

## **VVHS COVID-19 RESOURCE**

Contact the Athletic Trainer Mr. Ochoa immediately upon learning an athlete has been exposed, close contact, or tested positive for COVID-19. If Mr. Ochoa is not available contact the Athletic Director Mr. McMath.

Mr. Ochoa contact: [Enrioque.ochoa@aps.edu](mailto:Enrioque.ochoa@aps.edu)

Mr. McMath Contact: [Mcmath\\_R@aps.edu](mailto:Mcmath_R@aps.edu)

**NMPED Covid-19 definitions on page 3.**

### **COVID-19 Exposure/Close contact**

10/16/2020 NMAA Return to Play Guidelines Pre-workout Screening Section:

[https://www.nmact.org/file/NMAA-RETURN\\_TO\\_PLAY\\_GUIDELINES.pdf](https://www.nmact.org/file/NMAA-RETURN_TO_PLAY_GUIDELINES.pdf)

Any person who has been exposed to someone testing positive for COVID-19 must do the following:

1. Get TESTED and self-quarantine for 14 days from the last contact with the COVID-19 positive person while you wait for results.
2. Contact the Department of Health (DOH) and check for your test results using the link below.
  - <https://cvresults.nmhealth.org/>
3. If your results are negative you must turn in documentation to Mr. Ochoa prior to returning to practice. The results must include your name, date of test, and the result of the test. See positive results info below.

***All test results, notes from the DOH, and clearance notes must be turned into the athletic trainer prior to returning to play. Make a copy of all documents for your own records.***

### **Positive COVID-19 Test:**

1. When you receive your positive test results contact the Athletic Trainer Mr. Ochoa and provide documentation of test results.
2. Follow the DOH guidelines and your healthcare providers (HCP) instructions for recovery.
3. After recovery, contact the DOH and receive clearance from the DOH before returning to athletic activity **AND**
4. Prior to return to play receive medical clearance note from an approved HCP.
  - Approved HCP's are MD, DO, PA, NP
  - The medical clearance note from the HCP must contain the following:
    - Date of visit
    - Confirms athlete's exposure to someone testing positive to COVID-19.
    - HCP states athlete may return to play without limitations.
    - HCP signs with credentials and dates document.
    - HCP provides contact information.

***All test results, notes from the DOH, and clearance notes must be turned into the athletic trainer prior to returning to play. Make a copy of all documents for your own records.***

### **NM DOH Social Distancing/Out of State Travel/Quarantines**

Please communicate with the Athletic Trainer and your Head Coach about out of state travel any time you leave the state.

State of New Mexico DOH Website for current information:

<https://cv.nmhealth.org/travel-recommendations/>

10/16/2020 NMAA Return to Play Guidelines Travel and Quarantine Section for information:

[https://www.nmact.org/file/NMAA-RETURN\\_TO\\_PLAY\\_GUIDELINES.pdf](https://www.nmact.org/file/NMAA-RETURN_TO_PLAY_GUIDELINES.pdf)

### **NM DOH Contacts:**

- Main Line: 505-395-7077
- DOH HCP main line: 505-827-0006
- Toll Free: 1-800-600-3453

### **COVID-19 WEBSITES**

NM Department of Health Website

<https://cv.nmhealth.org/public/>

NM DOH COVID-19 Screening and Testing Sites:

<https://cvprovider.nmhealth.org/directory.html>

How to get Covid-19 Results

<https://cvresults.nmhealth.org/>

Travel Restrictions/Return Guidelines

<https://cv.nmhealth.org/travel-recommendations/>

Guidance on cloth face coverings

[https://cv.nmhealth.org/wp-content/uploads/2020/05/NMDOH-COVID-19-Cloth-Face-Covering-Guidance\\_21May2020\\_approved.pdf](https://cv.nmhealth.org/wp-content/uploads/2020/05/NMDOH-COVID-19-Cloth-Face-Covering-Guidance_21May2020_approved.pdf)

Neighboring States Covid-19 Data

- Arizona: <https://www.azdhs.gov/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/covid-19/dashboards/index.php>
- Colorado: <https://covid19.colorado.gov/data>
- Texas: <https://dshs.texas.gov/coronavirus/additionaldata/>
- Utah: <https://coronavirus.utah.gov/case-counts/>

## Definitions

**Asymptomatic Confirmed Case:** A person who has tested positive for COVID-19 by laboratory testing but did not experience any symptoms of illness within 10 days of the test.

