



YOUTH SPORTS guidance from the East Shore District Health Department

Quarantine and Other Actions after Exposure

1. If you are contact of someone who tests positive and/or has symptoms of Covid-19) within

If **FULLY VACCINATED** (i.e., 14 days after their final vaccine dose), or fully recovered from COVID-19 in the prior 90 days, **AND REMAIN FREE FROM SYMPTOMS OF COVID-19:**

- **Do not need to quarantine** away from athletics or other activities
- **Get tested** 3-5 days after last contact (*note: testing is not recommended for individuals who have recovered from COVID-19 within the prior 90 days, as a positive test result may be residual and not reflective of current infection*)
- **Wear a mask** when around other people (indoors or outdoors) until a negative test result is received (or for 14 days if no test is performed)

2. If **FULLY VACCINATED** (i.e., 14 days after their final vaccine dose), or fully recovered from COVID-19 in the prior 90 days) **AND ARE EXPERIENCING SYMPTOMS OF COVID-19:**

- **Get evaluated by a healthcare provider** as soon as possible
- **Quarantine** away from athletics and other activities **for a full 14 days**, or 10 days with a negative test on day 8 or later, **unless a healthcare provider rules out COVID-19** as the source of symptoms (which will usually include a negative test result)
- **Wear a mask** when around other people (indoors or outdoors) for 14 days, or until COVID-19 is ruled out by a healthcare provider].

3. If **NOT FULLY VACCINATED**, or have not had COVID-19 in the prior 90 days:

- **Quarantine** away from school for 10 days or return on day 8 with a negative test on day 5-7 of quarantine. And return to athletic activities for a **full 14 days**; or at least 10 days with a negative test at day 8 or later

- ***Continue to wear a mask*** around other people for a ***full 14 days***, regardless of when release from quarantine occurs

Return-to-Play after COVID-19 Infection

Although the symptoms and disease course of COVID-19 in younger people appear on average to be somewhat milder than those of older individuals, there is the potential for severe disease complications in people of all ages.

In addition, it is not known whether the currently circulating Delta variant, or other SARS-CoV-2 variants will affect children differently than what has been the experience to date.

There is potential for long-term health effects such as blood clotting and cardiac effects and impacts on organ systems function resulting from even mild or asymptomatic COVID-19 disease.

The Connecticut Department of Public Health recommends that all youth athletes receive health screening and clearance from a healthcare provider prior to resuming athletic activities after recovering from COVID-19.

CDC Guidance: Sports and other activities

Some [sports](#) may make players, coaches, and trainers more likely to get and spread COVID-19 because of physical contact and increased breathing. Other extracurricular activities, such as band, choir, theater, and school clubs that meet indoors, may also make students and staff more likely to get or spread COVID-19.

- Get your child vaccinated as soon as they are eligible to be able to participate in sports and other activities as safely as possible.
- Your child should wear a mask when participating in indoor sports or activities.
- Sports and activities should take place outdoors whenever possible.
- Your child should not participate in these activities when they have [symptoms](#) of COVID-19 and should be tested.

- Students who participate in indoor sports and other higher-risk activities should continue to wear masks and physically distance as much as possible.
- Sports and activities may be cancelled or happen virtually when the number of cases in the community is extremely high.

Connecticut Youth Sports Guidance:

The current **DPH Commissioner's Order** indicates that, for athletic events that take place **inside any public or non-public PreK-12 school facility, masks must be worn indoors by all individuals at all times**, regardless of vaccination status. This includes all athletes, coaches, and officials (even during active play), as well as any spectators or other individuals inside the facility.