

Quarantine Guidance – Athletics

A STUDENT-ATHLETE HAS BEEN DETERMINED TO BE A CLOSE CONTACT WITH SOMEONE DIAGNOSED WITH COVID-19 IN THE PAST 14 DAYS

Is the student fully vaccinated and asymptomatic?

YES

No quarantine.* The student-athlete may continue participating in regular school athletics. He or she should test on the 5th day after they had close contact with someone with COVID-19.

NO

Will the unvaccinated student-athlete test for COVID-19 on or after the 5th day they had close contact?

YES

Quarantine for 7 days.*

The student-athlete may test for COVID-19 on or after the 5th day after they had close contact with someone with COVID-19 (not before).

If this person has a negative test result **AND** is asymptomatic, he or she may return to school athletics on **Day 8** (the day after completing the full 7 days of quarantine) *if they adhere to strict physical distancing and wearing a face covering until Day 14.*

The student-athlete will be required to wear a face covering and participate at a distance until the 14th day after having close contact and they are still asymptomatic.

NO

Is the unvaccinated student-athlete willing to wear a face covering and adhere to strict physical distancing after a shortened quarantine?

YES

Quarantine for 10 days.*

If the student-athlete declines to test for COVID-19, he or she may return to school athletics on **Day 11** (the day after completing the full 10 days of quarantine) if they are still asymptomatic **AND** *if they adhere to strict physical distancing and wearing a face covering until Day 14.*

The student-athlete will be required to wear a face covering and participate at a distance until the 14th day after having close contact and they are still asymptomatic.

NO

Quarantine for 14 days.*

The student-athlete may return to regular school athletics on **Day 15** (the day after completing the full 14 days of quarantine) if they are still asymptomatic.

QUESTIONS?

Contact your child's school nurse for guidance and further details.

**Individual quarantine periods to be determined by school nurses based on testing and symptoms.*

This flow chart is based on recommendations from CDC, guidance from NCDHHS, and operational agreements among HCPS, Henderson County Department of Public Health, and Pardee UNC Health Care Sports Medicine athletic trainers. See the NCDHHS StrongSchoolsNC Toolkit updated online at www.covid19.ncdhhs.gov/guidance#schools.

