



Dear Parent/Guardian: We want to inform you that we are sending your child home from School/Athletics today. They are showing signs and/or symptoms of COVID 19.

Please review the following symptoms of Covid-19.

Temperature $\geq 100.4^{\circ}$ F or presence of

- § Fever, cough, chills and/or muscle aches
- § Sore throat, runny nose and/or loss of taste or smell
- § Nausea, vomiting and/or diarrhea
- § Shortness of breath and/or headache
- § Close contact or cared for someone with COVID-19 if any symptom

- Cannot participate in workouts or practice or game
 - Must Go Home
- Begin self-isolation at home
 - § Minimum 72 hours isolation required if symptoms are present .
 - May return earlier with documented negative COVID-19 Test results. Test needs to be dated and signed by a medical provider.
- Coach should contact athletic director and athletic trainer
- Student/Parents should contact primary care provider
- If symptoms mild, ER visit or immediate COVID-19 testing NOT required.

POSITIVE SCREENING TEST - INDIVIDUAL

In-home isolation

- Attempt to isolate to one room and one bathroom if possible
- Individual should wear a mask when others are present
- Other members of the household should minimize time in the same room with the affected individual.
 - Minimal active as tolerated. Sitting or standing. Limit your time lying flat.
 - Breathing exercises if possible.



Discontinuation of In-home isolation (2 options)

1. Test-Based Strategy
 - § No fever is present without the use of fever-reducing medications
 - § Resolution of symptoms
 - § Two consecutive negative COVID-19 tests collected ≥ 24 hours apart
 - COVID-19 tests available at <http://dph.illinois.gov/testing>
2. Non-Test-Based Strategy
 - § At least 72 hours (3 days) have passed since resolution of symptoms without the use of fever-reducing medications
 - § If positive screening test due to close contact with COVID positive individual, must wait 14 days from last contact if not tested

Return to Play Post-COVID-19

- Low-intensity indoor training can begin when symptoms resolve
 - § In-home isolation required for 72 hours after resolution of symptoms
- Gradual return to training as tolerated

POSITIVE SCREENING TEST – CLOSE CONTACTS

Individual who has had close contact (< 6 feet) for ≥ 15 minutes*** -**

<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>)

- Athlete/coach develops symptoms consistent with COVID-19
 - All teammates, coaches, and other staff with close contact (within 6 feet) in the preceding 14 days should begin in-home isolation
 - In-home isolation can discontinue 14 days after last contact with individual or after negative COVID-19 test

If Athlete/Coach tests positive for COVID-19

- All teammates, coaches, and other staff with close contact (within 6 feet) in the preceding 14 days should begin in-home isolation
- In-home isolation can discontinue 14 days after last contact with an individual if no symptoms present.

Thank you for your cooperation and understanding. Please sign and date this document below.



I understand that my child was sent home from practice today, and must follow the self isolation protocol recommended by the CDC. I have read and understand the guidelines for Covid-19 response care for my child.

Student Athlete Name _____

Parent Name _____

Parent Signature _____

Date _____

Send this document back within 24 hours via
Fax: 815-645-9453 or you can email via scan/photo to

Email: Jason.Lubben@harlem122.org