

**Wilson School District**  
**Athletics and Extracurricular Health & Safety Plan**

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

**INTRODUCTION**

The COVID-19 pandemic has presented participants of extracurricular activities 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 (CDC), 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 that there are many steps schools can take to reduce the risks to students, staff, and their families.

The Wilson School District will take the necessary precautions and recommendations from the federal, state, and local governments, including, but not limited to, the CDC, National Federation of State High School Associations (NFHS), Pennsylvania Department of Education (PDE), and Pennsylvania Interscholastic Athletic Association (PIAA). The Wilson School District realizes that the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed and as new information becomes available in order to decrease the risk of exposure for our students, staff, families, and spectators.

The Wilson Sports Medicine department is positioned to play a vital role in developing and implementing infection control policies throughout our school district. They now will not only serve as sports medicine professionals who are responsible for injury evaluation, treatment and rehabilitation; but also as being a vital component of any return to athletics and extracurricular protocols.

**POINT OF CONTACT**

The primary point of contact at the Wilson School District for questions related to COVID-19 is Dr. Andrew Hoffert, Director of Student Supports and Services, @ [hofand@wilsonsd.org](mailto:hofand@wilsonsd.org) or 610-670-0180 x 1124.

Questions specific to this plan can be directed to Mr. Drew Kaufmann, Director of Athletics, @ [kauand@wilsonsd.org](mailto:kauand@wilsonsd.org) or 610-670-0180 x 1142, Mr. Scott Fairchild, Assistant Principal, @ [faisco@wilsonsd.org](mailto:faisco@wilsonsd.org) or 610-670-0180 x 4905, or Ms. Kiernan Melograna, Head Athletic Trainer, @ [melkie@wilsonsd.org](mailto:melkie@wilsonsd.org) or 610-670-0180 x 4463.

**GUIDANCE APPLICABLE TO ALL ACTIVITIES**

Recommendations for **ALL LEVELS** of Middle School and High School Athletics/Extracurriculars:

1. Participants, coaches, and staff may undergo a COVID-19 health screening prior to any extracurricular activity, (i.e. practice, event, or team meeting). The type of screening will be dependent upon the available resources and the Phase level. The purpose is to check for signs and symptoms of COVID-19. If individuals participating in extracurricular activities show symptoms of COVID-19, or are sick, they must be sent home.
2. Participants and their parents/guardians will be asked to complete and sign the *Participation Waiver for Communicable Diseases Including COVID 19*.
3. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap).

4. Face coverings will be used per state/local government requirements. Face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. When conducting activities indoors, all participants (i.e. including students) should wear face coverings at all times, except when actively engaged in workouts or other extracurricular activities that prevent the wearing of face coverings. When conducting activities outdoors, coaching staff, district employees, and other adult personnel should wear face coverings where social distancing isn't feasible and unless doing so jeopardizes their health. Face coverings will not be required for participants while practicing or competing outdoors; but should be worn at other times, such as when social distancing isn't feasible, when arriving/exiting the facility, and while not actively participating in an extracurricular activity. When conducting activities in the pool, face coverings will not be required while in the water; however, participants should maintain physical distance from others while in the water. Once out of the water, all participants should wear face coverings and maintain social distancing of at least 6 feet from others.
5. Hand sanitizer will be available for use as resources allow.
6. Activities that increase the risk of exposure to saliva should not be allowed, including chewing gum, spitting, licking fingers, and eating sunflower seeds.
7. Avoid shaking hands, fist bumps, or high fives before, during, or after games and practices. Limit unnecessary physical contact with teammates, other participants, coaches, officials, and spectators.
8. Intensify cleaning, disinfection, and ventilation in all facilities.
9. Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users if possible.
10. Encourage social distancing (six feet minimum) through increased spacing, small groups, and limited mixing between groups, if feasible. During down time, participants and coaches should not congregate.
11. Educate participants, coaches, and staff on health and safety protocols.
12. Anyone who is sick must stay home.
13. Any person with a positive COVID-19 diagnosis should not be allowed to participate in extracurricular activities and should contact his or her primary care provider or other appropriate health-care professional. Said person must have medical clearance from their primary care provider or other appropriate health-care professional in order to return.
14. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
15. Participants and coaches **MUST** provide their own water bottle for hydration. Water bottles should be labeled and must not be shared.
16. Personal Protective Equipment (PPE) such as gloves, masks, and eye protection will be used as needed and when situations warrant, or as determined by state/local governments.
17. Identify staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions (Reference the CDC's "People Who are at a Higher Risk for Severe Illness").
18. Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

