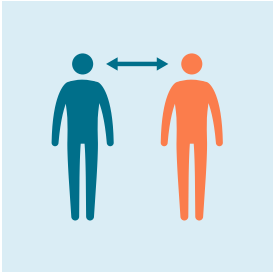
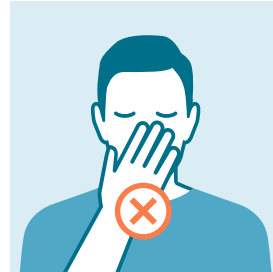


# Help prevent the spread of COVID-19

You may have COVID-19 even if you are not showing any symptoms, which means you could unknowingly spread the virus to other people. Follow these guidelines to help prevent the spread of COVID-19.



Stay at least 6 feet from other people.



Do not touch your eyes, nose and mouth.



Wear a face mask.



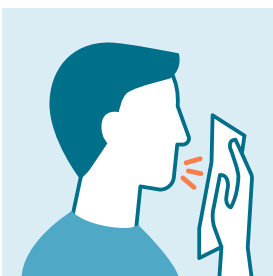
Clean and disinfect frequently touched objects and surfaces.



Wash your hands regularly.



Stay home if you are sick.



Cover your cough or sneeze with a tissue. Throw tissue in the trash and wash your hands.

# Symptoms of COVID-19

People with COVID-19 have a wide range of symptoms – ranging from mild symptoms to severe illness. Symptoms may appear 2 to 14 days after exposure to the virus.

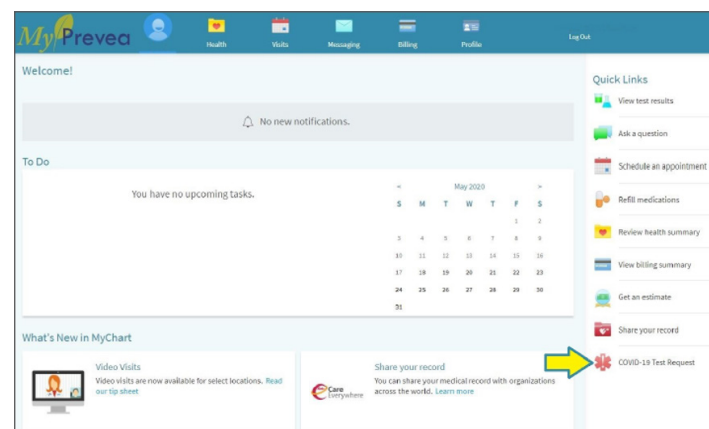
## Testing is available to anyone experiencing one of the following symptoms:

- |  |   |
|--|---|
| <input type="checkbox"/> Fever or chills                             | <input type="checkbox"/> Headache                   |
| <input type="checkbox"/> Cough                                       | <input type="checkbox"/> New loss of taste or smell |
| <input type="checkbox"/> Shortness of breath or difficulty breathing | <input type="checkbox"/> Sore throat                |
| <input type="checkbox"/> Fatigue                                     | <input type="checkbox"/> Congestion or runny nose   |
| <input type="checkbox"/> Muscle or body aches                        |   |

If you have any of the above symptoms or if your temperature is 100.0°F or greater, you may be tested for the virus.

# What to do if you have COVID-19 symptoms?

- 1 Contact your athletic trainer or health care provider to be screened and/or tested. If you are a Prevea patient or want to be tested through Prevea, continue to step 2.
- 2 **Go to myprevea.com**  
New users click on **SIGN UP NOW**, and then click the green **SIGN UP ONLINE** button on the right side of the screen.
- 3 Click on **COVID-19 TEST REQUEST** as shown in the image to the right.



If you don't have access to a computer or mobile device, please call (920) 431-1810 for an assessment and your COVID-19 test ordered by phone.

You will be instructed where to go for COVID-19 testing. Upon arrival, please follow the directional and instructional signs at the testing site.

# Testing safety guidelines

## Symptomatic

You should not go to school, practices or work; isolate at home (see back for isolation/quarantine guidelines); and testing is required. Isolate yourself until you are able to get your test taken AND until you get your result back.

