-care provider. Training staff and coaches will continue to monitor that student-athletes are symptom-free before being permitted to participate in practices or competitions.
- A record should be kept of all athletes/coaches/officials/staff present at each training event or competition.
- Vulnerable individuals can resume public interactions but should practice physical distancing, minimizing exposure to social settings where distancing may not be practical. *Example: driving to an away competition rather than riding the bus.*

Limitations on Gatherings:

In the Preliminary School Sports Guidance document, which was released by the Governor's Office on June 10, 2020, and updated on July 15, 2020, 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; 250 outdoors and 25 indoors in green). This directive was later found to be unconstitutional and has been revised to be a recommendation to be considered.

See Ephrata Area School District Adjusted Spectator Limits (Appendix)

Facilities Cleaning:

- Work with custodial staff to create cleaning schedules for all athletic facilities during training sessions/practices/competitions to mitigate any communicable disease.
- Athletic facilities should be cleaned prior to arrival and after workouts and team gatherings; high touch surfaces should be wiped down and sanitized.

- Hand sanitizer should be plentiful and available to athletes and coaches for use before and after workouts as resources allow.
- Weight equipment must be properly wiped down before and after use.
- Appropriate clothing and shoes must be worn at all times to minimize the transmission of sweat onto equipment surfaces.

Physical Activity and Athletic Equipment:

- Student athletes, coaches, event staff, officials, and spectators must wear a face covering at all times when they are present for an athletic event.
- Low-, Moderate-, and High-Risk practices and competitions may begin (as per state, local and PIAA guidelines).
- Students should refrain from sharing clothing, towels, and shoes.
- Athletes should be encouraged to shower and wash workout clothing (including pinnies) immediately upon returning to home.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shotput, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary.
- Hand sanitizer should be used periodically as resources allow.
- Athletic equipment, such as hockey sticks, helmets, pads, gloves, eyewear, should be worn by only one individual and not shared.
- Maximum lifts should be limited, and power cages should be used for squats and bench presses. Spotters should stand at each end of the bar.

Team activities may include (once permitted by the PIAA):

- 1 on 1 drills/competition (high and moderate risk sports)
- 5 on 5 drills/competition (high and moderate risk sports)
- 7 on 7 football
- Scrimmages (high and moderate risk sports)
- Follow the guidance of PIAA for sports that may compete during this phase.

Return to Practice and Competition (once permitted by the PIAA):

- Follow the guidance of PIAA for sports that may return to full practice during this phase.
- Follow the guidance of PIAA for sports that may compete during this phase.

Hydration:

- Students MUST bring their own water bottles labeled with their name. Water bottles must not be shared.
- Hydration stations/water coolers will be utilized but must be cleaned/sanitized after every practice/competition by one designated person.

- Athletes will fill water bottles at filling stations during the school day and prior to practice. (Water fountains will be turned off.)

OTHER RECOMMENDATIONS:

Transportation to Events: Will monitor team and coaching staff sizes to best balance and assign transportation methods that align with District social-distancing protocols.

- All drivers, athletes, and coaches will wear face coverings during travel.
- Use hand sanitizer upon boarding a bus/van.
- Load bus from back to front with assigned seating, no more than two per seat leaving the first row empty.
- Open windows, if weather allows, to improve ventilation.

These potential modifications will be determined by the school district, bus companies, Department of Education, and state and local governments.

Social Distancing during Contests/Events/Activities:

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

Contest Attendees:

- Per PDE guidance, during the Yellow or Green phases of reopening, sports-related activities on the PK-12 level are limited to 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.
- Changes to seating capacity and social distancing may be necessary for each venue/facility and will be determined as more recommendations are released by local/state governments.

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. (See CDC Fact Sheet in Appendix)

Symptoms may include:

- Fever or chills
- Cough
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore Throat
- Shortness of breath or difficulty breathing
- 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 Department of Health. (See information in Appendix.)

What should a student or staff member do if he/she is experiencing one or more of the COVID-19 symptoms listed above and do not have a fever higher than 100.4 degrees?

