

I WAS EXPOSED TO A PERSON WITH CONFIRMED COVID-19, WHEN CAN I RETURN TO PLAY?



Do you live the person with confirmed COVID-19?

YES

NO

STAY HOME. YOU MAY NOT PARTICIPATE IN PacNW ACTIVITIES

Process is more complicated if the person with confirmed COVID-19 lives with you.

- 1 Contact your physician for guidance.
- 2 Contact coach to inform that a member of your household is positive for COVID-19 and you will not be attending practice.
- 3 Report that a member of your household tested positive via <https://tinyurl.com/pacnw-covid-reporting> OR email concerns@pacnwsc.org

Per state and local guidelines: you MUST QUARANTINE FOR 10-14 DAYS from the LAST date of exposure.

In order to return to play, PacNW must receive a doctor's note stating:
"To the best of their knowledge, the patient has met current CDC requirements for self-isolation or quarantine following COVID-19 infection or exposure."

Player may not return to play until note is received by PacNW.

If a doctor's note is not possible, then email

Jeff Hemmen at concerns@pacnwsc.org

STAY HOME. YOU MAY NOT PARTICIPATE IN PacNW ACTIVITIES

- 1 Contact your physician for guidance.
- 2 Contact your coach that you are not well and are staying home.
- 3 Report symptoms and pertinent info to PacNW by filling out the online form at <https://tinyurl.com/pacnw-covid-reporting> OR email concerns@pacnwsc.org

BE SURE TO LIST YOUR EXPOSURE DATE

Per state and local guidelines: you MUST QUARANTINE FOR 10-14 DAYS from the date of exposure.

Email Jeff Hemmen at concerns@pacnwsc.org
Attach doctor's note if required

Once received, Jeff Hemmen or Kaelen Aramaki will email you, your coach, and your director the date you can return to play.

You may not return to play until you receive a Return to Play date from PacNW.