

## Team Duluth Covid-19 UPDATE as of January 12, 2022:

Last week the CDC announced new quarantine and isolation guidance in regards to Covid. As a team that participates in U.S. Ski and Snowboard sanctioned events, we are required to follow national, state, and local regulations. Starting today and moving forward, the guidance is as follows:

### **Isolation following POSITIVE COVID-19 RESULTS**

Isolate for 5 days, returning on day 6, if the positive individual wears a well fitting mask, the individual is fever-free for 24 hours without the use of fever-reducing medication and other symptoms have improved.

If the positive individual cannot wear a well fitting mask or continues to have a fever or other symptoms that have not improved after 5 days of isolation. The individual will isolate for 10 days, returning on day 11.

The start date, Day 0 is the day symptoms started or the day of positive test, if no symptoms.

*Optional- Testing after positive COVID-19 result:*

If the individual has access to a test and wants to test toward end of their 5 day isolation period:

Positive test- continue to isolate through day 10

Negative test- end isolation

### **Close Contact Exposure to COVID-19**

Wear a well fitting mask for 10 days from the last date of exposure to the individual who tested positive for COVID-19

Monitor for symptoms for 10 days. If symptoms develop, stay home and be tested. Return to practice/races/competitions once a negative test result is received. If a positive test result is received, isolate for 5 days from the start of symptoms.

Testing for COVID-19 is recommended regardless of symptoms 5 days after exposure

*No quarantine required if:*

- Individuals are ages 18 or older and have received all recommended vaccine doses, including boosters and additional primary shots for some immunocompromised people.
- Individuals are ages 5-17 years and completed the primary series of COVID-19 vaccines.
- Individuals had confirmed COVID-19 within the last 90 days (tested positive using a viral test).
- In indoor settings:
  - If both the infected individual and the exposed individual correctly and consistently wore well-fitting masks the entire time.

*Quarantine for 5 days (Day 0 is date of exposure) if:*

- You are ages 18 or older and completed the primary series of recommended vaccines, but have not received a recommended booster shot when eligible.
- You received the single-dose Johnson & Johnson vaccine (completing the primary series) over 2 months ago and have not received a recommended booster shot.
- You are not vaccinated or have not completed a primary vaccine series.

*Quarantine for 10 days (Day 0 is date of exposure) if:*

- You are unable to wear a mask

*Household Contact*

- If a household member has tested positive for COVID-19, unvaccinated household contacts and those in the household who have not received the recommended vaccine doses must stay home and quarantine during the positive person's 5 day isolation period.
- The quarantine period for the unvaccinated household contacts and those in the household who have not received the recommended vaccine doses will extend past the 5 day isolation period for an additional 5 days (total quarantine period is 10 days, returning on day 11).
- If symptoms develop anytime during the quarantine period, the household contact should be tested for COVID-19. A negative COVID-19 test will not shorten the quarantine period. Positive test results must be reported to the Program Director, Corey Danelski.

- Household contacts who have received the recommended vaccine doses do not need to quarantine unless symptoms develop. If symptoms develop, the household contact must stay home and be tested for COVID-19.

If an individual has recently tested positive for COVID-19, the date the individual may be able to return to practices/races/competitions may be sooner as long as the following are true:

- The individual wears a well fitting mask
- The individual is fever-free for 24 hours without the use of fever-reducing medication
- Other symptoms have improved

Please contact Corey Danelski, Team Duluth Program Director, for an updated return date, if needed.

### **Potential Exposure**

With a high level of COVID-19 in our community, there is a risk of being exposed to COVID-19 everyday both at practices, races, competitions and in the community. Because of this risk, we are asking that all athletes, coaches and volunteers consider themselves exposed to COVID-19 daily. Please continue to monitor for COVID-19 like symptoms daily, stay home when you are sick, test for COVID-19, get vaccinated, and wear a mask.

<https://decc.org/blog/2020/09/30/covid-19-community-saliva-testing/>