

LOYALSOCK LANCERS

Ron Insinger
Director of Athletics
Loyalsock Twp School District
1801 Loyalsock Drive
Williamsport, PA 17701



School: (570) 326-3581 ex. 1314
Fax: (570) 323-5303
rinsinge@loyalsocklancers.org
Cell Phone: (570) 337-0676

Loyalsock Township School District Resocialization of Sports and Extra-Curricular Activities Recommendations

This guidance is preliminary; as more public health information is available, the administration may work with impacted entities to release further guidance which could impact fall, winter, or spring seasons.

INTRODUCTION

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control, among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families.

The LTSD will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. The LTSD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators.

Prior to a student-athlete being allowed to participate in a LTSD workouts, the parent and student must sign a participation wavier for communicable diseases including COVID-19.

RECOMMENDATIONS

Recommendations for **ALL PHASES** for Junior and Senior High Athletics

1. Identify high risk individuals to take extra precautions:
 - a. Student Athletes: identified by Pre-participation physicals and self-reporting
 - i. For non-mandatory practices when athletic trainers are not on-site, students must self-report any high risk pre-existing conditions to coaches
 - ii. As per the most recent medical evidence recommendations, any student who has previously tested positive for COVID-19 should consult his/her physician for cardiac testing consideration.
 - b. Staff: identified by self-reporting as needed to the Athletic Director and/or Athletic Supervisor. Athletic Director/Athletic Supervisor will inform Athletic Training staff
 - c. Band Members: Band director/instructors will identify using Pre-participation physicals and self-reporting

2. Education and Updates
 - a. Students, Parents and Community
 - i. Signs and Symptoms of COVID-19
 - ii. LTSD Interscholastic Athletics and Extracurricular Activities Return to Play Recommendations will be publicized for review
 - b. Coaches, Band Directors, Instructors
 - i. The athletic training staff will conduct a virtual education session for all coaches, band directors, instructors and staff.
 - ii. This training must be completed prior to Phase 2 of LTSD's acclimatization phases for off-season workouts/activities.
 - iii. Any coach, band director or instructor who does not complete the training is not permitted to attend organized workouts/activities until the training is complete.
 - iv. Trainings will be provided by UPMC through the District Athletic Trainer.
 - c. The athletic training staff will provide updated information to all as needed:
 - i. As the medical and scientific community learn more about the disease
 - ii. As state and/or federal medical guidelines are changed/updated
 - d. The athletic training staff, school nurses, athletic director and/or LTSD administration will monitor and communicate developments regarding:
 - i. Outbreaks in the community
 - ii. Updates to LTSD policies and procedures concerning COVID-19
 - iii. PIAA, Dept. of Education and NFHS guidelines
3. Daily COVID-19 health screenings:
 - a. Student athletes/band members, coaches/band directors/instructors, and staff may be screened daily.
 - i. Thermometers will be used when available.
 - ii. Screenings may be completed by Athletic Training Staff and Athletic Director during mandatory practices and by coaches for non-mandatory practices.
 - iii. Screenings for band members will be completed by the band director/instructors.
 - iv. Coaches are expected to assist with facilitating the screening process during mandatory practices.
 - v. Individuals with a temperature of 100.4 degrees or higher will not be able to participate in that day's activities.
 - vi. All screenings will take place at designated areas.
 1. See Appendix for COVID-19 Screening Form for questions
4. Personal Protective Equipment
 - a. Masks
 - i. Coaches, band directors, instructors and staff must always wear a mask/face cover unless medically unable
 - ii. Cloth face coverings are adequate (surgical or N95 masks, while also acceptable, are not necessary)
 - iii. The garment should cover both the nose and mouth and allow for unlabored breathing.
 - iv. Students are strongly encouraged to wear a mask when feasible - ex. prior to and during screening, arrival at practice, departure from practice, etc.
 1. Students are required to wear a mask/face covering when entering the Athletic Training room (because it's a medical facility).
 2. Students are required to wear a mask after a positive COVID-19 screen.
 - b. Gloves are not recommended as they have not been shown to decrease transmission of the virus
5. Social Distancing should be practiced when possible (a minimum of 6 feet is best practice)
 - a. Participants should sit at least every other seat on the bench, avoid dugouts when feasible, and consciously stand six feet apart when not participating in a drill, competition, or activity that requires closer contact.
 - b. Virtual team meetings should take place when possible