- The student or staff member should STAY HOME. He/she should not attend voluntary workouts or sports practice/competition if he/she is experiencing ANY of the symptoms listed above.
- Whether the student or staff member was knowingly exposed to COVID-19 or not, he/she should monitor his/her symptoms at home and contact his/her physician or appropriate healthcare professional for evaluation and potential testing before returning to sports workouts/practice, or competition.
 - * If the student or staff member is tested for COVID-19, he/she must isolate at home until test results are received.
 - * If his/her physician or healthcare professional determines symptoms are unrelated to COVID-19, a clearance note from the treating physician is required to continue participation in sports workouts/practices, and competitions.

What should a student or staff member do if a family member is experiencing one or more of the COVID-19 symptoms listed above and the family member has been instructed to get tested for COVID-19?

- As long as the student or staff member is asymptomatic (not experiencing any of the COVID-19 symptoms listed above), he/she may continue to participate in voluntary sports workouts/practices and competitions until his/her family member tests positive for COVID-19.
- If the student or staff member's family member tests positive for COVID-19, then the student or staff member has been exposed to COVID-19, and he/she should quarantine (remain at home in isolation) for 14 days. (as per CDC recommendations)
 - * If his/her family member's test results are negative for COVID-19, and the student or staff member is not experiencing symptoms, he/she may continue participating in sports workouts/practice and competitions.

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

- Every effort will be made to isolate the ill individual from others until the student or staff member can leave the school or event.
- If it is a student, a parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up.
- The ill individual will be asked to contact his/her physician or appropriate healthcare professional for direction.

When may a student or staff member return to athletics following a COVID-19 diagnosis or incidence of close contact with a COVID-19 positive individual?

Students and staff members who are presumed or confirmed COVID-19 positive cannot report to campus until cleared to do so by meeting the criteria listed below:

- Resolution of fever without the use of fever-reducing medications AND improvement in respiratory symptoms (e.g., cough, shortness of breath), AND
- Negative results of an FDA Emergency Use Authorized COVID-19 test. OR
- The student is symptom-free for 24 hours without the use of medication and at least 10 days have passed since symptoms first appeared.
- The student has been evaluated in-person by his/her family physician or a team physician, has the signed and completed COVID-19 Return to Sports Form, has completed the COVID-19 Return to Play progression with the Athletic Trainer, and has been cleared to return to full participation in sports by the physician and Athletic Trainer.

Positive Test Confirmed: If a student or staff member tests positive for COVID-19, he/she is to self-isolate until 10 days from onset of symptoms AND 24 hours of being symptom-free without medications. **The student MUST obtain a clearance note from his/her doctor prior to returning to participation in sports practices and contests.** The student's primary care physician may order a cardiac workup or additional tests prior to clearing the student to return to sports. If a student is hospitalized for COVID-19 symptoms, he/she MUST have a cardiac workup completed prior to returning to sports.

- Ephrata Area School District staff/administrators will notify students who may have been exposed to COVID-19 and provide guidance. Fellow students may be sent home to self-quarantine for 10 days or until a confirmed negative test result is received after Day 5.
- The student must then be evaluated in-person by either his/her family physician or one of the team physicians. The physician may order further testing at this time, such as an EKG. The COVID-19 Return to Sports Form (see Appendix) must be completed and signed by the physician and brought to the Athletic Trainer on the student-athlete's first day back in school. At that time, the Athletic Trainer will go over the student-athlete's COVID-19 Return to Play Progression. The Athletic Trainer will monitor the student-athlete as he/she completes the progression and clear the student athlete to return to full participation in sports following completion.

EDUCATION:

Staff, coaches, parents, and athletes will be educated and reminded of expectations on the following items through virtual training, posters, flyers, meetings, emails, phone calls, etc.:

- COVID-19 signs and symptoms
- Proper ways to limit exposure to COVID-19 (hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, etc.)
- The content of this Return to Sport Guidelines Document
- Any pertinent COVID-19 information released by state/local governments, NFHS, and PIAA

EASD Return to Play Protocol for COVID+ Student-Athletes

If a student-athlete tests positive for COVID-19, he/she should isolate until 10 days from onset of symptoms AND 24 hours of being symptom-free without medications. Children’s Hospital of Philadelphia (CHOP) and Penn Medicine LGH Physicians recommend student-athletes refrain from sports for a minimum of 14 days.



