

Health Self-Check

Conduct this self-assessment the day of your intended practice.

1. In the last 14 days, have you experienced any of the following?

- Fever
- Cough unrelated to allergies
- Shortness of breath or difficulty breathing
- A decrease in the sense of smell or taste
- Blotchy red rash on the toes (like frostbite)
- Sore throat
- Muscle or body aches
- Fatigue
- Headache
- Nausea or vomiting
- Diarrhea

If No – continue with question 2.

If Yes – Do not attend practice until 14 days past date of end of symptom(s).

2. In the last 14 days, have you been exposed to anyone who tested positive for COVID-19?

If No – continue with question 3.

If Yes:

- Do not attend practice.
- Get a COVID test 7 days after your known exposure. (You may want to get a COVID test sooner, but for determining when you can return to practice, the test needs to be 7 days post-exposure.)
- Notify your physician and your SAKE coach for contact tracing.
- If the test is negative, return to practice.
- If the test is positive, do not attend practice until you test negative for COVID.

3. If at any time you test positive for COVID-19 you should:

- immediately notify your SAKE coach in order to facilitate contact tracing, **and**
 - If you have symptoms, ISOLATE:
 - for 10 days since symptoms first appeared, **and**
 - you receive a negative COVID test.
 - If you were severely ill or are immunocompromised, ISOLATE:
 - for up to 20 days since symptoms first appeared, **and**
 - you go 24 hours with no fever (without fever-reducing medications), **and**
 - other symptoms are improving **and**
 - you receive a negative COVID test.
- If you do not have symptoms, ISOLATE until you receive a negative COVID test