

# Antietam School District Athletics Health and Safety Plan for Re-Entry of Interscholastic Sports for 2020-2021





## Antietam School District Athletics Health and Safety Plan for Re-Entry of Interscholastic Sports for 2020-2021

### INTRODUCTION

On March 13<sup>th</sup>, 2020, the Pennsylvania Interscholastic Athletic Association (PIAA), closed its doors for all athletes, coaches and spectators as the COVID-19 outbreak had forced school closures across the Commonwealth. The COVID-19 pandemic has presented athletics across the world with a myriad of challenges and ultimately changes to the way we approach the sports that so many student-athletes love. 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, among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some 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 science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families.

### SUMMARY

The following document, created by the Antietam School District Athletic Department, is an outline for the return of our student-athletes to in-person, on-campus training/workouts/open fields. The number one priority for our school district is the health and safety of our student-athletes, coaches, staff and community. Therefore, the following guidelines are recommended based on the Pennsylvania Interscholastic Athletic Association, Pennsylvania Department of Education, Center for Disease Control, Pennsylvania Department of Health and the recommendations by the Commonwealth of Pennsylvania.

The Antietam School District will continue to work closely with the organizations previously mentioned so timely and accurate information can guide appropriate responses and plans. The guiding principles in our plan are designed to minimize risk for our student-athletes, coaches, staff and community. It is vital to the health and safety of all involved that our student-athletes and staff

are fully conscious of this at all time and take responsibility for these guidelines with the utmost seriousness.

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 in green**) and the facility 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**. Parents will be notified and reminded to not attend open gyms, kick arounds or practices unless they are picking up or dropping off their child.

The Antietam School District primary point of contact for all questions related to COVID-19, Dr. Felice Stern (Antietam Middle/Senior High School Principal).

### **RISK CLASSIFICATION BY SPORT AS SUGGESTED BY THE NATIONAL FEDERATION OF HIGH SCHOOLS**

**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 can't be cleaned between participants. Examples: basketball, volleyball, baseball, softball, soccer, ice hockey, 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 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.**

### **LEVELS OF PARTICIPATION**

#### **Level 1 (PA State Red)**

Team Activities: No In-person gatherings allowed, Athletes and Coaches may communicate via online meetings (zoom, google meet, etc.), Athletes may participate in individual home workouts including strength and conditioning.

#### **Level 2 (PA State Yellow or Green - once permitted by PIAA)**

Team Activities may include: team meetings, open gym, kick around, weight training/conditioning, running events, cross country, throwing events, swimming, golf, and sideline cheer, etc.

**Level 3 (PA State Green - once permitted by PIAA)**

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

**Level 4 (PA State Green - once permitted by PIAA)**

Team Activities include: Low/Moderate Sports may resume. High Risk Sports (Football, Wrestling, and Cheerleading Stunting) may begin **full person to person contact/competitions**.

**Key Guiding Principles for all levels of Antietam Middle/Senior High Athletics (JH and SH):****○ Screening Procedures for Student Athletes**

- Coaches, student-athletes and athletic staff must screen and monitor athletes for symptoms prior to and during games and practices. 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 and instructed to follow up with their personal care provider. Individuals may not return to practices or games without a written medical clearance. The athletic trainer and school nurse should be notified immediately as well. (refer to COVID-19 Symptoms, Testing & Management section)
- All personnel will be required to complete the Antietam School District Participation Waiver and Pre-Screening Form, returning both to the Athletic Office prior to any workouts
- Daily temperatures will be taken and recorded by a coach or athletic trainer

**○ Promote Healthy Hygiene Practices**

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. All student-athletes, coaches and staff must wash their hands before, during and after activities.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover coughs or sneezes with a sleeve or elbow, not hands. Thoroughly wash and/or sanitize hands immediately afterwards.
- Do NOT shake hands, fist bump, high five or have other similar types of contact.
- When sick, you must stay at home and are prohibited from participating in practices or workouts.

**○ Avoid Close Contacts**

- Coaching staff and other adult personnel must wear face coverings (masks or face shields) at all times, unless doing so jeopardizes their health
- Students actively participating in practices and contests are not required to wear masks. If not actively involved, students should wear face coverings.

- Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
  - Stay at least 6 feet (about 2 arms' length) from other people.
  - Do not gather in groups.
  - Keeping distance from others is especially important for people who are at higher risk of getting very sick.
  - Eliminate unnecessary physical contact with teammates, other athletes, coaches, officials, and spectators.
- **Cleaning and sanitation**
    - Routine and enhanced cleaning and sanitation measures will be implemented by school district staff. This includes but is not limited to athletic equipment, athletic uniforms, tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
    - If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
    - Use of shared objects (e.g., gym or athletic equipment, bars, weights) should be eliminated when possible. If equipment is to be shared, the students must clean the equipment themselves between uses.
    - Ensure safe and correct use and storage of cleaning and disinfection products including storing securely away from children. Use products that meet EPA disinfection criteria.
    - Cleaning products should not be used near children, and staff should ensure that there is adequate ventilation when using these products to prevent children or themselves from inhaling toxic fumes.
- **Safe access to facilities**
    - Facility entry and exit points will be coordinated by district officials to minimize personal interaction and facilitate social distancing. The entry and exit points will be communicated out by coaches to their players and parents.
    - Any organization that shares or uses the school facilities must strictly follow all items listed in this document.
- **PIAA approved Start Date**
    - Our plan will allow coaches, players and staff to engage in voluntary out-of-season activities beginning on Wednesday, July 1<sup>st</sup>, the date designated by the Pennsylvania Department of Education to allow schools to re-open with teacher to student in-person interaction.
    - Attendance at workouts, open gyms and kickarounds is **100% VOLUNTARY** but will occur only in strict conformity to the procedures outlined herein.
- **Necessary Paperwork**
    - All Athletes must have a COVID-19 Pre-Screening information sheet on file and are “encouraged” to have a completed PIAA CIPPE form on file to participate.
    - Tower Health Medical Group is hosting sports physicals on Monday, July 27<sup>th</sup> from 6:00pm-9:00pm in the Antietam Middle/Senior High School Gym. All

participants will wait outside of the building in front of gym entrance and wait to be called in for their physical by the Athletic Director. Sections 1-5 of the PIAA Physical Form must be completed in its entirety with signatures from both the student-athlete and parents. Any incomplete forms will not be accepted and a physical will not be provided at the school.

- A signup genius will be electronically disseminated through a sky alert to parents to sign their child up for the in-person physical at Antietam. We will hold the order of entry by who signs up first. There will be **NO WALKUPS**, only previously scheduled appointments through signup genius will be honored.
- Student-athletes may also obtain their physicals from their physician, walk-in clinic or other sites offering them (Urgent Care). All physicals must be completed after June 1<sup>st</sup>.
- All physicals are due to the Athletic Office (located in the high school) no later than Monday, August 10, 2020 for anyone interested in playing a Fall Sport.

### **DISINFECTION AND SANITIZATION**

- Athletic facilities and equipment will be disinfected and sanitized before, during, and after work out sessions.
- Spray bottles and disposable wipes will be in close proximity to all workout stations where equipment is being utilized. Students shall use the disinfectant spray bottles on equipment when finished using it.
- All sports balls and equipment used during the sport specific skill training will be sanitized throughout and after each session.
- Athletes will bring their own water or water bottles. It is recommended that each athlete have a minimum of 32 ounces of water for a practice or game. No athlete shall share food or water. Students should not plan to use drinking fountains until further notice.
- Coaches, students and staff are **NOT PERMITTED** to participate in the following risks of exposure: chewing gum, spitting, licking fingers and eating sunflower seeds.
- Hand sanitizer will be provided in multiple locations (indoor and outdoor). Athletes and coaches will use hand sanitizer before, during, and after each workout session.
- Athletes and coaches will remain at least 6 ft. apart when not exercising.
- Athletes and coaches will remain 10 ft. apart when exercising with the only exception being for safety reasons (spotting, etc.). Athletes are recommended but not required to have mouth and nose coverings when in these situations.
- All workout stations shall be at least 10 feet apart.
- Athletes must come dressed to work out. They will not be allowed to enter the locker rooms or change in the restrooms until further notice.
- Athletes will not be allowed to shower in the locker rooms.

- Restrooms – Student athletes are required to wash hands, utilize the “one in one out” model, and sanitize hands after exiting. Upon exiting a restroom, a staff member will sanitize the handles used.
- Use gloves when removing garbage bags or handling and disposing of trash. Wash hands after removing gloves.

### **ATHLETES / COACH CHECK IN PROCEDURES**

Any athlete or coach exhibiting any of the symptoms below prior to reporting for a workout should **NOT** report, contact your health care provider immediately and notify the Antietam Athletic Department by phone at 484-219-8081.