**Close Contact:** Someone who:

- Has an exposure of three minutes or longer within six feet of a confirmed COVID-19 case with or without a face covering, or
- Was in the same class or cohort as a confirmed COVID-19 case.
- Was on the same bus as a confirmed COVID-19 case.

**Confirmed Case:** A person who has tested positive for COVID-19 by laboratory testing.\*

\*Confirmatory laboratory tests include Polymerase Chain Reaction (PCR) and antigen testing from a respiratory specimen.

**Cohorting:** The practice of keeping groups of students, and staff, if possible, together over the course of the school day. The goal is to limit exposures to only those within the same cohort. This practice may help reduce the spread of COVID-19 by:

- Limiting exposure to an individual with COVID-19 to one particular cohort and not posing a broad risk to the rest of the school.
- Reducing contact with shared surfaces.
- Facilitating more efficient contact tracing in the event of a positive case.
- Allowing for targeted quarantine, testing, and/or isolation of a single cohort, instead of school-wide measures in the event of a positive case or cluster.

**Contact Tracing Process:** Contact tracing is the process of reaching out to individuals who have been exposed to a confirmed case of the virus in order to ensure they take the necessary precautions and receive any needed testing.

**COVID-like Symptoms:** Fever, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of smell or taste, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

[See additional information from the Centers for Disease Control \(CDC\).](#)

**Infectious Period:** Time during which an infected person is contagious and most likely to spread disease to others. If a student, staff or volunteer was at school during their infectious period, all of their close contacts must be identified and quarantined.

- For a confirmed symptomatic COVID-19 case, the infectious period starts two days prior to the illness onset date and continues 10 days after illness onset AND until patient is fever-free for 24 hours without the use of fever-reducing medications AND symptoms have improved.
- For a confirmed symptomatic COVID-19 case with severe illness or severe immunosuppression, the infectious period starts two days prior to illness onset date and extends to 20

days after illness onset date AND until patient is fever-free for 24 hours without the use of fever-reducing medications AND symptoms have improved..

- For a confirmed asymptomatic COVID-19 case, the infectious period starts two days prior to the specimen collection date and continues for 10 days after.
- If a confirmed asymptomatic COVID-19 case has severe immunosuppression, at least 20 days should have passed since the date of first positive specimen collected.

**Isolation:** The act of keeping someone who is sick or tested positive for COVID-19 without symptoms away from others by staying home from school, work, and other activities while infectious.

- Isolation should last at least 10 days after the onset of symptoms, plus additional time until fever-free for 24 hours without the use of fever-reducing medications, and experiencing improvement of symptoms.
- For people who never had symptoms, the isolation period is 10 days after the date their first positive test was collected.
- If someone has a severe illness or severe immunosuppression, the isolation period should be extended to 20 days.
- A negative test is not required to determine when to end the isolation period. When in doubt, the New Mexico Department of Health should be consulted.

**Quarantine:** Keeping a person who was in close contact with someone who has COVID-19 away from others. If someone has close contact with a confirmed case of COVID-19, they should stay home from school, work, and other activities for 14 days after their last exposure. The exposed contact should be tested for the novel coronavirus (SARS-CoV-2) no sooner than three days, ideally between seven and 10 days, following the last exposure to a confirmed case. If the close contact has a positive result, isolation should be implemented as described above.

**Severe Illness:** Indicated by hospitalization in an intensive care unit with or without mechanical ventilation.

**Severe Immunosuppression:** Severe suppression of immune response of an individual, includes being on chemotherapy for cancer, untreated HIV infection with CD4 T lymphocyte count <200, combined primary immunodeficiency disorder, and receipt of prednisone >20 mg/day for more than 14 days.

- Other factors such as advanced age, diabetes mellitus, or end-stage renal disease, may pose a much lower degree of immunocompromise and not clearly affect decisions about duration of isolation.