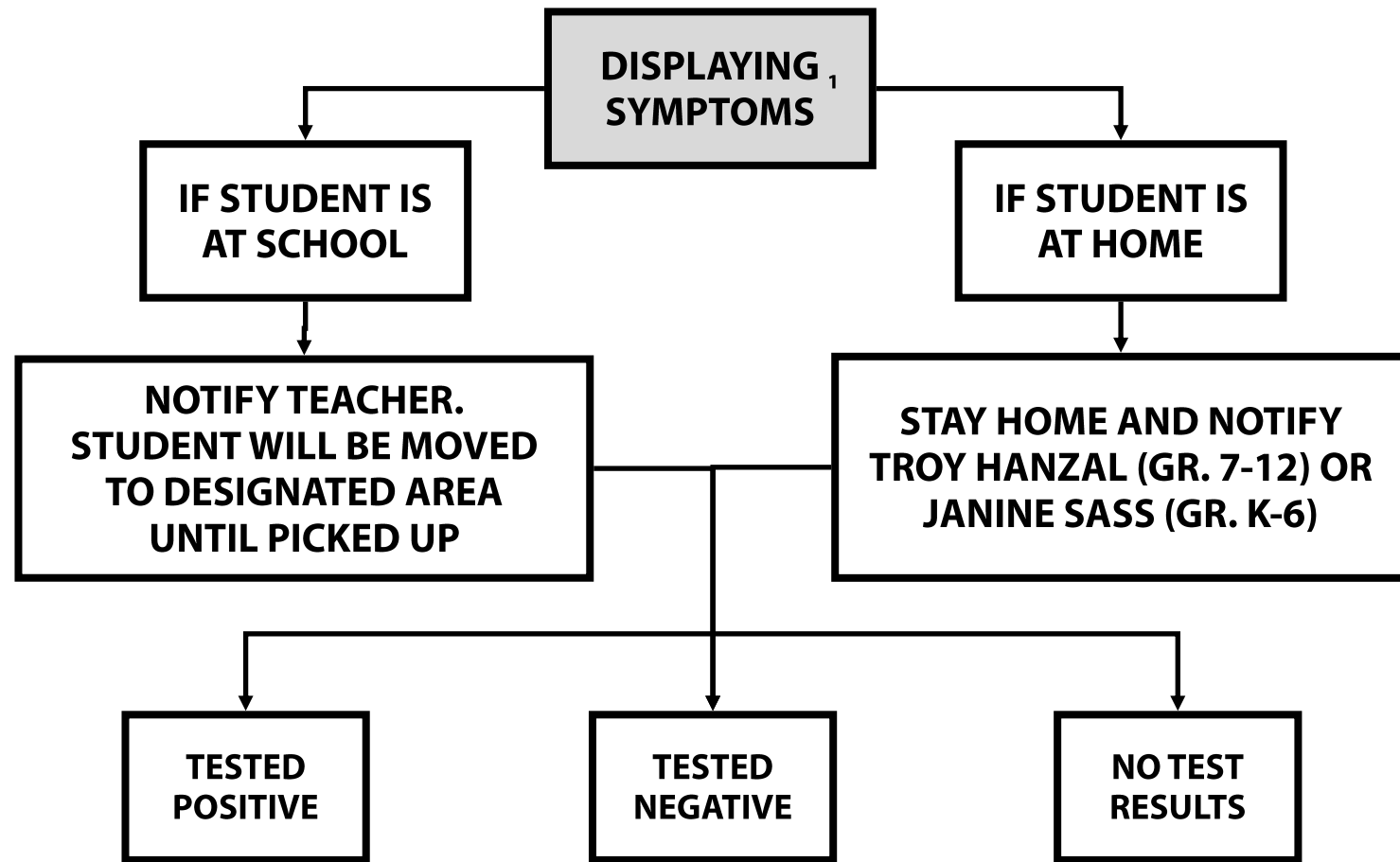


# SYMPTOMS & EXPOSURE FLOW CHART

## STUDENTS



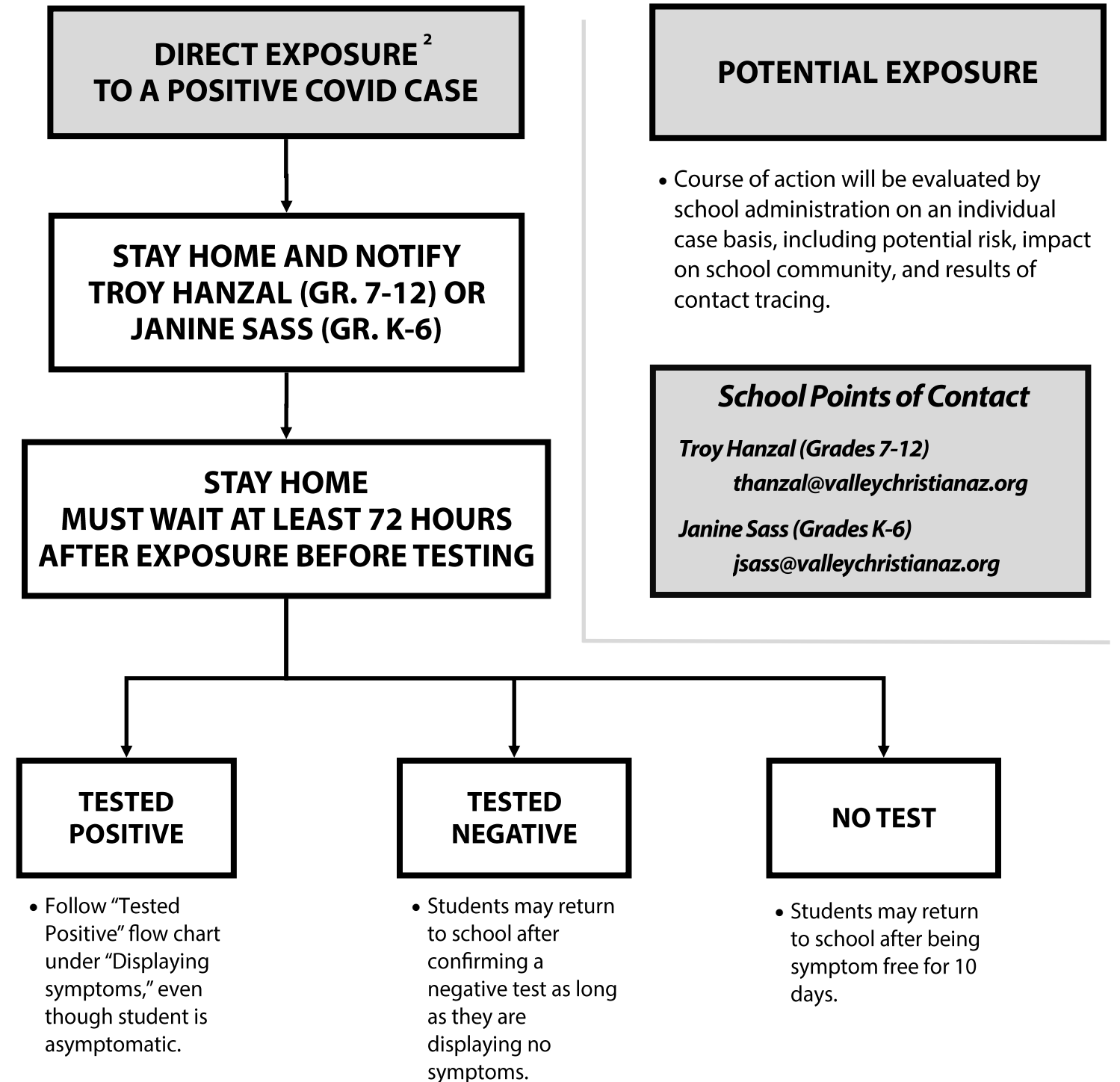
• Per CDC Guidelines, students must quarantine until **(all three)**:

1. **It's been 10 days since first symptoms.** Your healthcare provider may also recommend additional testing, AND
2. They have gone 72 hours with no fever, AND
3. It has been 24 hours since symptoms have improved.

• Per the standard VCS student sick policy, student may return after symptoms have improved.

• If a student is awaiting test results, OR has chosen not to be tested, symptomatic students must