Following a positive COVID-19 test result, the student-athlete’s progression back to sports will be determined by physician examination and whether he/she was symptomatic or asymptomatic during the course of the illness.



<u>Symptomatic</u> Student-athlete <u>did</u> experience COVID-19 symptoms during course of illness	<u>Asymptomatic</u> Student-athlete <u>did not</u> experience COVID-19 symptoms during course of illness
<ol style="list-style-type: none"> 1. Student-athlete must be evaluated in-person by either his/her primary care physician or the school’s team physician. 2. Physician orders EKG based on in-person examination and COVID-19 symptoms. 3. If normal EKG results, physician signs COVID-19 Return to Play Form and clears athlete to start the Return to Play Progression. (Abnormal EKG results – follow physician recommendations.) 4. The earliest a student-athlete can begin the formal Return to Play Progression is 14 days after the last day he/she had symptoms. 5. Student-athlete must bring the COVID-19 Return to Play Form and Return to Play Progression Form to the Athletic Trainer BEFORE beginning the progression. 6. The Athletic Trainer monitors the athlete during his/her Return to Play Progression and clears him/her to return to normal sport activity upon completion. 	<ol style="list-style-type: none"> 1. Student athlete must be evaluated in-person by either his/her primary care physician or the school’s team physician. (Physician exam does not warrant EKG.) 2. Physician signs COVID-19 Return to Play Form giving clearance for athlete to start a Return to Play Progression. 3. Student-athlete must bring the COVID-19 Return to Play Form and Return to Play Progression Form to the Athletic Trainer BEFORE beginning the progression. 4. The Athletic Trainer monitors the athlete during a Return to Play Progression and clears him/her to return to normal sport activity upon completion.

- ***No Student-Athlete will return to full participation in his/her respective sport without receiving written approval by his/her Personal Care Physician or the School Physician.***
- The Return to Play recommendations for individuals 12 years of age or older who have tested positive for COVID-19 are constantly changing. The information in the above flow chart is based on current recommendations from CHOP Cardiology and Penn Medicine LGH Physicians.

APPENDIX

EASD COVID-19 Illness Action Plan

- Should an athlete become ill during any of the phases, he/she should be immediately removed from the group, masked if not already, and isolated in his/her individual space. The parent or guardian should be notified immediately, and arrangements will be made for the student to be picked up.
- Testing for COVID-19 should be done.
- If testing is positive, contact tracing should be initiated.
 - This tracing will identify those individuals who would have been within six feet of the sick athlete for more than 15 minutes while the person was symptomatic or within the 48 hours prior to becoming symptomatic.
 - Those identified will need to be put in social isolation for 14 days and closely monitored for the development of symptoms. While testing of the asymptomatic contact may be available, it does not confirm the infection potential of that individual, so it cannot be relied on for return to play.
- The athlete with the positive COVID-19 test may return to social interaction 72 hours after resolution of symptoms, including but not limited to:
 - fever (without the use of fever reducing medications)
 - cough
 - shortness of breath, AND
 - at least 10 days have passed since symptoms first appeared, according to CDC guidelines.

Emerging evidence in the field of cardiology recommends a 14-day convalescent period from the start of symptoms prior to starting back to strenuous activity and consideration of cardiac testing. Students who test positive for COVID-19 must provide a written release for return to activity from their medical provider before continued participation is allowed.

Adjusted Spectator Limits

Ephrata Area School District

New guidelines on gatherings were released on March 1, 2021. The limits are based on a percentage of venue capacity, whether inside or outside, and offer us the opportunity to allow more fans to attend events and cheer on our Mountaineers.

Athletic events will follow these guidelines. Face coverings and social distance will be enforced in all settings in accordance with existing state recommendations.

Football

- Approximately 475 spectators will be permitted, which will include the homecoming court and senior students.
 - There will be a sign-up sheet for seniors who wish to attend.
 - Ticket distribution to the families of our players, cheerleaders, and marching band members will be handled by the Athletic Director and Head Coach / Director for each respective group.
- No visiting fans will be permitted.

