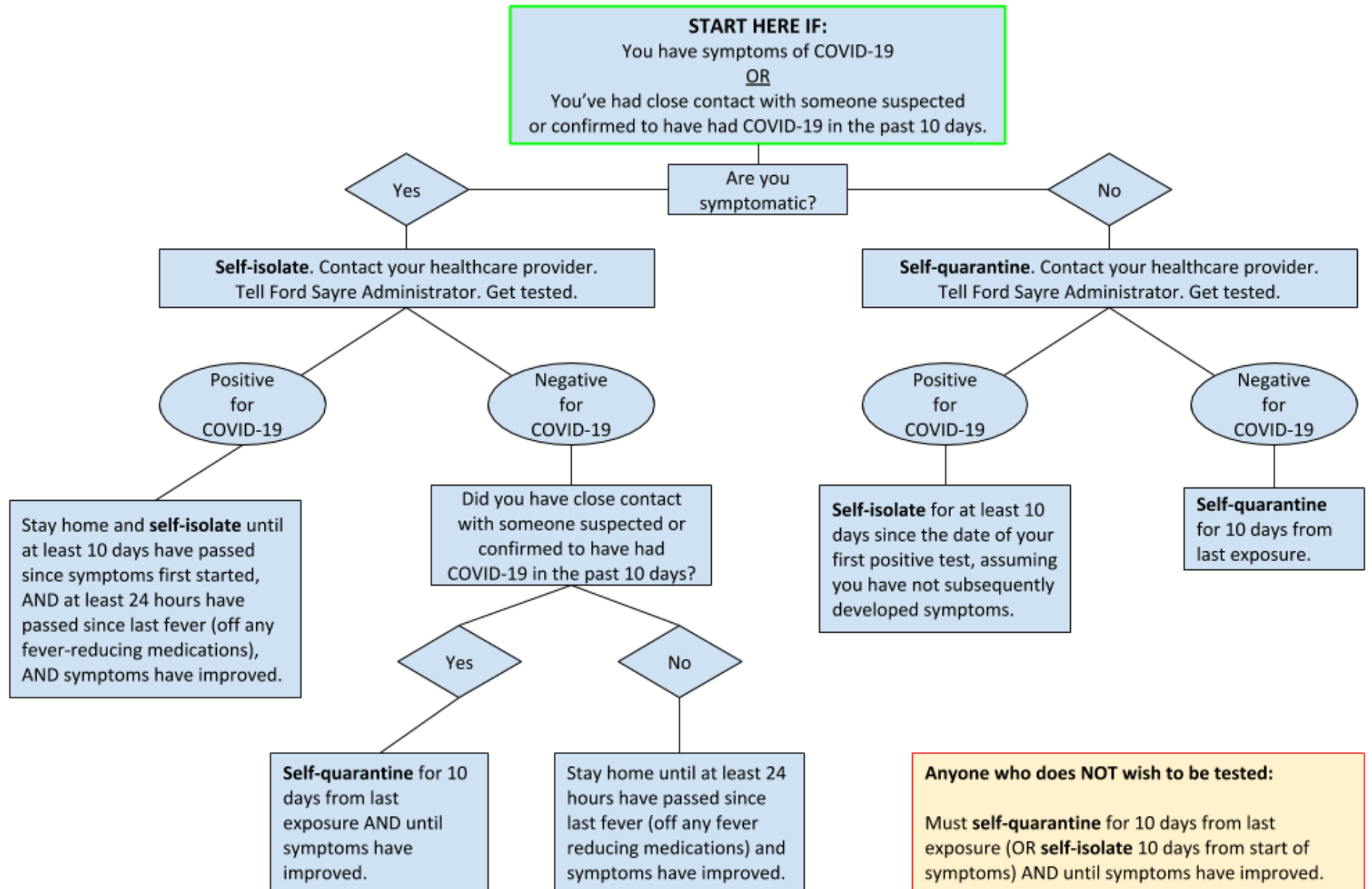


COVID-19 FLOW CHART: Exposure or Symptomatic



KEY TERMS

Self-Isolation - You must stay at your home and isolate from other people, including those you live with. You may not go out in public places - not even to the grocery store or to run other errands. You also may not visit with other people outside of your home, and you may not invite others into your house to visit.

Self-Quarantine - Stay home from school and work. Do not have any visitors to your house during this time. Wear a cloth face covering and keep your distance from others. Do not take public transportation or ride-shares. Self-monitor, doing health checks every morning and night or anytime you feel like you may have a fever. Watch for other symptoms. If you develop symptoms, seek medical advice and self-isolate.

Close Contact - The NH Department of Health and Human Services defines a close contact as someone who was within 6 feet of an infected person for at least 10 minutes starting from 2 days before illness onset (or, for asymptomatic cases, 2 days prior to positive specimen collection) until the time the patient is isolated.

REPORTING

We ask that all individuals (any coaches, volunteers or athletes) experiencing symptoms of COVID-19 OR who have had close contact with someone suspected or confirmed to have had COVID-19, please contact the Ford Sayre administrator: admin@fordsayre.org.