proceed as if they have tested positive (see "Tested Positive" re: quarantine and return steps).

<sup>1</sup> **COVID-19 symptoms** include: fever or chills, persistent 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 (with additional symptoms), nausea, vomiting, or diarrhea.



• Follow "Tested Positive" flow chart under "Displaying symptoms," even though student is asymptomatic.

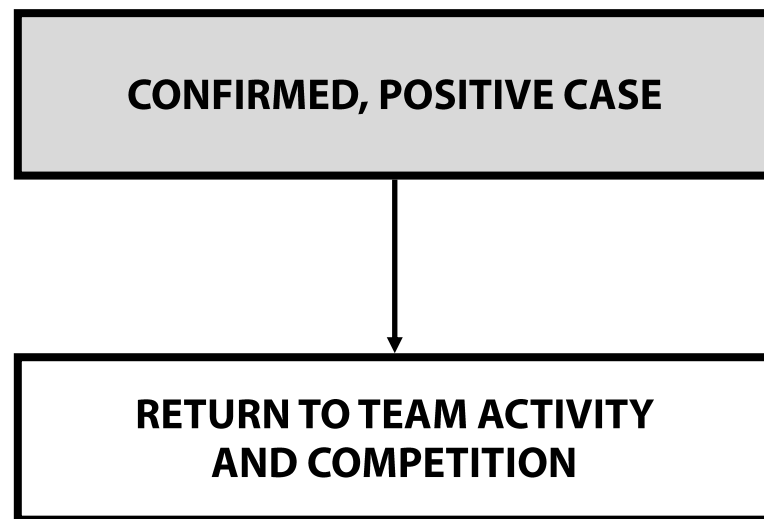
• Students may return to school after confirming a negative test as long as they are displaying no symptoms.

• Students may return to school after being symptom free for 10 days.

