



## **Protocol for COVID-19 Exposure**

*What to do if contraction of COVID-19 happens or has potentially happened? It is very important to follow the steps below if you have a participant (athlete, coach, unified partner, additional personnel) that knows **or** thinks they have potentially contracted COVID-19.*

1. Contact SOKY State Office at 502-695-8222 or at [hbrislin@soky.org](mailto:hbrislin@soky.org) immediately. Please have the full name and contact information of the person(s) infected or who have been potentially infected. All practices/activities of the team should be paused immediately. All other persons exposed and potentially infected should self-isolate and stay home except to get medical care.
2. Email activity/practice attendance tracking sheets from that day and the prior 2 weeks to [hbrislin@soky.org](mailto:hbrislin@soky.org). All participants listed on the tracking sheets with the potentially infected person(s) should be contacted immediately and alerted of the potential exposure to COVID-19.
3. Once the SOKY State Office has been notified, the local Health Department will then be notified for recording and contact tracing purposes.
4. Monitoring of symptoms should be constant. Symptoms of COVID-19 include fever, cough, and shortness of breath but other symptoms may be present as well.
5. When to seek **Emergency Medical Attention** – Note: This list is not all the possible symptoms. Individual should call medical provider for any other symptoms that are severe or concerning to you.
  - > Trouble Breathing
  - > New Confusion
  - > Bluish lips or face
  - > Inability to wake or stay awake
  - > Persistent pain or pressure in the chest
6. **Resumption of Practices/Activities**: If the team member(s) in question tests positive for COVID-19, that individual(s) will need to follow protocol and guidelines for self-quarantine and will not be able to participate until he/she receives 2 negative tests. Anyone who attends a team practice, activity, game, etc., with the infected individual(s), is assumed to have been exposed to COVID-19. Therefore, they will also need to practice self-isolation protocol. After the appropriate time and the individual does not present any symptoms, he/she may participate in practices. This could potentially impact the entire team. In such case, the team will need to halt activity until all protocol timelines have passed.