Positive test result	Negative test result
<p>You should be in isolation until all criteria are met:</p> <ul style="list-style-type: none"> <li>• Fever free for 24 hours without the use of fever reducing medications;</li> <li>• AND symptoms are improving;</li> <li>• AND at least 10 days have passed since symptom onset.</li> </ul>	<p>You should be in isolation until fever free for 24 hours without the use of fever reducing medications.</p> <p>You should be retested if you develop any new or worsening symptoms.</p>

## Asymptomatic with close contact with someone who has COVID-19

Contact your athletic trainer or health care provider; do not go to school, practices or work; quarantine at home for 14 days after your last close contact with a person who has COVID-19 (see back for isolation/quarantine guidelines); and testing may be recommended.

Close contact is defined as: being within 6 feet of someone who has COVID-19 for at least 15 minutes; or direct physical contact with the person (touched, hugged or kissed them); or shared eating or drinking utensils; or they sneezed, coughed or somehow got respiratory droplets on you.

If there is a breach in quarantine and someone is named a contact again, the quarantine time would start over.

	Positive test result	Negative test result or no test*
<b>Exposed to confirmed positive COVID-19 NOT living in the house and will not have further close contact</b>	<p>You should stay in isolation until all criteria are met:</p> <ul style="list-style-type: none"> <li>• At least 10 days from your test day;</li> <li>• AND you have not developed any symptoms.</li> </ul>	<p>You should stay home for 14 days after your last close contact with the person who has COVID-19.</p>
<b>With a confirmed positive COVID-19 living in the house, had <u>no</u> close contact and <u>can</u> avoid further close contact</b>	<p>You should stay in isolation until all criteria are met:</p> <ul style="list-style-type: none"> <li>• At least 10 days from your test day;</li> <li>• AND you have not developed any symptoms.</li> </ul>	<p>You should be in quarantine for 14 days starting from when the person with COVID-19 began home isolation.</p>
<b>With a confirmed positive COVID-19 living in the house and <u>cannot</u> avoid continued close contact</b>	<p>You should stay in isolation until all criteria are met:</p> <ul style="list-style-type: none"> <li>• At least 10 days from your test day;</li> <li>• AND you have not developed any symptoms.</li> </ul>	<p>You should be in isolation until all criteria are met:</p> <ul style="list-style-type: none"> <li>• Avoid contact with others outside the home while the person is sick;</li> <li>• AND quarantine for 14 days after the person who has COVID-19 meets the criteria to end home isolation (see Symptomatic-Positive Test)</li> </ul>

\* For options to reduce quarantine, visit: [prevea.com/quarantine](https://prevea.com/quarantine)

## Test results

You will receive your test results through your MyPrevea account within 7 days of the test. In addition, you may receive a call from Prevea if you have a positive result. If you have not received your result in 7 days, please call **(920) 431-1810**. From MyPrevea, you may print your results as needed.

If you called Prevea to get your assessment and test ordered, you must sign up for a MyPrevea account to view your test results. If you do not have an active MyPrevea account, you will receive a telephone call from Prevea.

MyPrevea is a convenient, secure and confidential online resources where you have access to your personal health information from a computer or mobile device at any time. To sign up, visit [MyPrevea.com](https://MyPrevea.com) or download the MyPrevea app from the App Store or Google Play.

## *If you are in isolation* or quarantine:

- Stay home except to get medical care.
- Monitor symptoms. If your symptoms worsen, use Prevea Virtual Care at [prevea.com/VirtualCare](https://prevea.com/VirtualCare) or call **(920) 431-1810** to be assessed. If you have an emergency warning sign (including trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face), seek emergency medical care immediately.
- Treat symptoms symptomatically:
  - Drink a lot of fluids/water.
  - Get as much rest as you can.
  - Use acetaminophen as needed for fever or pain.
- Wash your hands thoroughly and frequently, for at least 20 seconds at a time.
- Clean surfaces frequently.
- Wear a cloth face covering when around other people, if able
- Stay in a separate room from other household members, if possible
- Use a separate bathroom, if possible
- Avoid contact with other members of the household and pets
- Do not share personal items (dishes, toothpaste, towels, bedding).
- Cover your mouth when you cough or sneeze.
- Once you have recovered, maintain social distancing. Minimize how often you leave your house, and stay at least six feet away from others.

Anyone experiencing severe and life-threatening COVID-19 symptoms should call 911. If you prefer to travel to an emergency room on your own, call the hospital prior to your arrival to explain your symptoms. This will provide the emergency department time to prepare for your arrival and ensure others in the area will be protected from the potential spread of infectious disease.