- c. There should be no unnecessary contact such as hugging, handshakes, high fives, fist bumps or elbow bumps
 - d. Large social gatherings and mixing of groups during practices is discouraged
 - e. Staggered arrival and departure times should be used for different teams and smaller groups within teams when possible
 - f. Staff should be limited to essential personnel only - spectators are not permitted. All volunteers must be approved by the Board of Education or they cannot participate.
 - g. The number of students and staff in areas such as cafeterias, classrooms, weight rooms, locker rooms and athletic training facilities should be limited
 - h. Essential students and staff only at practices
 - i. This includes athletes, band members, medical staff, coaches/band directors and appropriate LTSD administration
6. Hygiene
- a. Wash hands often for 20 seconds with warm water and soap
 - b. Use hand sanitizer, when available, if access to soap and water are not available
 - c. Avoid touching your face
 - d. Clean your personal equipment/instrument daily and do not store in a common area
 - e. Students are encouraged to shower and wash their workout clothing immediately upon returning to home.
 - f. No spitting is permitted.
7. Sanitization
- a. All equipment will be cleaned between each individual use by coaches or designated individuals (band director etc.) in accordance with appropriate phases listed below.
 - b. Weight equipment should be wiped down thoroughly before and after an individual's use of equipment by the individual utilizing the equipment
 - c. When possible, athletes should not share gear
 - d. Each athlete must have his/her own water bottle or hydration container that is never to be shared
 - e. Increase ventilation, such as opening doors and windows, when it is feasible and safe to do so
 - f. Daily cleaning of all facilities by LTSD custodial staff - coaches and athletes will be responsible for equipment cleaning throughout practices.
 - g. All treatment tables and medical equipment in the athletic training facilities will be cleaned between patients by the athletic trainers
8. Student-athlete is required to complete and submit of LTSD Participation Waiver for Communicable Diseases including COVID-19 to Head Coach, Athletic Trainer or Athletics Department before they are permitted to participate in off-season workouts

ACCLIMATIZATION PHASES FOR OFF-SEASON WORKOUTS/ACTIVITIES FROM JULY 1 THROUGH AUGUST 9, 2020

CLASSIFICATION OF SPORTS

- **High Risk:** Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. Examples: football, wrestling, cheerleading (stunts), dance
- **Moderate Risk:** Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports that use equipment that can't be cleaned between participants. Examples: basketball, volleyball, baseball, softball, soccer, ice hockey, tennis, pole vault, high jump, long jump, 7 on 7 football

- **Low Risk:** Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between uses by competitors. Examples: running events, cross country, throwing events, swimming, golf, weightlifting, sideline cheer

**** High/Moderate Risk Sports may move to a Low risk category with non-contact modifications.**

Level 1

(PA State Red) Team Activities

Team Activities: No In-person gatherings allowed, Athletes and Coaches may communicate via online meetings (zoom, google meet, etc.), Athletes may participate in individual home workouts including strength and conditioning.

- All school facilities remain closed as per PA State Guidelines.
- Athletes and Coaches should abide by guidelines set forth by the local and state governments.

Level 2:

(PA State Green or Yellow) Entered upon opening by local and state clearance

Team Activities may include: team meetings, open gym, kick around, weight training/conditioning, running events, cross country, throwing events, swimming, golf, and sideline cheer, etc.

Entered once at least 14 days of isolated conditioning, done at home and as directed by the coach/band director/instructors.

Pre-workout Screening:

- All coaches and students should be screened for signs/symptoms of COVID-19 prior to a workout. The screenings could range from a verbal/written questionnaire to a temperature check. (See Appendix for COVID-19 Screening Form)
- Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19
- Any person with positive symptoms reported should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. A clearance may be required to return to play.