- **Fever or chills**
  - **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**
- 
- Student-athletes/Coaches will check in and complete the screening process each day. Each athlete and coach will have his/her temperature checked before entering the facility or field. Each athlete and coach will have his/her COVID-19 Pre-Screening form completed and approved before entering for his or her first workout of the summer and then updated on a regular basis.
  - Athletes/Coaches will stay home if they do not pass the COVID-19 Pre-Screening Form.
  - Athletes/Coaches must stay home if they do not feel well or exhibit any symptoms.
  - Athletes/Coaches will limit physical contact and respect social distancing rules at all times.
  - Athletes/Coaches who develop or display symptoms during a workout session will be sent home immediately.

## **ENTERING AND EXITING THE FACILITY**

- A detailed plan specific to each facility with regards to entering and exiting the facility will be shared by each coach to parents and athletes. Drop off and pick up locations will also be included in this communication.
- A hand sanitizing station will be set up at the facility's screening checkpoint where all student athletes must sanitize their hands prior to entry/re-entry into the facility.
- Six feet social distancing indicators will be set up along the entrance. These will assist in keeping student athletes at a safe distance from each other as they are waiting to be screened prior to entering the facility.
- Limit any nonessential visitors, volunteers, and activities involving external groups or organizations as possible. Non-essential personnel (parents, siblings, etc.) will not be allowed to watch workout sessions. This will follow the guidelines to limit the number of people inside and outside of each facility.
- Pursue virtual activities and events in lieu of student assemblies, program wide parent meetings, and spirit nights, as possible.
- Pursue options to convene sporting events and participation in sports activities in ways that minimizes the risk of transmission of COVID-19 to players, families, coaches, and communities.
- Individuals dropping off and picking up student-athletes will need to stay in their vehicle. Students are reminded at drop off/pick up, not to congregate in groups. Once practice has ended, the expectation is that all students are picked up so the coaches and staff can fully sanitize equipment and facilities. If a parent/guardian needs to contact a coach/staff member, he/she should do so via email or phone.
- Stagger arrival and drop-off times or locations by teams to limit contact between student-athletes and direct contact with parents as much as possible.

## **WORKOUT GROUPS**

- Ensure that student and staff groupings are as static as possible by having the same group of student-athletes stay with the same staff.
- Limit mixing between groups if possible.
- If an athlete develops symptoms of COVID-19, all athletes in that group will be removed until each athlete in that group has been cleared by medical officials.

## **PREPARING STAFF & ATHLETES**

- All Coaching staff members will be required to adhere to all guidelines provided and sign off on information provided.



## **ATTENDANCE**

- Student-athlete attendance for summer workouts is **OPTIONAL**.
- Attendance will be kept for safety reasons in order to track athletes/coaches contact in the case of a suspected COVID-19 case.
- Student-athletes at Antietam Middle/Senior High School will have a tiered workout schedule as they re-enter athletics after a period of downtime.
- **Week 1** – Wednesday, July 1<sup>st</sup> through Sunday, July 5<sup>th</sup> – 1 hour of physical activity
- **Week 2** – Monday, July 6<sup>th</sup> through Sunday, July 12<sup>th</sup> – 1 hour & 15 minutes of physical activity
- **Week 3** – Monday, July 13<sup>th</sup> through Sunday, July 19<sup>th</sup> – 1 hour & 30 minutes of physical activity
- **Week 4** – Monday, July 20<sup>th</sup> through Sunday, July 26<sup>th</sup> – 1 hour & 45 minutes of physical activity
- Monday, July 27<sup>th</sup> through Sunday, August 16<sup>th</sup>, workouts will be no more than 2 hours of physical activity. Monday, August 17<sup>th</sup> is the first official practice date for fall sports.

## **ADDITIONAL RECOMMENDATIONS:**

- Weight Room
  - If possible, coaches will relocate equipment and conditioning activities to better-ventilate the weight room. Doors will be open and fans will be on at all times while occupied to provide adequate air flow.
  - At all times, the “WORKOUT GROUPS” recommendations above will be followed.
  - We will place out of service any equipment that cannot be sanitized or disinfected after each usage.
  - All equipment will be wiped down after individual use.

