

COVID REMINDERS gathered from the CDC and King County DOH – Links are included.

For the safety of yourself, our staff and others, STAY HOME:

- if you had symptoms of COVID-19 (within the last 24 hours)
 - **Know the Symptoms:**
 - Coughing;
 - Fever;
 - Fatigue;
 - New loss of taste or smell;
 - Shortness of breath, difficulty breathing; and
 - Early symptoms such as chills, body aches, sore throat, headache, diarrhea, nausea/vomiting, and runny nose.
- if you have had a positive COVID-19 test for active virus in the past 10 days, or within the past 14 days, a public health or medical professional told You to self-monitor, self-isolate, or self-quarantine because of concerns about COVID-19 infection.

JUST AS IMPORTANT

- If you are vaccinated or unvaccinated and have had close contact with someone who has COVID-19 (within 6 feet of the person for 15 minutes or more), you should **seek testing 3 or more days after exposure**, even if you do not have symptoms. If symptoms develop within 14 days of exposure, isolate and consider retesting. See [Isolation & Quarantine](#) for detailed guidance.

What to do if?

Not Vaccinated and Exposed? (*Exposed means close contact – within 6 feet of the person for 15 minutes or more*)

If you are not vaccinated and have been in **close contact with someone who has COVID-19** (within 6 feet of the person for 15 minutes or more over a 24-hour period), **seek testing 3 or more days after exposure** and **stay home without visitors for 14 days**.

You can quarantine in your home or at a [public Isolation/Quarantine center](#). Do not go to work, school, or public areas. If possible, also stay away from people in your household who are at high risk of serious COVID-19 illness.

If you **do not have symptoms** or **test negative**, continue to quarantine for 14 days after your exposure, because you might still get sick.

- This is the **safest option**. If you are not able to quarantine for 14 days, quarantine for at least 10 days after exposure.
- If you receive a negative test on day 5 or later after exposure and are not able to quarantine for 10-14 days, quarantine for at least 7 days after exposure.

- If you must leave quarantine for any reason, make sure to wear a mask, distance from others, avoid crowded places, and stay away from people at high risk for serious illness.
- If you **have symptoms** within 14 days after exposure, [separate yourself from others \(isolate\)](#) while waiting for your test result.
- If you **test positive** for COVID-19, [isolate](#) and follow the instructions at kingcounty.gov/nextsteps.
- You can also use [this calculator tool external link](#) to find out if you should quarantine or isolate, and for how long.

Fully Vaccinated and Exposed? (*Exposed means close contact – within 6 feet of the person for 15 minutes or more*)

If you are fully vaccinated and have been in **close contact with someone who has COVID-19** (within 6 feet of the person for 15 minutes or more over a 24-hour period), you should **seek testing** 3 or more days after exposure, and monitor for symptoms for 14 days after exposure. You do not need to quarantine or isolate unless you develop symptoms.

It is also important that you wear a mask in indoor public places. Masking is particularly important for people exposed to COVID-19 to avoid infecting others.

If you **test negative**, continue to monitor for symptoms for 14 days after exposure.

If you **have symptoms** within 14 days after exposure, [separate yourself from others \(isolate\)](#) while waiting for your test result.

If you **test positive** for COVID-19, [isolate](#) and follow the instructions at kingcounty.gov/nextsteps.

You can also use [this calculator tool external link](#) to find out if you should quarantine or isolate, and for how long.

Recently Recovered from Covid-19 and Exposed? (*Exposed means close contact – within 6 feet of the person for 15 minutes or more*)

If you recently recovered from a laboratory-confirmed COVID-19 illness you are not required to quarantine after a new COVID-19 exposure if:

1. You completed isolation for your initial laboratory-confirmed COVID-19 illness **AND**,
2. It has been less than 90 days since your first positive test (if you do not have symptoms), or since your symptoms started **AND**,
3. You do not have any symptoms since the new COVID-19 exposure.

People who develop new COVID-19 symptoms within 14 days of a new exposure and meet the first two criteria above should isolate from others and talk to a healthcare provider to be evaluated for COVID-19. Your provider should ask about whether you've been vaccinated for or previously infected with COVID-19. They will talk with you about next steps, including getting tested or ending isolation early.

