



## **DO YOU HAVE ANY SIGNS OR SYMPTOMS OF COVID-19? SELF-ASSESSMENT BEFORE OUR EVENTS**

If any player, coach, team official, referee, or spectator is exhibiting any signs or symptoms of COVID-19 or have tested positive for COVID-19 **they must not attend Idaho Futsal League games** until they are cleared by a medical professional or meet the CDC guidelines for return from self-isolation.

o **Signs/Symptoms** of COVID-19 (from CDC): ▪ Fever or chills ▪ 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

### **POSITIVE COVID-19 TEST? WHAT TO DO.**

o **CDC Guidelines for return from self-isolation following a positive test for a person exhibiting symptoms:**

- 10 days since symptoms first appeared and
- 24 hours with no fever without the use of fever-reducing medications and
- Other symptoms of COVID-19 are improving

o **CDC Guidelines for return from self-isolation following a positive test for a person who is asymptomatic:**

- 10 days after positive viral test