Girls' Volleyball

- Approximately 105 spectators will be permitted, including spectators for the visiting team.
 - Ticket distribution to the families of our players will be handled by the Athletic Director and Head Coach.

Cross Country

- No spectators will be permitted at the League Championships on October 20 and 21 at Ephrata Middle School.

Field Hockey and Girls' and Boys' Soccer

The number of spectators at these sporting events has not been strongly impacted to date by state guidelines. These new calculations allow us to welcome 300 guests to these events.

Wrestling and 9th Grade, JV, and Varsity Girls' and Boys' Basketball (in the Middle School Gymnasium)

- Approximately 105 spectators will be permitted, including spectators for the visiting team.
 - Ticket distribution to the families of our players will be handled by the Athletic Director and Head Coach.

7th and 8th Grade Girls' and Boys' Basketball (in the High School Gymnasium)

- Approximately 60 spectators will be permitted, including spectators for the visiting team.
 - Ticket distribution to the families of our players will be handled by the Athletic Director and Head Coach.

No spectators will be permitted at Bowling, Rifle, or Swimming.

Boys' and Girls' Lacrosse (Wellspan Mountaineer Turf Field)

- The number of spectators at these sporting events has not been strongly impacted to date by state guidelines. The current calculations allow us to welcome 350 guests to these events.

Boys' Volleyball (Ephrata Middle School Main Gym)

- Approximately 100 spectators can be permitted, including spectators for the visiting team.
 - Ticket distribution to the families of our players will be handled by the Athletic Director and Head Coach.

Baseball (War Memorial Field)

- Approximately 140 spectators can be permitted, including spectators for the visiting team.
 - Ticket distribution to the families of our players will be handled by the Athletic Director and Head Coach.

Softball (Ephrata Middle School Softball Field)

- Parents of Ephrata softball players and one parent of opposing players are permitted to attend games. Parents are encouraged to bring their own chair and to socially distance.

Track and Field (Ephrata Middle School Track)

- At this time, no fans are permitted into the stadium to attend track and field meets.

COVID-19 Return to Sports

If an athlete has tested positive for COVID-19, he/she must be cleared for progression back to activity by an approved healthcare provider. AFTER student-athlete is symptom-free for 14 days, please take this form to their PCP for physical exam, consideration for further testing, and clearance for return to sport.

Athlete's Name _____ **DOB:** _____ **Date of Positive Test:** _____
Date of Onset of Symptoms: _____ **Date of Resolution of Symptoms:** _____

Please mark all symptoms the patient has experienced or currently has

M=Mild
S=Severe
NE=Not experienced

Cough:	Shortness of breath:	Fever:	Loss of taste:	Loss of smell:
Headache:	Muscle Aches:	Sore Throat:	Nausea:	Diarrhea:

Healthcare Provider fills out this form

Date of Physical Exam: _____

Criteria to return (Please check below as applies)

- _____ 14 days have passed since onset of symptoms OR has been asymptomatic throughout 14 days of quarantine
 _____ In person physical and cardiac exam by approved healthcare provider
 _____ Athletes between the ages 13-18 are required to undergo EKG at least 14 days after symptoms have resolved unless completely asymptomatic.
 _____ Athlete was not hospitalized due to COVID-19 infection

Cardiac screen negative for myocarditis/myocardial ischemia (All answers below must be no to RTP)

- Chest pain/tightness with exercise: ___ YES ___ NO
 Unexplained syncope/near syncope: ___ YES ___ NO
 Unexplained/excessive dyspnea/fatigue with exertion: ___ YES ___ NO
 New palpitations: ___ YES ___ NO
 Heart murmur on exam: ___ YES ___ NO

Please provide date and results of EKG. If there was no EKG was performed, please provide reason why.

- _____ Athlete HAS satisfied the above criteria and IS **cleared** to start the return to activity progression.
 _____ Athlete is **NOT cleared** and is being referred for cardiology for further work up.

Evaluating Medical Office Information (Please Print or Stamp)

Evaluator's Name: _____ Office Phone: _____
 Evaluator's Address: _____
 Evaluator's Signature: _____ License Number: _____

Please take this clearance sheet back to your school's athletic trainer. They will coordinate the graduated return to play progression with you as outlined on following page.