If you suspect that you've previously had COVID-19 but did not have a lab-confirmed result, and are not vaccinated, you should quarantine (see the above section: [I am not vaccinated and was exposed to COVID-19. Do I need to quarantine?](#)) and get tested after exposure to COVID-19, regardless of if you develop symptoms or not.

You can also use [this calculator tool external link](#) to find out if you should quarantine or isolate, and for how long.

Living with someone who tested positive for COVID-19?

Regardless of your vaccination status, we recommend that you take these precautions:

- For 10 days after your household member's COVID-19 symptoms started, avoid spending time in the same room and clean any shared surfaces. If you are in the same room, make it brief, maintain distance, and make sure that you both wear a mask.
- **Seek testing.** If you test positive, follow the instructions on kingcounty.gov/nextsteps.
- **Monitor for symptoms.** If you develop symptoms, [separate yourself from others \(isolate\)](#) and get tested right away.

If you are vaccinated, you do not need to quarantine, but you should take the steps above and wear a mask in indoor public places. Masking is particularly important for people with and exposed to COVID-19 to prevent the spread of COVID-19 to others.

If you are not vaccinated, we recommend that you take the steps above and quarantine for 24 days after your household member's symptoms first started. If it is not possible to stay home without visitors for the full 24 days, we recommend that you quarantine for at least 20 days after your household member's symptoms first began.

You can also use [this calculator tool external link](#) to find out if you should quarantine or isolate, and for how long.

You recently tested positive for COVID 19?

Whether you are vaccinated or not, all people who test positive or have symptoms after being exposed need to isolate until it's safe for them to be around others.

While isolating, do not leave your home or [public Isolation/Quarantine center](#), except to receive medical care. At home, anyone sick or infected should separate from others -- stay in a specific "sick room" or area, use a separate bathroom (if available), and avoid sharing personal household items. If you are in the same room as household members, make it brief, maintain a distance, and make sure you both wear a mask.

If you tested positive for COVID-19

Follow the instructions at kingcounty.gov/nextsteps.

If you test positive and have [symptoms](#), end isolation after:

- At least 24 hours have passed with no fever (without the use of fever reducing medication); **AND**,
- At least 10 days have passed since your symptoms first appeared; **AND**,
- Other symptoms have improved.

If you test positive but have not had [symptoms](#), you may end isolation after at least 10 days have passed since your first positive COVID-19 test, and if you have not had another illness.

If you have symptoms after being exposed to COVID-19

If you have **symptoms** within 14 days after coming into **close contact** with someone who has COVID-19 (within 6 feet of the person for 15 minutes or more over a 24-hour period), you should **seek testing** immediately and isolate while waiting for your test result—whether you are vaccinated or not.

- If you then **test negative**, you should quarantine (stay home or at a [public Isolation/Quarantine center](#) without outside visitors) for 14 days after your exposure, because you might still get sick.
- This is the safest option. If you are not able to quarantine for 14 days, quarantine for at least 10 days after exposure.
- If you receive a negative test on day 5 or later after exposure and are not able to quarantine for 10-14 days, quarantine for at least 7 days after exposure.

You can also use [this calculator tool external link](#) to find out if you should quarantine or isolate, and for how long.

What CPTC will do if...?

Member contacts CPTC Staff regarding positive case

1. Staff tells member they must contact everyone they came into contact within the last 48 hours - within 6 feet of the person for 15 minutes or more within a 24-hour period
2. Club offers to provide member with court allocations - member email or phone numbers - member must confirm with staff within 4 hours that all contacts were notified
 - a. In the case that this is part of a program (JR. USTA or CUP - coaches and captains will be notified and asked to let participants/teammates know of Covid diagnosis)
3. Club drafts email of Covid member or guests locations and use of facilities - confirms facts are correct with Covid member or guest -and forwards to those that member was within 6 feet of the person for 15 minutes or more
 - a. Email does not state members name -unless member prefers name be known
 - b. Email states only the facts and reminds members of COVID protocols
 - c. Email includes attached document above with links and what to do when
4. Club monitors those that have been notified to make sure they are following COVID protocols
5. Follow up notification to exposed members or guests should be no more than 24 hours