## **CLASSIFICATION OF SPORTS/EXTRACURRICULARS**

**High Risk:** Activities/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, competition cheer, dance, boys lacrosse, marching band*

**Moderate Risk:** Activities/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: field hockey, soccer, tennis, volleyball, water polo, basketball, baseball, softball, girls lacrosse, pole vault, high jump, long jump, 7 on 7 football, musical theater*

**Low Risk:** Activities/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: sideline cheer, cross country, golf, bowling, rifle, swimming, running events, throwing events, weightlifting*

\*High/Moderate Risk Sports & Extracurriculars may move to a Low Risk category with non-contact modifications. Activities should be limited to individual skill development drills that maintain social distancing.

## **PHASES OF PARTICIPATION**

### **Phase 1 (PA State Red)**

- No in-person gatherings allowed.
- Participants and coaches may communicate via online meetings (Zoom, Google Meet, etc.).
- Participants may participate in individual home workouts including strength and conditioning.
- All school facilities remain closed as per Pennsylvania State Guidelines.
- Participants and coaches should abide by guidelines set forth by state/local governments and the school district.

### **Phase 2 (PA State Yellow)**

#### **Pre-workout Screening:**

- All participants, coaches, and staff should be screened for signs/symptoms of COVID-19 prior to each workout.
- 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 exhibiting COVID-19 symptoms should not be allowed to participate in extracurricular activities and should contact his or her primary care provider or other appropriate health-care professional. Any person with a positive COVID-19 diagnosis must have medical clearance from their primary care provider or other appropriate health-care professional in order to return.

#### **Limitations on Gatherings:**

- No gathering of more than 25 individuals (including coaches and staff) per practice area. This applies to both indoor and outdoor facilities. State and local guidelines may supersede these guidelines.
- Individuals should be broken into groups of no more than 10 per group. These groups should remain constant for the duration of Phase 2
- Social distancing guidance applies.
- No use of locker rooms permitted. Participants should report in proper gear and return home immediately following the extracurricular activity to shower.

#### **Facilities Cleaning:**

- Adequate cleaning schedules should be created and implemented for all extracurricular facilities to mitigate any communicable disease.
- Extracurricular 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 each 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:**

- Low Risk practices may begin.
- Modified practices may begin for Moderate Risk and High Risk extracurriculars. Practices must remain controlled, non-contact, and include social distancing where applicable; activity should focus on individual skill development and conditioning; no competitive/contact situations permitted such as 1 v 1, 2 v 2, etc.
- Participants should refrain from sharing clothing/towels.
- Clothing (including pinnies) should be washed after each practice.
- 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.
- Weight room use is limited to 50% of the facility occupancy, must adhere to social distancing guidance, and be focused on individualized movements and equipment (i.e. dumbbells, kettlebells, etc.).
  - Upper House Weight Room = 25 participants max
  - Lower House Weight Room = 16 participants max
  - West and Southern Weight Rooms = 12 participants max

**Hydration:**

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

**Phase 3 (PA State Green)****Pre-workout/Contest Screening:**

- All participants, coaches, and staff should be screened for signs/symptoms of COVID-19 prior to each workout.
- 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 exhibiting COVID-19 symptoms should not be allowed to participate in extracurricular activities and should contact his or her primary care provider or other appropriate health-care professional. Any person with a positive COVID-19 diagnosis must have medical clearance from their primary care provider or other appropriate health-care professional in order to return.

