**If you have covid-like symptoms or test positive for Covid, within a week of playing basketball:**

**Notify your team captain(s)** right away. Please tell her:

* date your symptoms began
* date your positive test was done
* dates/day on which you played in the week before
* whether she/SWBA may use your name when telling people they may have been exposed to covid

**When is it safe to return to play after having covid?**

San Diego County advice:

* You can return to the gym 6 or more days after your symptoms started **IF** your symptoms are mostly gone, AND you have no fever, AND you have at least one negative test.
* If all three conditions are not met (fever, other symptoms, a negative test), wait at least 10 days after your positive test or the start of symptoms, before returning to the gym.
* California Department of Public Health [**masking guidance**](https://www.cdph.ca.gov/programs/CID/DCDC/Pages/COVID-19/guidance-for-face-coverings.aspx)**:** people with COVID-19 should wear a well-fitted face covering around others for 10 days, especially in indoor settings.

[**https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community\_epidemiology/dc/2019-nCoV/materials/COVIDCaseGuide.html**](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/materials/COVIDCaseGuide.html)

* Some people may need to isolate at home longer. This includes people who are 1) [**severely or critically ill**](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-who-are-immunocompromised.html) or 2) who have [**very weak immune systems**](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-who-are-immunocompromised.html). Ask your healthcare provider for advice or if you are not sure if this applies to you.

**Team Captains: what to do if a team member tests positive for COVID:**

As SOON as a team member notifies you of a positive covid test or suspected covid infection or covid exposure:

* Email, text or call the opposing team captain and SWBA Director so they can alert people who may have been exposed
* Please include this information: (1) date any symptoms began, (2) date of positive test, and (3) whether your team member has given permission to disclose her name.

**If you have been exposed to covid:**

i.e.

If you have been with someone who discovers they have covid within 5 days of being with you:

Current guidelines are that you need not quarantine **unless you develop symptoms**, however:

* Wear a [**well-fitted mask**](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html) for 10 days after exposure, especially in indoor settings and when near those at higher risk for severe COVID-19 (i.e older people)
* Test 3- 5 days after your exposure
* Be alert for symptoms that may be covid for 10 days: tiredness, fever, scratchy or sore throat, cough, runny nose, headache, body aches, diarrhea, pink eye, skin rash, or discoloration of fingers or toes, loss of smell or taste – if you experience any symptoms, isolate immediately and get tested. Serious symptoms require immediate medical attention: difficulty breathing, shortness of breath, chest pain or pressure, loss of speech or movement.

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community\_epidemiology/dc/2019-nCoV/materials/COVIDContactGuide.html

**WHY these guidelines?**

On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, but it can take up to 14 days.

The peak period of virus shedding (and so most infectious time) starts about[**a day or two before symptoms**](https://pubmed.ncbi.nlm.nih.gov/33029620/)**appear and continues two or three days after.** Although a person is less likely to transmit the virus later in the course of illness, it’s still possible. [Research](https://www.nejm.org/doi/full/10.1056/NEJMc2202092?query=featured_home) shows that people continue to shed virus that can be cultured in a laboratory — a good test of the potential to pass along the virus — for about eight days on average after testing positive. Experts say that after 10 days, even if a person still is testing positive, they are very unlikely to pass along the virus.

**If vaccines and boosters do not prevent infection, what use are they?**

All careful research has found that vaccines and boosters reduce infections significantly and offer strong protection against severe illness. Moderna seems to perform best. They help protect you, and those around you. Links to: information about [**getting a COVID-19 vaccine**](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html) and finding a [**COVID-19 vaccination site**](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/vaccines/COVID-19-VaxEvents.html) near you.