<sup>2</sup> For the chart above, **Direct Exposure** is defined as spending 10 minutes or more within 6 feet of someone who has tested positive for COVID-19, whether or not a mask was worn.

# RETURN TO TEAM ACTIVITY & COMPETITION

## STUDENT-ATHLETES

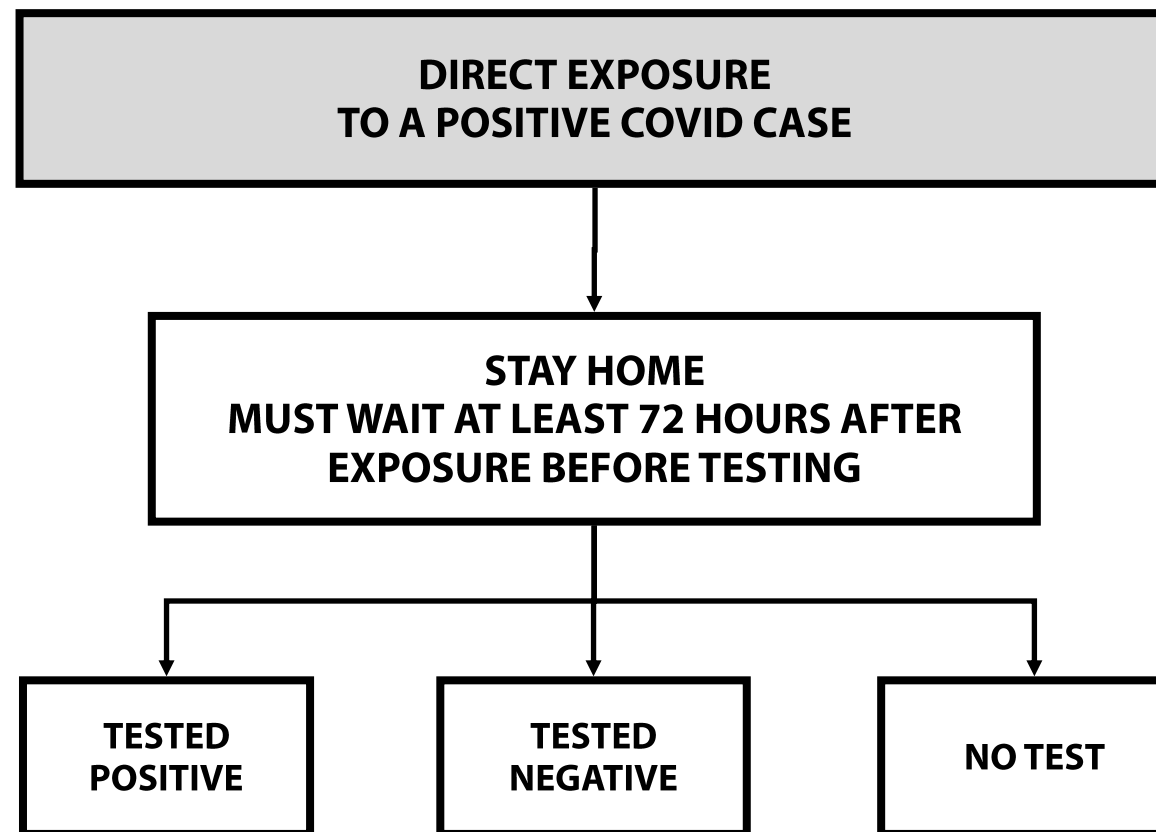


Self-Quarantine for 14 Days, AND  
Clearance from Doctor (Negative Test)

Once cleared by Doctor,  
Student-Athlete enters AIA's 7 Day Return-to-Play Protocol

**Students with a positive case should follow the Symptoms and Exposure Flow Chart in regard to their return to school. This is specific to their return to team activities and competition.**

**COVID-19 symptoms** include: fever or chills, persistent 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 (with additional symptoms), nausea, vomiting, or diarrhea.

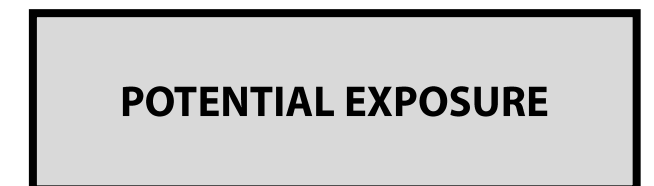


• Follow "Return to Team Activity and Competition" flow chart under "Confirmed, Positive Case".

• Students may return to team activities or competition after confirming a negative test as long as they are displaying no symptoms.

• Students may return to school after being symptom free for 10 days.

For the chart above, **Direct Exposure** is defined as spending 10 minutes or more within 6 feet of someone who has tested positive for COVID-19, whether or not a mask was worn.



• Course of action will be evaluated by school administration on an individual case basis, including potential risk, impact on school community, and results contact tracing.

**These protocols are specific for student-athletes to return to team activity and competition.**

Student-athletes should follow the VCS Student Symptoms and Exposure Flow Chart for procedures if they are displaying symptoms.

**School Point of Contact**  
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