



COVID-19 Parent Information Sheet

As we transition into continuation of sports, our number one priority is the health and safety of our student-athletes and we are asking that parents/guardians and student-athletes read this information sheet. Guidance recommendations outlined within this document are in response to the evolving COVID-19 situation and may be updated frequently.

What is COVID-19?

COVID-19 is a respiratory disease caused by a type of virus called a coronavirus. This is a common type of virus that affects both animals and humans. Coronaviruses often cause symptoms like those of the common cold but sometimes they can cause more serious infections. The virus is globally spread over 216 countries, areas, or territories.

Transmission

COVID-19 is highly transmissible from person-person and readily spreads to close contacts of infected individuals. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs, speaks, or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces (fomites), then touching their eyes, nose, or mouth. People can catch COVID-19 if they breathe in droplets from a person with COVID-19. The virus can persist in the air for up to **3 hours** and on a variety of surfaces for up to **72 hours**.

COVID-19 virus presents a high risk of transmission in athletic settings due to frequent physical contact, potential for aerosolization during exercise, fomites (shared towels, water bottles, athletic equipment, balls/pucks/bats, etc.), and the potential physical effects of over-training and dehydration on disease resistance.

Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear up to 14 days after exposure to the virus (incubation period).

Common symptoms

- Fever or chills
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- New loss of taste or smell
- Cough

Less common symptoms

- Nausea or vomiting
- Abdominal (tummy) pain
- Diarrhea
- Loss of appetite
- Coughing up a lot of phlegm
- Sore throat
- Confusion
- Dizziness
- Blocked or runny nose
- Conjunctivitis (red or watery eyes)
- Headache
- Skin rashes

When to Seek Emergency Medical Attention

If someone is showing any of these emergency warning signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

Children seem to be infected less frequently than adults. However, there have been reports of COVID-19 causing a severe illness in children, with a fever lasting more than five days, a rash, swollen glands in the neck, red fingers or toes, and dry, cracked lips. This is very rare. But if you have concerns about your child, it's very important to speak to a doctor as soon as possible.

What to do if your child may have been exposed to COVID-19

- Stay home and avoid contact with other people.
- Seek medical care right away.
- Avoid travel while you are unwell.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing, then put the tissue into the bin.
- Wash your hands often.
- Keep track of your symptoms.
- Inform an Athletic Trainer on campus (contacts provided below).

Returning to sport after exposure or positive COVID-19 test

Athletes with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

Do not go on campus until you have tested negative for COVID-19 and a VCS health provider has cleared you to continue.

Tips for athletes to keep from contracting COVID-19

Tip #1

It is important that you wash your hands thoroughly. This means you must wash your hands for at least 20 seconds.

Steps to Handwashing from the CDC

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

Tip #2

The key is to stop the spread of COVID-19, so if you do not have access to soap and water use alcohol-based hand-sanitizer that contains at least 60% alcohol. It is important to remember that washing your hands is still the best way to get rid of germs so do not replace your normal hand washing routine with using hand sanitizer.

Tip #3

Make sure you wash your hands before you touch your eyes, nose, or mouth. Germs spread through these orifices. Make an effort to avoid touching your eyes, nose, or mouth, if you have not properly washed your hands. This will be harder for kids to remember so make sure you remind them! The Global Handwashing Partnership created a Wash Coronavirus Away flyer you can post in your kitchen to help your family remember.

Tip #4

Clean all “high-touch” surfaces every day High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Tip #4

Wear a facemask You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider’s office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Guidance and Information

If you have questions about COVID-19 and need assistance finding information online or clarification regarding the information, a statewide hotline number is available

8 a.m. - 5 p.m., 7 days a week at (833) 544-2374.

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