

COVID REMINDERS gathered from 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.

What to do if?

JUST AS IMPORTANT if you come in close contact with someone with COVID-19

If you are NOT up-to-date on vaccination and booster:

- Quarantine for 5 days and get tested on day 5. It's important to test on day 5 if possible.
- If you test negative or you do not have symptoms after 5 days, you can leave your home. You must continue to wear a high-quality, well-fitting mask around others for 5 more days (total of 10 days).
- If you can't quarantine, you must wear a high-quality, well-fitting mask around others for 10 days after the exposure, distance from others, avoid crowded places and stay away from people at high risk for COVID-19.

If you are up-to-date with vaccination and booster:

- You do not need to quarantine.
- Wear a high-quality, well-fitting mask around others for 10 days after the exposure.
- Test on day 5, if possible.
- Pay attention for symptoms. If you develop symptoms, immediately quarantine unless you get a negative COVID-19 test result.

See the KING COUNTY PUBLIC HEALTH LINK: [Isolation & Quarantine](#) for detailed guidance.

If you tested positive for COVID-19 or have symptoms after being exposed to COVID-19

Follow the instructions at kingcounty.gov/nextsteps.

- Anyone who tests positive should isolate for at least 5 days. Day 1 is the first full day after your symptoms developed or the day you got your test. Isolating for 10 days is the safer option since it's still possible to spread COVID-19 after day 5 (though you will not be nearly as contagious as earlier in your infection).

- After 5 days, if you have no symptoms or your symptoms are going away, you can leave your home. Do **NOT** leave your home if you still have a fever. You **must** continue to wear a high-quality, well-fitting mask around others for 5 more days (for a total of 10 days).
- If your symptoms last longer than 5 days, continue isolating until your symptoms have improved and you no longer have a fever.

See the KING COUNTY PUBLIC HEALTH LINK: [Isolation & Quarantine](#) for detailed guidance.

If you live with someone who tested positive for COVID-19

Follow the instructions at kingcounty.gov/nextsteps.

- Avoid spending time in the same room with that person until 10 days after their symptoms started.
- When you are in the same room, make it brief, keep 6 feet apart, and you should both wear masks.
- Wash hands frequently.
- Test for COVID-19. If you test positive, follow the instructions on kingcounty.gov/nextsteps.
- Pay attention for symptoms. If you develop symptoms, immediately isolate and get tested.
- Follow the quarantine instructions listed for **"I was in close contact with someone with COVID-19"**

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

