

Updates to LVHN Guidelines to Resocialization to Sports.

7/28/2020

CDC Update on Isolation 7/26/2020

Isolation is used to separate people infected with SARS-CoV-2, the virus that causes COVID-19, from people who are not infected.

People who are in isolation should stay home until it's safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific "sick room" or area and using a separate bathroom (if available).

Return after assumed positive based on symptoms

Athletes are allowed to return after:

1. At least 10 days since symptoms first appeared **AND**
2. At least 24 hours with no fever (without fever-reducing medication)
AND
3. All symptoms have dissipated

If testing is available, your healthcare provider may recommend that you undergo repeat testing for COVID-19 in order to end the isolation earlier than the above criteria suggests. If so, you can be around others after you receive two negative tests results in a row, from tests administered at least 24 hours apart.

Return after positive COVID-19 test but no symptoms

Athletes are allowed to return after:

At least 10 days since you had your positive test.

If testing is available, your healthcare provider may recommend that you undergo repeat testing for COVID-19 in order to end the isolation earlier than the above criteria suggests. If so, you can be around others after you receive two negative tests results in a row, from tests administered at least 24 hours apart.

If symptoms develop after the positive test, follow the above recommendations.

**ALL ATHLETES SHOULD GET FINAL RETURN TO SPORT RELEASE
FOLLOWING A PHYSICAL EXAM FROM A PHYSICIAN.**