## **COVID-19 SYMPTOMS, TESTING & MANAGEMENT**

Athletes/Coaches who appear to have symptoms or who become sick during the day will be immediately separated from other student athletes/staff and instructed to return home. If a student-athlete displays symptoms, the Athletic Trainer or administrator on duty will contact a parent/guardian. A symptomatic student athlete will be managed as a presumptive COVID-19 positive and all precautions will remain in place until testing confirmation is received. Student athletes who are presumed or confirmed COVID-19 positive cannot report to campus until cleared to do so by a physician in writing, and by meeting the criteria listed below:

- 1) Resolution of fever without the use of fever-reducing medications AND improvement in respiratory symptoms (e.g., cough, shortness of breath), AND
- 2) Negative results of an FDA Emergency Use Authorized COVID-19 test. OR

3) The student athlete is symptom free for 72 hours without the use of medication, and at least 10 days have passed since symptoms first appeared.

### **POSITIVE TEST CONFIRMED:**

#### **When to Seek Emergency Medical Attention**

-Look for emergency warning signs\* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

\*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

If a student athlete tests positive for COVID-19, they are to self-isolate until 10 days from onset of symptoms AND 72 hours of being symptom free without medications. If a student athlete has been in close contact with someone who has tested positive for COVID-19 or has a family member that lives with them that has tested positive for COVID -19:

- 1) The student athlete should inform Antietam Athletic Trainer, Athletic Director, Coaches or administrators and quarantine for 14 days. One of the Antietam School District staff members will notify student athletes who may have been exposed to COVID-19 and provide guidance. Fellow student athletes may be sent home to self-quarantine for at least 14 days or until a confirmed negative test result is received.
- 2) Other suggestions for recovery:
  - a. Stay home. Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
  - b. Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
  - c. Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
  - d. Avoid public transportation, ride sharing, or taxis.

# Appendix

## Additional Documents



**ANTIETAM ATHLETICS**

## RELEASE OF LIABILITY AND ASSUMPTION OF RISK

I desire to enter Antietam School District athletic buildings and grounds (“**Premises**”) in the Antietam School District (“**Antietam**”) to engage in gatherings for sports practices and games, or any other group assembly (the “**Activity**”). As lawful consideration for being permitted by Antietam to be on the Premises and engage in the Activity, I agree to all the terms and conditions set forth in this agreement (this “**Agreement**”).

1. I am aware of the contagious nature of the 2019 novel coronavirus disease (“**COVID-19**”) and the risk that I may be exposed to or contract COVID-19 by being on the Premises and engaging in the Activity. I understand and acknowledge that such exposure or infection may result in serious illness, personal injury, permanent disability or death. I acknowledge that this risk may result from or be compounded by the actions, omissions, or negligence of others, including volunteers, coaches and Antietam employees. I understand that while Antietam has implemented preventative procedures to reduce the spread of COVID-19 (a copy of which is attached as Exhibit “A”), Antietam cannot guarantee that I will not become infected with COVID-19 while on the Premises and that being on the Premises may increase my risk of contracting COVID-19. NOTWITHSTANDING THE RISKS ASSOCIATED WITH COVID-19, I ACKNOWLEDGE THAT I AM VOLUNTARILY ENTERING THE PREMISES TO ENGAGE IN THE ACTIVITY WITH KNOWLEDGE OF THE DANGER INVOLVED. I HEREBY AGREE TO ACCEPT AND ASSUME ALL RISKS OF PERSONAL INJURY, ILLNESS, DISABILITY OR DEATH RELATED TO COVID-19, ARISING FROM MY BEING ON THE PREMISES OR ENGAGING IN THE ACTIVITY, WHETHER CAUSED BY THE NEGLIGENCE OF ANTIETAM OR OTHERWISE.

2. I hereby expressly waive and release any and all claims, now known or hereafter known, against Antietam, and its officers, directors, employees, agents, affiliates, successors, and assigns (collectively, “**Releasees**”), on account of injury, illness, disability, or death arising out of or attributable to my being on the Premises or engaging in the Activity and being exposed to or contracting COVID-19, whether arising out of the negligence of Antietam or any Releasees or otherwise. I covenant not to make or bring any such claim against Antietam or any other Releasee, and forever release and discharge Antietam and all other Releasees from liability under such claims.

3. I am familiar with federal, state, and local laws, orders, directives, and guidelines related to COVID-19, including the Centers for Disease Control and Prevention (CDC) guidance on COVID-19. I will comply with all such orders, directives, and guidelines while on the Premises, including, without limitation, requirements related to hand sanitation, social distancing, use of face coverings, and those set forth in Exhibit “A”. I agree not to enter the Premises if I am experiencing symptoms of COVID-19 including but not limited to cough, shortness of breath, or fever, have a confirmed or suspected case of COVID-19, or have come in contact in the last 14 days with a person who has been confirmed or suspected of having COVID-19.

