

**AYSO HAWAII**  
**COVID-19 Exposure and Return to Play Guidelines**

CIRCUMSTANCES*	Up to Date OR Fully Vaccinated and Not Eligible for their Booster Shot *		Primary series only or Partially Vaccinated/Unvaccinated		Recovered from Confirmed COVID-19 within the past 90 days	
	What A Player/Coach Should Do...	When to Return to Practice/Game...	What A Player/Coach Should Do...	When to Return to Practice/Game...	What A Player/Coach Should Do...	When to Return to Practice/Game...
Player/Coach has COVID-19-like Symptoms and Not Feeling Well	<ul style="list-style-type: none"> <li>Do not come to practice/game if not feeling well.</li> <li>Get tested as soon as possible</li> </ul>	<ul style="list-style-type: none"> <li>Return if no symptoms</li> <li>OR, Return after 5 full days of isolation if symptoms <u>improving</u></li> </ul>	<ul style="list-style-type: none"> <li>Do not attend practice/game if not feeling well</li> <li>Get tested as soon as possible</li> </ul>	<ul style="list-style-type: none"> <li>Return if no symptoms</li> <li>OR, Return after 5 full days of isolation if symptoms <u>improving</u></li> </ul>	<ul style="list-style-type: none"> <li>Do not attend practice/game if not feeling well.</li> </ul>	<ul style="list-style-type: none"> <li>Return if no symptoms.</li> </ul>
Player/Coach Tests Positive for COVID-19	<ul style="list-style-type: none"> <li>Isolate at least 5 full days, separate at home to greatest extent possible.</li> <li><u>Wear a mask for 5 days after isolation.</u> **</li> <li>No required testing for 90 days. But if symptoms develop, isolate at home and get tested.</li> </ul>	<ul style="list-style-type: none"> <li>If asymptomatic, Return after at least 5 full days</li> <li>If symptomatic, Return after at least 5 full days after positive test and no fever 24 hours after 5<sup>th</sup> day and symptoms are improving</li> <li>Wear a mask for 5 days after isolation. **</li> <li>Do not travel (see CDC guidance)</li> </ul>	<ul style="list-style-type: none"> <li>Isolate 5 full days, separate at home.</li> <li>Wear a mask for 5 days after isolation.</li> <li>No required testing for 90 days. But if symptoms develop, isolate at home and get tested.</li> <li>Wear a mask for 5 days after isolation. **</li> <li>Do not travel (see CDC guidance)</li> </ul>	<ul style="list-style-type: none"> <li>If asymptomatic, Return after at least 5 full days</li> <li>If symptomatic, Return after at least 5 full days after positive test and no fever 24 hours after 5<sup>th</sup> day and symptoms are improving.</li> <li>Wear a mask for 5 days after isolation. **</li> <li>Do not travel (see CDC guidance)</li> </ul>	N/A	N/A
Player/Coach Exposed (close contact only) but is Asymptomatic and Feeling Well)	<ul style="list-style-type: none"> <li>No need to quarantine, but maintain strict social distancing.</li> <li>Wear a mask for 10 days from last exposure to the COVID-positive person</li> <li>Recommend testing 5 full days after last exposure. If the test is positive, isolate for 5 full days.</li> </ul>	<ul style="list-style-type: none"> <li>Return if no symptoms</li> </ul>	<ul style="list-style-type: none"> <li>Quarantine 5 full days.</li> <li>Wear a mask for 5 days <u>after quarantine</u>.</li> <li>Recommend testing 5 days of exposure. If the test is positive, isolate for 5 full days.</li> </ul>	<ul style="list-style-type: none"> <li>Return after 5 full days of quarantine <u>and</u> if asymptomatic and feeling well</li> </ul>	<ul style="list-style-type: none"> <li>No need to quarantine – Maintain strict social distancing</li> </ul>	<ul style="list-style-type: none"> <li>Return if no symptoms.</li> </ul>
Player/Coach Exposed to an <u>ongoing close contact</u> (e.g. a parent caring for a child) but is Asymptomatic and Feeling Well	<ul style="list-style-type: none"> <li>No need to quarantine – Maintain strict social distancing</li> <li>Wear a mask for 10 days.</li> <li>Recommend testing 5 full days after last exposure. If the test is positive, isolate for 5 full days.</li> </ul>	<ul style="list-style-type: none"> <li>No need to quarantine – Maintain strict social distancing</li> <li>Wear a mask for 10 days.</li> <li>Recommend testing 5 full days after last exposure. If the test is positive, isolate for 5 full days.</li> </ul>	<ul style="list-style-type: none"> <li>Return 10 full days after the person with COVID-19 tested positive or 5 full days after symptoms subside, whichever is later</li> </ul>	<ul style="list-style-type: none"> <li>Return 10 full days after the person with COVID-19 tested positive or 5 full days after symptoms subside, whichever is later.</li> </ul>	<ul style="list-style-type: none"> <li>No need to quarantine – Maintain strict social distancing</li> </ul>	<ul style="list-style-type: none"> <li>Return if no symptoms.</li> </ul>

\* “Primary series” means two doses in a two-dose vaccine series or a single dose in a one-dose vaccine.

“Fully vaccinated” means at least two weeks have passed since an employee completed their primary series.

“Eligible for their booster shot” means at least 5 months have passed since an employee has received the Pfizer-BioNTech or Moderna primary series or at least 2 months have passed since an employee has received the Johnson & Johnson/Janssen primary series.

“Up-to-date” means an player/volunteer is (1) fully vaccinated for COVID-19 but is not yet eligible for their booster shot; OR (2) fully vaccinated for COVID-19 and has received their booster shot.

\*\* Employees are encouraged to always wear a well-fitting mask if they are not able to socially distance from others.