**Limitations on Gatherings:**

- No gathering of more than 25 individuals for indoor facilities and 250 individuals for outdoor facilities (including coaches and staff) per practice area. State and local guidelines may supersede these guidelines.
- Social distancing guidance applies.
- Locker rooms may be permitted with approval from the Director of Athletics. Social distancing guidance would apply. Teams may need to be divided into multiple, smaller groups and locker rooms may need to be re-configured to accommodate social distancing guidance. Participants are encouraged to report in proper gear and return home immediately following the extracurricular activity to shower.

**Facilities Cleaning:**

- Adequate cleaning schedules should be created and implemented for all extracurricular facilities to mitigate any communicable disease.
- Extracurricular 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 each 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 Risk, Moderate Risk, and High Risk contact practices may begin. Low Risk and Moderate Risk competitions may begin as per state, local, and PIAA guidelines.
- Participants should refrain from sharing clothing/towels.
- Clothing (including pinnies) should be washed after each practice.
- 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.
- Weight room use is limited to 50% of the facility occupancy. Spotters for maximum weight lifts should be stationed at each end of the bar.
  - Upper House Weight Room = 25 participants max
  - Lower House Weight Room = 16 participants max
  - West and Southern Weight Rooms = 12 participants max

#### **Hydration:**

- Students MUST bring their own water bottle. Water bottles should be labeled and must not be shared.
- Hydration stations (water coolers, water fountains, water cows, water troughs, etc.) may be used but MUST be cleaned after every practice/event.

### **Phase 4 (Full Return to Activity)**

#### **Pre-workout/Contest Screening:**

- All participants, coaches, and staff should be screened for signs/symptoms of COVID-19 prior to each workout.
- 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 exhibiting COVID-19 symptoms should not be allowed to participate in extracurricular activities and should contact his or her primary care provider or other appropriate health-care professional. Any person with a positive COVID-19 diagnosis must have medical clearance from their primary care provider or other appropriate health-care professional in order to return.

#### **Limitations on Gatherings:**

- Individuals may combine to the total group for full practices and competition.
- Social distancing guidance applies when not directly participating in practices or contests.
- Locker rooms may be used. Social distancing guidance applies. Teams may need to be divided into multiple, smaller groups and locker rooms may need to be re-configured to accommodate social distancing guidance.

#### **Facilities Cleaning:**

- Adequate cleaning schedules should be created and implemented for all extracurricular facilities to mitigate any communicable disease.
- Extracurricular 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 each 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 and extracurricular activities may resume normal practice and competition.
- Participants should refrain from sharing clothing/towels.
- Clothing (including pinnies) should be washed after each practice.
- 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.

**Hydration:**

- Students MUST bring their own water bottle. Water bottles should be labeled and must not be shared.
- Hydration stations (water coolers, water fountains, water cows, water troughs, etc.) may be used but MUST be cleaned after every practice/event.

**ADDITIONAL RECOMMENDATIONS**

**Transportation**

Modifications for participant/coach/staff transportation to and from extracurricular events may be necessary. These potential modifications will be determined by the school district, PDE, state and local governments and may include:

- Reducing the number of participants/coaches/staff on a bus/van
- Using hand sanitizer upon boarding a bus/van
- Social distancing on a bus

Prior to traveling to away events, all participants/coaches/staff will be screened for signs/symptoms of COVID-19. 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 COVID-19 symptoms reported should not be allowed to travel and their parent/guardian should be notified. If said person is unable to transport themselves home, a coach/staff member should remain with that individual until they are picked-up. Coaches/staff should be prepared to share pre-travel screening information with host schools upon arrival. All participants/coaches/staff should also be prepared for a second round of screenings upon arrival at the host school and in accordance with that school's policies and procedures.

**Social Distancing During Contests/Events/Activities**

- Appropriate social distancing will need to be maintained during contests/events/activities, as deemed necessary by the CDC, state and local governments, PIAA, and/or school district.
- If social distancing is not feasible, face coverings will be required of all participants/coaches/staff.
  - If a participant is removed from a contest/event/activity, they may keep their face covering off as long as they can maintain appropriate social distancing from others. Once they are ready to return to being within six feet of others, their face covering must be worn.
- Marking considerations such as decals, tape, or paint may be used as a guide for participants, coaches, and staff.

