



COUNTY OF POLK
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Polk County Health Department Athletic Guidance

If a student/coach is screened prior to practice and they are experiencing a fever that is 100.4 or higher and/or are experiencing other COVID-19 symptoms, the individual should do the following:

- Immediately isolate from team and be sent home.
- Identify who the individual was around before they were screened. Provide documentation of this for public health as they may need to use it for contact tracing.
- Individual should call healthcare provider and explain fever and symptoms. Healthcare provider will determine if they need to be tested for COVID-19. The individual can also be tested through Test Iowa.
- The individual should follow this guidance:
 - The individual has been free of a fever for 72 hours without the use of medication AND
 - The individual has significant symptom improvement AND
 - It has been 10 days from the start of symptoms

Any player/coach testing positive for COVID-19 will be isolated at home until meeting the definition of recovered. Public Health will be following up with the player/coach and will be the deciding entity to classify the student/coach as being recovered. The following criteria will need to be met:

- The individual has been free of a fever for 72 hours without the use of medication AND
- The individual has significant symptom improvement AND
- It has been 10 days from the start of symptoms

If the individual test positive for COVID-19, but has not had any symptoms of illness, he/she will be isolated at home for 10 days from the test date. Public Health will determine if the individual can be released at the end of the 10 days based on conversations to determine if any symptoms have appeared. School representatives, family members, medical providers do not have authority to release individuals from public health self-isolation measures.

Self-isolation means that the individual is isolated at home. The individual should not leave their home except for medical appointments, and there should not be any visitors in the home.

Public health will interview positive cases to identify all persons that the individual had contact with during their infectious period. Contact is defined as being less than 6 feet away from someone for more than 15 minutes. Infectious period for cases without symptoms is defined as 48 hours before through 10 days after the first date the patient tested positive for COVID-19 infection. Infectious period for cases with symptoms is defined as 48 hours before illness started until the patient is fever free for at least 72 hours AND other symptoms have improved AND at least 10 days have passed since the first symptom began.

All contacts without symptoms will be in self-isolation for 14 days from last exposure to monitor for symptoms of COVID-19. Family members of the contact can continue their normal routines. However, the contact must stay home and not leave. No visitors should be at the home.

If a player or coach has a member of their household diagnosed with COVID-19, the entire household will be placed in self-isolation. Isolation ends at 14 days from the last contact of the ill family member. For some individuals this is 14 days, for others it may be several weeks.

If you have a player/coach diagnosed with COVID-19, it is possible most of the team and coaches will be placed in isolation.

According to CDC, COVID-19 symptoms may appear 2-14 days after exposure to the virus. Anyone that appears ill, or states that they have been ill, should follow the guidelines for individuals ill with COVID-19. People with these symptoms or combinations of symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

COVID-19 is a new virus and we are still learning about it. This guidance may be updated as new information becomes available. School sponsored activities should consider the following:

- Social distancing should be practiced by all people involved. This is a distance of 6 feet or greater between individuals. – this is a requirement from the Governor.
- Face coverings should be encouraged.
- Hand sanitizer or handwashing should be provided and encouraged.
- Develop a plan as to how many people will be allowed to enter and exit that ensures social distancing.
- Develop a plan for how you will disinfect items that are frequently touched by players and coaches.
- Do not allow anyone in that is ill.

For additional questions about COVID-19, please reach out to our Communicable Disease team at (515) 286-3890.