Limitations on Gatherings:

- No groups of more than 10 individuals at a time per indoor facility. Only approved coaches and approved volunteers are permitted.
- No groups of more than 25 individuals at a time per outdoor facility. Only approved coaches and approved volunteers are permitted.
- Controlled non-contact practices only, modified game rules, skills and physical fitness high emphasis
- Social Distancing should be applied during practices and in locker rooms, and gathering areas.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often
- Weight Room Equipment should be wiped down after an individual's use
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces

Physical Activity:

- Lower risk sports practices may begin
- Modified practices may begin for Moderate and High risk sports (practices must remain noncontact and include social distancing where applicable, activity should focus on individual skill development)
- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary
- Hand Sanitizer should be used periodically as resources allow
- Spotters for maximum weight lifts should be stationed at each end of the bar
- Student Athletes should remain with their assigned groups during each workout and during daily workouts to limit the number of people they come in contact with.

Hydration:

- Students **MUST** bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water coolers, water fountains, water cows, water troughs, etc.) should not be utilized

Level 3:

Entered after 14 days of small groups AND community disease load that is not rising

Team activities may include: basketball, volleyball, baseball, softball, soccer, ice hockey, tennis, pole vault, high jump, long jump, 7 on 7 football, etc.

Pre-workout/Contest Screening:

- Any person who has COVID-19 symptoms should not be allowed to participate in practice/games, and should contact their primary care physician or another appropriate health-care provider. A clearance may be required to return to play.
- COVID-19 Screenings (Questionnaire and Temperature Checks may continue as per State and Local government recommendations)
- Team attendance should be recorded

Limitations on Gatherings:

- No groups of more than 25 individuals at a time per indoor facility. Only approved coaches and volunteers are permitted.

- No groups of more than 50 individuals at a time per outdoor facility. Only approved coaches and volunteers are permitted.
- When not directly participating in practices or contests, social distancing should be considered and applied when able

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often
- Weight Room Equipment should be wiped down after individual's use
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces
- Physical Activity and Athletic Equipment:
- Low, Moderate, and High Risk practices and Low and Moderate Risk competitions may begin (As per State, Local, and PIAA Guidelines)
- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary
- Hand Sanitizer should be used periodically as resources allow
- Spotters for maximum weight lifts should be stationed at each end of the bar

Hydration:

- Students MUST bring their own water bottle. Water bottles must not be shared.
- Hydration Stations may be used but MUST be cleaned after every practice/event.

Level 4:

Entered after an additional 14-day period is complete AND the disease load in the community is declining

Team Activities include: Low/Moderate Sports may resume. High Risk Sports (Football, Wrestling, and Cheerleading Stunting) may begin full person to person contact and competition.

Pre-workout/Contest Screening:

- Any person who has COVID-19 symptoms should not be allowed to participate in practice/games, and should contact their primary care physician or another appropriate health-care provider. A clearance may be required to return to play.
- COVID-19 Screenings (Questionnaire and Temperature Checks may continue as per State and Local government recommendations)
- Team attendance should be recorded

Limitations on Gatherings:

- Teams may then combine to the total group for full practices (within PIAA guidelines for off-season workouts).

- When not directly participating in practices or contests, social distancing should be considered and applied when able.

Facilities Cleaning:

- Adequate cleaning schedules should be created and implemented for all athletic facilities to mitigate any communicable disease
- Athletic Facilities should be cleaned prior to arrival and post workouts and team gatherings, high touch areas should be cleaned more often
- Weight Room Equipment should be wiped down after and individual's use
- Appropriate clothing/shoes should be worn at all times in the weight room to minimize sweat from transmitting onto equipment surfaces

Physical Activity and Athletic Equipment:

- All sports may resume normal practice and competition
- Students should refrain from sharing clothing/towels and should be washed after each practice, including pinnies.
- Athletic equipment that may be used by multiple individuals (balls, shields, tackling dummies, shot put, discus, pole vault, etc.) should be cleaned intermittently during practice and events as deemed necessary
- Hand Sanitizer should be used periodically as resources allow
- Spotters for maximum weight lifts should be stationed at each end of the bar
- Hydration:
- Students MUST bring their own water bottle. Water bottles must not be shared.
- Hydration Stations may be used but MUST be cleaned after every practice/event.

OTHER RECOMMENDATIONS:

Transportation:

Modifications for student/coach transportation to and from athletic events may be necessary. This may include:

- Reducing the number of students/coaches on a bus/van
- Using hand sanitizer upon boarding a bus/van
- Social distancing on a bus
- These potential modifications will be determined by the school district, bus companies, Department of Education, State and Local governments

Who should be allowed at events?

Group people into tiers from essential to non-essential and decide which will be allowed at an event:

1. Tier 1 (Essential) – Athletes, coaches, officials, event staff, medical staff, and security only.
2. Tier 2 (Preferred) – Media
3. Tier 3 (Non-essential) – Spectators, vendors
 - Only Tier 1 and 2 personnel will be allowed to attend events until state/local governments lift restrictions on mass gatherings.
 - Changes to seating capacity and social distancing may be necessary for each venue facility and will be determined as more recommendations are released by the local/state governments.

Overnight/Out of State Events/ Events in COVID-19 Hot Spots

- The LTSD will evaluate each event and follow all local/state government guidelines on a case by case basis. Every consideration will be taken as to not expose students to unnecessary or potential high risk exposure.

Positive Cases and Coaches, Staff, or Athletes Showing COVID-19 Symptoms

What are the signs and symptoms of COVID-19?

Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. (See CDC Fact Sheet in Appendix)

Symptoms may include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

What to do if you are sick?

- If you are sick with COVID-19 or think you are infected with the virus, STAY AT HOME. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the school immediately (principal, athletic director, athletic trainer, coach)
- It will be determined if others who may have been exposed (students, coaches, staff) need to be notified, isolated, and /or monitored for symptoms
- If a Positive case of COVID-19 is Diagnosed Contact Tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH. See Information in Appendix

What to do if a student or staff become ill with COVID-19 symptoms during practice, event, or during transportation to or from an event?

- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave the school or event
- If student, parent/guardian will be contacted immediately, and arrangements will be made for the student to be picked up
- Ill individual will be asked to contact their physician or appropriate healthcare professional for direction

Return of student or staff to athletics following a COVID-19 diagnosis?

- Student or staff should have medical clearance from their physician or appropriate healthcare professional, determined to be non-contagious, fever free (without fever-reducing medicine), improvement in respiratory symptoms (cough, shortness of breath), no vomiting or diarrhea.

Illness Protocol

- Should an individual athlete, band member, or staff screen positive or become ill, he/she will be immediately removed from the group, masked if not already and isolated.
- If reported to coach/instructor, they are to immediately notify Athletic Trainer
- A parent/guardian will be notified immediately by the Athletic Trainer or the Athletic Director.
- It is recommended that a positive screened individual should see his/her primary care physician to either:
 - Be tested for COVID-19
 - Obtain a written note from the physician that COVID-19 testing is not warranted and he/she may immediately return to socialization
 - If a negative test is obtained or a student is released from a physician, a negative screening is required for an athlete to return to practice.
- If the individual tests positive for COVID-19, contact tracing will be initiated
 - The Athletic Trainers and Athletic Director will do the contact tracing and notify the school nurse and necessary administration of results
 - The tracing will identify those individuals who would have been within six feet of the sick individual for more than 15 minutes while the person was symptomatic or within the 48 hours prior to becoming symptomatic
 - Those identified through contact tracing are recommended to seek medical advice, are not permitted on LTSD property for 14 days and should be closely monitored for the development of symptoms
 - The COVID-19 positive individuals may return to LTSD property and activities:
 - 72 hours after resolution of symptoms, including but not limited to: fever (without the use of fever reducing medications), cough, shortness of breath
 - AND at least 10 days have passed since symptoms first appeared
 - AND have a written release from a physician that includes
 - A cardiac screening with at minimum EKG at the discretion of the treating physician
 - Permission to return to full physical activity There is currently more research being done and likely new cardiac recommendations coming out in the next 6 weeks so this may change

APPENDIX

LOYALSOCK LANCERS

Ron Insinger
Director of Athletics
Loyalsock Township School District
1801 Loyalsock Drive
Williamsport, PA 17701



School: (570) 326-3581 ex. 1314
Fax: (570) 323-5303
rinsinge@loyalsocklancers.org
Cell Phone: (570) 337-0676

Loyalsock Township School District Athletic Department

Participation Waiver for Communicable Diseases Including COVID-19

The COVID-19 pandemic has presented athletics across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control, among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests there are many steps schools can take to reduce the risks to students, coaches, and their families.

The LTSD will take the necessary precautions and recommendations from the federal, state, and local governments, CDC, PA DOH, as well as the NFHS and PIAA. The LTSD realizes the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed as new information becomes available in order to decrease the risk of exposure for our staff, students, and spectators.

These Recommendations include but may not be limited to:

1. Athletes, Coaches, and Staff will undergo a COVID-19 health screening prior to any practice, event, or team meeting. The type of screening will be dependent upon the available resources and the Phase level the State is currently in. The purpose is to check for signs and symptoms of COVID-19. It will include a questionnaire and temperature check as needed.
2. Promote healthy hygiene practices such as hand washing, using hand sanitizer, cough in your elbow, avoid touching eyes, nose, face and mouth, no spitting, no Handshakes/Celebrations (high fives, fist/elbow bumps, chest bumps, hugging) etc. (Face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. Face Coverings will not be used for athletes while practicing or competing, but may be used if not participating.) Hand Sanitizer will be available for team use as resources allow.
3. Intensify cleaning, disinfection, and ventilation in all facilities
4. Encourage social distancing through increased spacing, small groups, and limited mixing between groups, if feasible
5. Educate Athletes, Coaches, and Staff on health and safety protocols
6. Anyone who is sick must stay home
7. Plan in place if a student or employee gets sick
8. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures
9. Athletes and Coaches **MUST** provide their own water bottle for hydration. Water bottles must not be shared. **Refill Stations and Water Fountains will NOT BE initially AVAILABLE!**
10. Personal Protective Equipment (PPE), (gloves, masks, eye protection), will be used as needed and situations warrant, or determined by local/state governments. However, Face Coverings will not be used for athletes while practicing or competing.

I understand that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. While particular recommendations and personal discipline may reduce the risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for my participation. I willingly agree to comply with the stated recommendations put forth by the LTSD to limit the exposure and spread of COVID-19 and other communicable diseases.

Sport: _____ Level: Varsity Junior High Gender: Male Female
(Circle one) (Circle One)

Signature of Parent/Guardian: _____ Date: _____

Signature of Student Athlete: _____ Date: _____

For the column - "Close Contact" - the answer should reflect the following question:
Within the past 14 days, have you had close contact with someone who is currently sick with suspected or confirmed COVID-19? (Note: Close contact is defined as within 6 feet for more than 10 consecutive minutes, without PPE equipment.)

WHAT IS CONTACT TRACING?

BACKGROUND

Contact tracing is the process of reaching out to anyone who came into close contact with an individual who is positive for COVID-19. Contact tracing helps monitor close contacts for symptoms and to determine if they need to be tested. Contact tracing is a key strategy for preventing the further spread of infectious diseases such as COVID-19.

WHAT DOES THIS PROCESS LOOK LIKE?

- In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then inform individuals who have had close contact (e.g. “close contacts”) that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them.
- Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.
- Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain social distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms.
- If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

- A **case** is a patient who has been diagnosed with COVID-19. A case should isolate themselves, meaning they should stay away from other people who are not sick to avoid spreading the illness.
- A **close contact** is an individual who had close contact with a case while the case was infectious. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.
- A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



CS1740578 04/15/2020

cdc.gov/coronavirus

RESOURCES:

NFHS: Guidance for Opening Up High School Athletics and Activities (per update on May 2020)

Centers for Disease Control and Prevention

Website: cdc.gov/coronavirus/2019-ncov/index.html

“What You Should Know About COVID-19 to Protect Yourself and Others”,

“Schools Decision Tree”

PA Department of Health

Website: health.pa.gov

“Coronavirus Symptoms”

“What is Contact Tracing”

“Phased Re-opening Plan by Governor Wolf”

A Guide to Re-Entry to Athletics in Texas Secondary Schools

By Jamie Woodall, MPH, LAT, ATC, CPH and Josh Woodall Med, LAT, ATC

UPMC RETURN TO PLAY GUIDELINES