



GHSAA communicated their updated recommendations regarding quarantines for athletes and they are shared below. In summary, when a child is eligible to return to school they are eligible to return to practice and athletic events as usual. SCCS will put these recommendations in place beginning at 4:30 pm on 12/15/2020.

Isolation of Cases

Symptomatic persons with confirmed cases may return to practice/play after:

- At least 10 days have passed since symptoms first appeared AND
- At least 24 hours have passed since last fever without the use of fever reducing medication AND
- Symptoms (e.g., cough, shortness of breath) have improved

Asymptomatic persons with confirmed COVID-19 can return to practice/play after:

- At least 10 days have passed since the positive laboratory test and the person remains asymptomatic
- If an asymptomatic person who tests positive and later develops symptoms should follow the symptomatic guidelines

Quarantine of Contacts

A 14 day quarantine is safest and recommended but a person may return to practice/play by following the below criteria.

Asymptomatic persons who have a known exposure to a person with COVID-19 can return to practice/play:

After 7 full days have passed, if:

- TESTED for COVID-19 after day 5 (PCR/Molecular or antigen test) AND
- Receive a negative result AND
- Do not experience any COVID-19 symptoms during the quarantine period
 - With this strategy, the residual post-quarantine transmission risk is estimated to be about 5% with an upper limit of about 12%.

After 10 full days have passed, if:

- Not tested for COVID-19 AND
- Do not experience any COVID-19 symptoms during the quarantine period
 - With this strategy, residual post-quarantine transmission risk is estimated to be about 1% with an upper limit of about 10%.