

## HEALTH COACH CHECKLIST TRAVEL QUESTIONS

Have you travelled out of the state or country via public transportation (plane, bus, train, etc.) in the last 14 days?

If no, cleared for training.

If yes:

- Did you get a COVID test 7 days after travel?
- If yes (got tested)
  - If test was negative – cleared for training
  - If test was positive, 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
- If no (did not get tested), please do not attend any training sessions until 14 days have passed since you returned from travel.

**Note: COVID test needs to be RT-PCR, not the rapid antigen version.**