



## SWAG COVID-19 Self-Checklist

- Have you had a **Fever** (temperature over 100.3F) without having taken any fever reducing medications in the last 24 hours?
- Do you have a **Loss of Smell or Taste**?
- Do you have a **Cough**?
- Do you have **Muscle Aches**?
- Do you have a **Sore Throat**?
- Do you have **Shortness of Breath**?
- Do you have **Chills**?
- Do you have a **Headache**?
- Have you experienced any gastrointestinal symptoms such as **nausea/vomiting, diarrhea, loss of appetite**?
- Have you, or anyone you have been in close contact with, been diagnosed with COVID-19, or been placed on quarantine for possible contact with COVID-19?
- Have you been asked to self-isolate or quarantine by a medical professional or a local public health official?

***If you answered YES to any of these questions then you may NOT attend your scheduled lacrosse activity.***

- ***Individuals experiencing symptoms must contact their health care provider, and notify our program director before being able to return to play.***
  - ***Individuals who have tested positive must notify our program director in order for us to assist with contact tracing efforts.***
- ***Individuals who have been asked to quarantine due to a Covid exposure are not able to return to play until their quarantine has been lifted per their local health department and the most up to date CDC regulations.***
  - ***The CDC currently suggest a 14-day quarantine. However, quarantines now may be shortened provided the following:***
    - *After day 10 without testing*
    - *After day 7 after receiving a negative test result (test must occur on day 5 or later)*
  - ***Current CDC regulations can be found at:***  
***<https://www.cdc.gov/coronavirus/2019-ncov/index.html>***