

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"> Do not come to practice/game if not feeling well. Get tested as soon as possible 	<ul style="list-style-type: none"> Return if no symptoms OR, Return after 5 full days of isolation if symptoms <u>improving</u> 	<ul style="list-style-type: none"> Do not attend practice/game if not feeling well Get tested as soon as possible 	<ul style="list-style-type: none"> Return if no symptoms OR, Return after 5 full days of isolation if symptoms <u>improving</u> 	<ul style="list-style-type: none"> Do not attend practice/game if not feeling well. 	<ul style="list-style-type: none"> Return if no symptoms.
Player/Coach Tests Positive for COVID-19	<ul style="list-style-type: none"> Isolate at least 5 full days, separate at home to greatest extent possible. <u>Wear a mask for 5 days after isolation.</u> ** No required testing for 90 days. But if symptoms develop, isolate at home and get tested. 	<ul style="list-style-type: none"> If asymptomatic, Return after at least 5 full days If symptomatic, Return after at least 5 full days after positive test and no fever 24 hours after 5th day and symptoms are improving Wear a mask for 5 days after isolation. ** Do not travel (see CDC guidance) 	<ul style="list-style-type: none"> Isolate 5 full days, separate at home. Wear a mask for 5 days after isolation. No required testing for 90 days. But if symptoms develop, isolate at home and get tested. Wear a mask for 5 days after isolation. ** 	<ul style="list-style-type: none"> If asymptomatic, Return after at least 5 full days If symptomatic, Return after at least 5 full days after positive test and no fever 24 hours after 5th day and symptoms are improving. Wear a mask for 5 days after isolation. ** Do not travel (see CDC guidance) 	N/A	N/A
Player/Coach Exposed (close contact only) but is Asymptomatic and Feeling Well)	<ul style="list-style-type: none"> No need to quarantine, but maintain strict social distancing. Wear a mask for 10 days from last exposure to the COVID-positive person Recommend testing 5 full days after last exposure. If the test is positive, isolate for 5 full days. 	<ul style="list-style-type: none"> Return if no symptoms 	<ul style="list-style-type: none"> Quarantine 5 full days. Wear a mask for 5 days <u>after quarantine.</u> Recommend testing 5 days of exposure. If the test is positive, isolate for 5 full days. 	<ul style="list-style-type: none"> Return after 5 full days of quarantine <u>and</u> if asymptomatic and feeling well 	<ul style="list-style-type: none"> No need to quarantine – Maintain strict social distancing 	<ul style="list-style-type: none"> Return if no symptoms.
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"> No need to quarantine – Maintain strict social distancing Wear a mask for 10 days. Recommend testing 5 full days after last exposure. If the test is positive, isolate for 5 full days. 	<ul style="list-style-type: none"> No need to quarantine – Maintain strict social distancing Wear a mask for 10 days. Recommend testing 5 full days after last exposure. If the test is positive, isolate for 5 full days. 	<ul style="list-style-type: none"> Return 10 full days after the person with COVID-19 tested positive or 5 full days after symptoms subside, whichever is later 	<ul style="list-style-type: none"> Return 10 full days after the person with COVID-19 tested positive or 5 full days after symptoms subside, whichever is later. 	<ul style="list-style-type: none"> No need to quarantine – Maintain strict social distancing 	<ul style="list-style-type: none"> Return if no symptoms.

* “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.