4. I shall defend, indemnify, and hold harmless Antietam and all other Releasees against any and all losses, damages, liabilities, deficiencies, claims, actions, judgments, settlements, interest, awards, penalties, fines, costs, or expenses of whatever kind, including but not limited to reasonable attorney fees, and the costs of enforcing any right to indemnification under this Agreement, and the cost of pursuing any insurance providers, arising out or resulting from any claim of a third party related to COVID-19 due to my engaging in the Activity or being on the Premises.

[SIGNATURE PAGE FOLLOWS]

**BY SIGNING, I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTOOD ALL OF THE TERMS OF THIS AGREEMENT AND THAT I AM VOLUNTARILY GIVING UP SUBSTANTIAL LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE ANTIETAM SCHOOL DISTRICT.**

Signed:

\_\_\_\_\_

Printed Name:

\_\_\_\_\_

Address:

\_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_\_

I am the parent or legal guardian of the minor named above. I have the legal right to consent and, by signing below, I hereby do consent to the terms and conditions of this Release of Liability.

Signed:

\_\_\_\_\_

Printed Name of Parent or Legal Guardian:

\_\_\_\_\_

Address:

\_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_\_

Witnessed:

\_\_\_\_\_

Printed Name of Witness:

\_\_\_\_\_

Address:

\_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_\_

**Antietam School District Athletics COVID-19 Pre-Screening Student Form**

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Incoming Grade: \_\_\_\_\_

Sport(s): \_\_\_\_\_



**ANTIETAM ATHLETICS**

Please check yes or no on the following questions:

Yes\_\_\_\_ No\_\_\_\_ Have you or an immediate family member had a fever of 100.4 or higher in the past 14 days?

Yes\_\_\_\_ No\_\_\_\_ Have you or an immediate family member developed a dry cough or have had unusual shortness of breath?

Yes\_\_\_\_ No\_\_\_\_ Have you or an immediate family member been exposed to anyone who has tested positive for COVID-19?

Yes\_\_\_\_ No\_\_\_\_ Have you or an immediate family member experienced any of the following symptoms: chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of taste or smell, or diarrhea.

**Parent / Legal Guardian**

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

**Athlete**

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

## Antietam School District Athletics COVID-19 Pre-Screening Coach Form

Coaches Name: \_\_\_\_\_

Sport(s): \_\_\_\_\_



Please check yes or no on the following questions:

Yes\_\_\_\_ No\_\_\_\_ Have you or an immediate family member had a fever of 100.4 or higher in the past 14 days?

Yes\_\_\_\_ No\_\_\_\_ Have you or an immediate family member developed a dry cough or have had unusual shortness of breath?

Yes\_\_\_\_ No\_\_\_\_ Have you or an immediate family member been exposed to anyone who has tested positive for COVID-19?

Yes\_\_\_\_ No\_\_\_\_ Have you or an immediate family member experienced any of the following symptoms: chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of taste or smell, or diarrhea.

### Coach

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Athletic Director Signature

\_\_\_\_\_  
Date Approved

Name: \_\_\_\_\_ Grade: \_\_\_\_\_  
Coaches Name: \_\_\_\_\_ Sport: \_\_\_\_\_

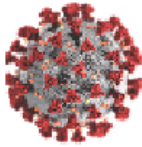
Temperature may be taken from a designated trained individual as needed. Temperature should be below 100.4. The other symptoms should be marked as “N” – NO or “Y” - Yes answers.

Within the past 14 days, have you had close contact with someone who is currently sick with suspected or confirmed COVID-19? (Note: Close contact is defined as within 6 feet for more than 10 consecutive minutes, without Personal Protective Equipment, also known as PPE.)

[illegible]



# 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.



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[cdc.gov/coronavirus](https://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 disease 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.

## **RESOURCES:**

**\*For the most up-to-date, reliable information:**

[Commonwealth of Pennsylvania's website for Responding to COVID-19 in Pennsylvania](#)

**\*Centers for Disease Control and Prevention**

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

**\*PA Department of Health**

<https://www.health.pa.gov/Pages/default.aspx>

**\*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/>

**\*Guidance for Opening Up High School Athletics and Activities by NFHS**

[https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15\\_2020-final.pdf](https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf)