



# Tornado Youth Hockey



## COVID-19 ATTENDANCE GUIDELINES

### I should not attend Tornado Youth Hockey Activities if:

I have **1** of the following symptoms above baseline in the last 24 hours:

- COUGH
- SHORTNESS OF BREATH OR DIFFICULTY BREATHING
- LOSS OF TASTE OR SMELL
- \* FEVER OF 100F
- \* VOMITING
- \* DIARRHEA

**OR**

I have **2** of the following symptoms above baseline in the last 24 hours:

- HEADACHE
- BODY ACHES
- FATIGUE
- CHILLS
- CONGESTION OR RUNNY NOSE
- SORE THROAT
- NAUSEA

**OR**

I am a **close contact** of a confirmed COVID case meaning:

- HAD DIRECT PHYSICAL CONTACT WITH THE PERSON **OR** WERE WITHIN 6 FEET OF THE PERSON FOR 15 CUMULATIVE MINUTES IN A DAY **OR** HAD CONTACT WITH THE PERSON'S RESPIRATORY SECRETIONS (COUGHED/SNEEZED ON OR SHARED DRINKING GLASS/FOOD)

**\*NOTE:** IF THE **ONLY** SYMPTOM IS VOMITING **OR** DIARRHEA **OR** FEVER—ALONE—STUDENT SHOULD BE EXCLUDED UNTIL FEVER FREE, DIARRHEA FREE OR NO VOMITING FOR 24 CONSECUTIVE HOURS. HOWEVER, IT DOES NOT NECESSARILY INDICATE THE NEED TO TEST FOR COVID OR FOR COVID ISOLATION. CONTACT YOUR PRIMARY CARE PROVIDER FOR GUIDANCE.

### When can I return to TYH Activities?

#### Positive COVID Test:

MAY RETURN AFTER 10 DAYS SINCE THE FIRST SYMPTOM **AND** AT LEAST 24 HOURS NO FEVER WITHOUT MEDICATION **AND** SYMPTOMS HAVE IMPROVED

#### No COVID Test:

MAY RETURN AFTER 10 DAYS SINCE THE FIRST SYMPTOM **AND** AT LEAST 24 HOURS NO FEVER WITHOUT MEDICATION **AND** SYMPTOMS HAVE IMPROVED **OR** DOCTOR'S NOTE

#### Negative COVID Test:

DOCTOR'S NOTE **AND** AT LEAST 24 HOURS NO FEVER WITHOUT MEDICATION **AND** AT LEAST 24 HOURS NO VOMITING

#### Close Contact of a COVID Case:

MAY RETURN AFTER 14 DAYS FROM LAST EXPOSURE **AND** WITH NO SYMPTOMS

INDIVIDUALS SHOULD FOLLOW ALL ISOLATION AND QUARANTINE PERIODS PROVIDED BY THE LA CROSSE COUNTY HEALTH DEPARTMENT. CASE-BY-CASE DETERMINATIONS MAY ALTER THE ISOLATION OR QUARANTINE RECOMMENDATION.