**Who should be allowed at events?**

Attendance at events will be determined by state/local governments, the PIAA, and/or school district. Attendance may be subject to limitations and requirements, which may include:

- Face coverings for all spectators ages 2 and up; unless they fall under an exception listed in Section 3 of the Universal Face Covering Order
- Social distancing in all spectator areas, including bleachers, for anyone not in the same household. Marking considerations such as decals, tape, or paint may be used as a guide for spectators
- Changes to seating capacity for each facility

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

- The Wilson School District will evaluate each event and follow state/local government guidelines on a case by case basis. Consideration will be taken to minimize unnecessary or high risk exposure for participants, coaches, and staff.

## **POSITIVE CASES AND COACHES, STAFF, OR PARTICIPANTS 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. Symptoms may include:

- Fever or chills (100.0 or higher)
- 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 community.
- If you think you have been exposed to COVID-19 and develop a fever and/or other symptoms, call your primary care provider or other appropriate health-care professional for medical advice.
- Notify the school immediately (principal, athletic director, athletic trainer, coach, staff member).
- It will be determined if others who may have been exposed (participants, 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/Pennsylvania Department of Health.

### **What to do if an athlete or staff member becomes ill with COVID-19 symptoms during a practice, event, or activity; or during transportation to or from an event?**

- Participants should tell coaches/staff immediately if they are not feeling well.
- Every effort will be made to isolate the ill individual from others, and until said individual can leave the school or event.
- A parent/guardian will be contacted immediately, and arrangements will be made for the participant to be picked-up.
- The ill individual will be asked to call their primary care provider or other appropriate health-care professional for medical advice.
- If at an away event, coaches/staff will make sure that the appropriate point of contact for the school district is notified
- If a positive case of COVID-19 is diagnosed, Contact Tracing will be implemented with the assistance of local health professionals and the CDC/Pennsylvania Department of Health.

### **Return of participant or staff member to activity following a positive COVID-19 diagnosis, or experiencing COVID-19 related symptoms?**

- The participant or staff member may return to activity 72 hours after resolution of symptoms AND at least 10 days have passed since symptoms first appeared. The participant or staff member must have medical clearance from their primary care provider or other appropriate health-care professional.

## **EDUCATION**

Participants, coaches, staff, and parents and will be educated on the following through various means:

- The content of this Athletics and Extracurricular Activities Health & Safety Plan.
- COVID-19 signs and symptoms.
- Proper ways to limit exposure to COVID-19 (i.e. hand washing, cough in your elbow, disinfecting touched surfaces, social distancing, avoid touching eyes, nose, face and mouth, no spitting, gum chewing, etc.).
- Any pertinent COVID-19 information released by federal, state, and local governments or agencies.

# **APPENDIX**

**Wilson School District**  
**Athletic and Extracurricular Activities**  
**Participation Waiver for Communicable Diseases Including COVID-19**

The COVID-19 pandemic has presented participants of extracurricular activities across the world with a myriad of challenges concerning this highly contagious illness that primarily attacks the upper respiratory system. 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 Wilson School District will take necessary precautions and comply with recommendations from the federal, state, and local governments, including, but not limited to, the Centers for Disease Control (CDC), National Federation of State High School Associations (NFHS), Pennsylvania Department of Education (PDE), and Pennsylvania Interscholastic Athletic Association (PIAA), to reduce the risks to participants, coaches, staff, and their families. As knowledge regarding COVID-19 is constantly changing, the Wilson School District reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure for our students, coaches, staff, and their families.

