

## Algorithm for COVID testing and quarantine if you have symptoms:

If you have any of the following symptoms you should quarantine and get tested for COVID-19:

1. Fever (temp of 100.4 F or greater) or feeling feverish (such as chills and/or sweating)
2. Cough
3. Mild or moderate difficulty breathing
4. Sore throat
5. Muscle aches
6. Headache
7. New loss of taste or smell
8. Nausea or vomiting
9. Diarrhea
10. Unusual fatigue

COVID-19 test  
is **negative**

Quarantine until symptoms subside and you have had no fever for at least 24hrs without the use of fever reducing medications (Tylenol/ibuprofen/aspirin)

COVID-19 test  
is **positive**

- Alert the team coach and manager within 24hrs of positive test
- Quarantine for a total of 5 days from positive test and mask for an additional 5 days as long as symptoms subside and you have had no fever for at least 24hrs without the use of fever reducing medications (Tylenol/ibuprofen/aspirin)

## Algorithm for testing and quarantine if exposed:

You have been alerted that you have had exposure to COVID-19 at hockey or outside of hockey at home, school, or other place (Exposure is being within 6ft for >15min cumulative over a 24h period within 48hrs of an individual experiencing symptoms or testing positive for COVID without symptoms)

Regardless of immunization status

If you remain symptom free:

- You may participate with a mask on during all activities off the ice
- Get tested 5 days after exposure

If symptoms arise:

- Get tested and follow the algorithm for testing and quarantine if you have symptoms

I have decided to get testing 5 days or more after exposure

I have decided to not get tested

You may participate with a mask on during all activities off the ice for a total of 10 days, then follow standard mask recommendations

COVID-19 test is **negative**

You may participate with a mask on during all activities off the ice for a total of 10 days, then follow standard mask recommendations

COVID-19 test is **positive**

- Alert your team coach and manager within 24hrs of positive test
- Quarantine for a total of 5 days after positive test and mask for an additional 5 days as long as symptoms have subsided and you have had no fever for 24hrs without the use of fever reducing medications (Tylenol, ibuprofen, aspirin)