

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 – you can:

- Get a COVID test. If negative, return to practice. If positive, follow instructions in Item 3 below.
- If you choose not to get a COVID test, 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.
- If you choose not to get a COVID test, do not attend practice until 14 days past date of exposure.

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

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