The Wilson School District has created a comprehensive Athletics and Extracurricular Health and Safety Plan in order for participants to return to sports-related and other extracurricular activities safely. We ask that all of our participants, coaches, staff, and families read the Athletics and Extracurricular Health and Safety Plan prior to participating in any extracurricular activity. The Athletics and Extracurricular Health and Safety plan has been approved by our Board of School Directors and is posted on the Wilson Athletics website at [www.wilsonsds.org](http://www.wilsonsds.org)

By signing this form, the undersigned voluntarily agree to the following waiver and release of liability. The undersigned agree to release and discharge all claims for ourselves, our heirs, and as a parent or legal guardian for the Student named below, against the Wilson School District, its Board of Directors, successors, assigns, officers, agents, employees, and volunteers and will hold them harmless from any and all liability or demands for personal injury, psychological injury, sickness, death, or claims resulting from personal injury or property damage, of any nature whatsoever which may be incurred by the Student or the undersigned relating to or as a result of the Student's participation in athletic programs, events, and activities during the COVID-19 pandemic.

The undersigned acknowledge 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. The undersigned further acknowledge that they are aware of the risks associated with COVID-19 and that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19, including individuals with serious underlying health conditions such as, but not limited to high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy. While particular recommendations and personal discipline may reduce the risks associated with participating in athletics during the COVID-19 pandemic, the risk of serious illness, medical complications, and possible death does exist.

We knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for Student's participation in athletics during the COVID-19 pandemic. We willingly agree to comply with the stated recommendations put forth by the Wilson School District to limit the exposure and spread of COVID-19 and other communicable diseases. We certify that Student is in good physical condition or believe Student to be in good physical condition and allow participation in this sport at our own risk.

Sport: \_\_\_\_\_  
Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_  
Signature of Student Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

**Wilson School District**

**Participant and Staff COVID-19 Screening Form**

**1.) In the last 14 days have you had any of the following symptoms: Fever or chills (100.0 or higher), 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?**

YES \_\_\_\_\_ NO \_\_\_\_\_

If yes, please describe:

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If yes, did you seek medical treatment? YES \_\_\_\_\_ NO \_\_\_\_\_

**2.) In the last 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.)**

YES \_\_\_\_\_ NO \_\_\_\_\_

If yes, please describe:

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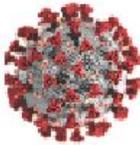
If yes, did you seek medical treatment? YES \_\_\_\_\_ NO \_\_\_\_\_

**Participant/Staff Member Printed Name:** \_\_\_\_\_

**Participant/Staff Member Phone Number:** \_\_\_\_\_

**Date:** \_\_\_\_\_

# 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.



CE174621 04/19/2020

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

### 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.

## RESOURCES:

\*Commonwealth of Pennsylvania's website for the most up-to-date, reliable information:

<https://www.pa.gov/guides/responding-to-covid-19/>

\*Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Participants and the Public

<https://www.governor.pa.gov/covid-19/sports-guidance/>

\*Pennsylvania Department of Education Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools

[https://www.google.com/url?client=internal-element-cse&cx=007572080359491747877:kkqmv\\_r6zw4&q=https://www.education.pa.gov/Schools/safeschools/emergencyplanning/COVID-19/SchoolReopeningGuidance/Pages/default.aspx&sa=U&ved=2ahUKewiVsJqeylTqAhUogXIEHZVEBMgQFjAAegQIARAB&usg=AOvVaw00VHCjul6jC9eN2w1cWwAW](https://www.google.com/url?client=internal-element-cse&cx=007572080359491747877:kkqmv_r6zw4&q=https://www.education.pa.gov/Schools/safeschools/emergencyplanning/COVID-19/SchoolReopeningGuidance/Pages/default.aspx&sa=U&ved=2ahUKewiVsJqeylTqAhUogXIEHZVEBMgQFjAAegQIARAB&usg=AOvVaw00VHCjul6jC9eN2w1cWwAW)

\*PA Department of Health

<https://www.health.pa.gov/Pages/default.aspx>

\*Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

\*Guidance for Businesses in the Restaurant Industry

<https://www.governor.pa.gov/covid-19/restaurant-industry-guidance/>

\*PIAA

<https://www.piaa.org>

\*NFHS: Guidance for Opening Up High School Athletics and Activities

<https://drive.google.com/file/d/1kPOfKbiIVFgRM3XuvljSM1ySkjSQNWhE/view>