COVID-19 Return to Sports

COVID-19 Return to Play Progression

Athlete's Name _____ **DOB:** _____ **Date of Positive Test:** _____
Date of Onset of Symptoms: _____ **Date of Resolution of Symptoms:** _____

Stage	Number of Days minimum	Requirement	Exercise	Heart Rate	Date Completed and AT initials
One	2	< or = 15 minutes	Light Activity: walk, jog, bike	70% max	
Two	1	< or = 30 minutes	Simple Movement Activity: Bodyweight exercises/running drills	80% max	
Three	1	< or = 45 minutes	Complex training (Sport specific drills) and light weight training	80% max	
Four	2	< or = 60 minutes	Normal activity/practices	80% max	
Four					
Five	n/a	Full Return	Return to full activity	n/a	

This athlete has successfully completed their 7 day graduated return to play progression. They are now cleared to resume normal sport activity.

Athletic Trainer's Name _____
Athletic Trainer's Signature _____ **Date** _____

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.



11/19/2020 04/10/2021

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



WHAT IS CONTACT TRACING?

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.

- **Asymptomatic or mild symptoms** - Patients can be cleared for participation after 2 weeks, assuming they're back to normal health. This time period should allow for any sub-clinical myocardial inflammation to resolve, if present. (This category would encompass the vast majority of pediatric patients presumably.)
- **Moderate symptoms** (ex: prolonged fevers and bedrest but no hospitalization and no abnormal cardiac testing)
 - * Younger than 12 years old - Patients can be cleared for participation after 2 weeks, assuming history and routine examination are reassuring, since their level of exercise in general is less than older adolescents.
 - * 12 years old and older - It is reasonable to consider obtaining an ECG before returning to sports.
- **Severe symptoms** (ex: hospitalization, abnormal cardiac testing) - For patients with cardiac involvement, patients should be followed by cardiology with further cardiac testing and further duration of exercise restriction prior to returning to activity (often at least 3-6 months), depending on clinical severity. For patients who required admission but had no cardiac concerns, there's discussion about whether they should follow similar restrictions as an outpatient, which is still to be determined and for now can be a case by case situation.

The tricky part is that adolescent group who had moderate symptoms. If those patients had significant symptoms at home from COVID but did not need to be hospitalized, for now, we think it's reasonable to obtain an ECG before returning to competitive sports. That recommendation primarily applies to high school level athletes and is not necessary for recreational sports. And the ECG should be at least two weeks since symptoms resolve for patient and others in household, to prevent likelihood of spreading COVID.

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RESOURCES FOR MORE INFORMATION

- For more information on wearing or making a mask, visit:
<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Stop-the-Spread.aspx>
- For more information on COVID-19, visit the Pennsylvania Department of Health website, www.health.pa.gov
- Help is available, contact the Crisis Text Line by texting **PA to 741-741**
- LGH Person Under Investigation Flowchart:
https://studentseasdpa-my.sharepoint.com/:p:/g/personal/s_sweigart_easdpa_org/ETNztjRxVihCi69vjg9xYTg_B0pE2m8VHFLoaHllkKKn3_g?e=A8g2ms
- PIAA Return to Competition Guidelines:
https://studentseasdpa-my.sharepoint.com/:b:/g/personal/s_sweigart_easdpa_org/EXehyfHc-RxCjLxjNAOgB1QB2CsRxugqNbDPhEAulfhqMw?e=9X5Aj4

RESOURCES:

- NFHS: Guidance for Opening Up High School Athletics and Activities (per update on May 2020)
- Centers for Disease Control – “What You Should Know About COVID-19 to Protect Yourself and Others”
- Centers for Disease Control – “Schools Decision Tree”
- PA Department of Health – “Coronavirus Symptoms”
- PA Department of Health – “What is Contact Tracing”
- PA Department of Health – “Phased Re-opening 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
- PIAA – “Guidance for All Sports to Operate”
- Press Release – Mechanicsburg, PA - Wednesday, June 10, 2020
- UPMC - UPMC Sports Medicine Playbook: Return to Sports During COVID-19 Minimum Guidelines (High School)