1. **If the player tested positive and has symptoms of COVID-19**

 **Stay at home in isolation until all 3 of the following are met:**

* At least 10 days have passed since your symptoms first appeared: AND,
* At least 1 day (24 hours) has passed since you no longer have a fever without the use of fever-reducing medication; AND,
* Your symptoms have improved

**2. You have symptoms of COVID-19 and were hospitalized in an Intensive Care Unit, are currently getting chemotherapy, have uncontrolled HIV, or your doctor says you are severely immunocompromised**

 **Stay at home in isolation until all 3 of the following are met:**

* At least 20 days have passed since your symptoms first appeared: AND,
* At least 1 day (24 hours) has passed since you no longer have a fever without the use of fever-reducing medication; AND
* Your symptoms have improved

**3. You have no symptoms of COVID-19**

 **Stay at home in isolation until.**

* 10 days have passed since the date you got your positive COVID-19 test, as long as you don’t develop symptoms in the meantime.
* If you do develop symptoms, then switch to the isolation instructions for those with symptoms.  Your ten days of isolation as home with begin from the first day you have symptoms, not from the day you were tested.
* Note: If you have a severe immunocompromising condition without symptoms, you must isolate 20 days from the date of when you were tested.

**Instructions for people living in your house, (they are considered close contacts).**

They should:

* Remain at home and limit contact with other people for 10 days from the time your isolation period ends.  They should watch for fever and symptoms for a full 14 days.  If there occur, they should get tested right away.  If there are no symptoms, they should wait 7 to 10 days after your positive test to get tested.

**Instructions for people you were around:**

You will also need to contact any people you were around for two days before your symptoms started or before the day you got your positive test if you don’t have symptoms. If there were any people who were within six feet of you for more than three minutes (even if you had masks on), you should tell them about your positive results and tell them to:

* Remain at home and limit contact with other people for 10 days form the last day that you spent together.  They should watch for fever and symptoms for a full 14 days.  If these occur, they should get tested right away.  If there are no symptoms, they should wait 7 to 10 days after the last time they were together.