

Updated: January 27, 2022

Spirit Volleyball Club is following CDC COVID-19 guidelines. These guidelines are subject to change based on a variety of factors, including transmission rate and community spread. In addition to notifying your coach, COVID positive tests should be reported to the local county board of health and to your physician, who may provide further guidance based on your individual situation.

Additional information on COVID-19 can be found at [www.cdc.gov](http://www.cdc.gov) or <https://www.loraincountyhealth.com>.

As of January 27, 2022:

Individuals who are diagnosed with COVID-19 are to **isolate**, even if asymptomatic, for at least 5 days. Isolation may end after day 5 if you are fever-free and your symptoms have improved. A mask should be worn for 5 additional days.

Individuals who have had **exposure/close contact** with someone who has COVID-19 may be required to **quarantine**.

*Exposure is considered **close contact** if you were with someone who tested positive within the past 5 days, you were unable to stay 6 feet apart, and you were exposed for a cumulative total of 15 minutes in a 24 hour period.*

**Quarantine** guidelines following exposure/close contact vary depending on vaccination status. All individuals who have been exposed should monitor for symptoms and wear a mask for 10 days. Testing is recommended 5 days after exposure.

1. **Unvaccinated** - quarantine for 5 days after exposure.
2. **Vaccinated without booster** – quarantine for 5 days after exposure.
3. **Vaccinated with booster** (up to date vaccination) – no quarantine required unless symptoms develop.
4. **Recent and recovered COVID-19 diagnosis** (within the past 90 days) – no quarantine required unless symptoms develop.