





HBUHSD Athletics and Performing Arts COVID-19 Illness and Quarantine Guidelines

In all cases, please let your coach, director, athletic director or school nurse know

Person A	Person B	Person C	Person D
			
<p>Any person who has tested positive for COVID-19</p> <p>WITH symptoms: Isolation until the following requirements have been met:</p> <ul style="list-style-type: none"> ✓ 10 days since symptoms first appeared and ✓ 24 hours with no fever, without use of fever-reducing medicine, and ✓ Symptoms have improved <p>NO symptoms (Asymptomatic): Quarantine for 10 days from test date:</p> <ul style="list-style-type: none"> ✓ Monitor self for symptoms, take temperature twice a day <p>Doctor note <u>required</u> to return to sport</p>	<p>Any person who lives in the same household with Person A</p> <p>Stay home and quarantine for 14 days:</p> <ul style="list-style-type: none"> ✓ Quarantine from Person A ✓ Quarantine for a full 14 days after the date of last exposure to Person A ✓ If symptoms develop, contact doctor for testing AND provide doctor note to return to sport 	<p>Any person with close contact* to Person A (>15 min & < 6 feet)</p> <p>Stay home and quarantine for 14 days following date of last exposure:</p> <ul style="list-style-type: none"> ✓ Monitor self for symptoms, take temperature twice a day ✓ If symptoms develop, contact doctor for testing AND provide doctor note to return to sport 	<p>Any person who has had exposure to Person A, but is a low risk contact**</p> <p>Stay at school, no quarantine is necessary:</p> <ul style="list-style-type: none"> ✓ Monitor self for symptoms for 14 days after date of low risk exposure ✓ If symptoms develop, stay home and contact doctor AND provide doctor note to return to sport ✓

OC HEALTH REFERRAL LINE (800) 864-8448

Definitions:

***Close Contact:** anyone who was within 6 feet of an infected person for at least 15 minutes, starting from 48 hours before symptoms started

****Low Risk Contact:** anyone who was more than 6 feet away from an infected person for less than 15 minutes, starting 48 hours before symptoms started