

Mavericks Wrestling

COVID & Illness Guidelines

COVID GUIDELINES

IF YOU TESTED POSITIVE FOR COVID (ISOLATION)

Isolation means staying away from everyone! See "Isolation Standards" below.

1. If you had symptoms.
 - a. Day 0 is the day your symptoms began.
 - b. Day 1 is the first full day after your symptoms started.
 - c. Isolate for 5 full days.
 - d. End isolation beginning on Day 6.

2. If you did NOT have symptoms.
 - a. The day you test positive is Day 0.
 - b. Day 1 is the first full day following the day you were tested.
 - c. Isolate for 5 full days
 - d. End isolation beginning on Day 6.

IF YOU WERE EXPOSED TO COVID (QUARANTINE)

If someone close to you has COVID, they should be in isolation (i.e. not around the rest of the family; see above).

Day 0 is the day of your last exposure to someone with COVID.

Day 1 is the first full day after your last exposure.

1. Quarantine for 5 full days.
2. Get tested on day 6 from last exposure to COVID.
3. You may end quarantine beginning on Day 6 if you tested negative and have not developed symptoms.
4. If you develop symptoms, isolate immediately and get tested. Stay in isolation until you know the results of the test.
 - a. If you test positive, begin isolation protocols.
 - b. If you test negative, you may end quarantine after 5 days from last exposure to COVID, you are fever-free (from your non-COVID illness), and the symptoms from your non-COVID illness are improving.

CDC ISOLATION AND EXPOSURE CALCULATOR

If you are unsure of when you may end isolation or quarantine, please use the CDC Isolation and Exposure Calculator: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html>

COVID ISOLATION STANDARDS

- Wear a high-quality mask if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask.
- Do not travel.
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to improve ventilation at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your symptoms.

OTHER ILLNESSES GUIDELINES

- Stay home if you are sick!
- You may return to wrestling when you have been fever-free for at least 24 hours without the use of fever-reducing medications and your symptoms have improved.