

West Haven Seahawks COVID Guidelines

The West Haven Seahawks are committed to providing a safe season for all participants, coaches and spectators. To this end, we will follow the CDC recommended guidelines and update ours as necessary.

- You **QUARANTINE** when you might have been exposed to the COVID-19 virus
- You **ISOLATE** when you have been infected with the COVID-19 virus, even if you do not have any symptoms.

For COVID-19 EXPOSURE:

QUARANTINE when you have been in close contact (within 6 feet of someone for a cumulative total of 15 mins or more) unless you have been fully vaccinated. Stay at home for 14 days, watch for symptoms, stay away from people you live with if possible. You may return on Day 15. If you develop symptoms, immediately isolate and contact your healthcare provider. You **MAY** shorten your quarantine to 7 days if you receive a **NEGATIVE** PCR COVID-19 test between day 5 through 7, and return on Day 8.

Fully vaccinated people only need to quarantine if they develop symptoms of COVID-19. Fully vaccinated people should get a PCR COVID-19 test 3 to 5 days after exposure and wear a mask indoors after exposure until you receive a negative test result.

For COVID-19 INFECTION:

ISOLATE when you have received a **POSITIVE** COVID-19 test result or develop symptoms of COVID-19. If you develop COVID-19 symptoms you should get tested as soon as possible and **ISOLATE** until you receive those results. **ISOLATE** for 10 days following when symptoms first appeared **OR** when you had your **POSITIVE** test administered. You can return on Day 11 if you have been fever-free for 24 hours without medication, have improving COVID-19 symptoms, or have not had any COVID-19 symptoms.

- Fully Vaccinated means at least 2 weeks after receiving second vaccine of Moderna or Pfizer, or single dose of Johnson & Johnson)
- Symptoms of COVID-19 include fever greater than 100.4, chills, cough, shortness of breath, fatigue, body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea/vomiting, diarrhea.
- Day 0 is day of exposure