



Recommended Steps for a Covid-19 Case – From the PCMHA Executive

****Please note these are only recommendations and with any situation the Individuals and association is to follow the direction from [BC Public Health and BCCDC](#)**

Contact 811 Health Link with any questions

When a COVID-19 test is recommended by the Health Authorities (Fraser Health):

- If the COVID-19 test is positive, you should stay home until you are told by public health to end self-isolation. In most cases this is **minimum 10 days** after the onset of symptoms. **Public health will contact everyone with a positive test.** Note to return to activities not required as per PH.
- If the COVID-19 test is negative, you can return to school/activities (Hockey) once symptoms have improved and you feel well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless you develop a new illness.
- If a COVID-19 test is recommended, but is not done because you choose not to have the test, or you do not seek a health assessment when recommended, and your symptoms are not related to a previously diagnosed health condition, you should stay home from school/activities (Hockey) until a minimum 10 days after the onset of symptoms, and then you may return if you are feeling well enough.

Here are some examples from BCCDC: (BC Centre For Disease Control)

Example 1: You've been diagnosed with COVID-19, only had fever at the start and symptoms are gone: you can stop isolating after **day 10**.

Example 2: You been diagnosed with COVID-19 and still have a fever on **day 10** of isolation. On **day 12** your fever stops and your symptoms have improved. You can now stop isolating.

Example 3: You were contacted by BC public health because you were in close contact with a confirmed case and were told to self-isolate for **14 days** from when you were in contact with the case. On day 5, you developed symptoms and tested positive for COVID-19. By day 10, your symptoms have resolved but you must continue to self-isolate for **14 days** because you are a contact of a confirmed case.

It can be a bit tricky to figure out when your fever has disappeared. It's easier if you keep a note of your temperature and your symptoms every day, so you know when to stop isolating safely.

You've been diagnosed with COVID-19:

- Self-isolate for a minimum of **10 days** since your symptoms started, AND
- Your fever is gone without the use of fever-reducing medications (e.g. Tylenol, Advil), AND
- You are feeling better (e.g. improvement in nausea, vomiting, diarrhea).
- Coughing may persist for several weeks, so coughing alone does not require you to continue to isolate.

SOURCE: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>



Member of association is a confirmed COVID-19 Case By Public Health Authority

Public Health Actions in Response to Confirmed Case of COVID-19 in a Hockey Related Event

Confirmed case interviewed by public health to determine how they were infected and who they were in close contact with while infectious

If confirmed case was not infectious when they attended hockey event, the association will not be contacted.

If confirmed case was infectious while they attended hockey OR it's determined that they were infected at a hockey related activity, **public health** will inform the association administrator and:

Request division cohort group lists

Determine if there are any confirmed close contacts

PH to coordinate with the association to develop and implement a communications plan, including who should be notified, how and when

If the COVID-19 test is **positive**, you should stay home until you are told by public health to end self-isolation. In most cases this is **minimum 10 days** after the onset of symptoms. **Public health will contact everyone with a positive test.** A note to return to activities is not required as per public health authority.
If questions call the 811 Health Line

Confirmed close contacts are asked to self-isolate for 14 days from the last exposure

If symptoms develop, seek testing

If no symptoms develop, return to school/activities after self isolation period

Families will be notified if they were potentially exposed

Other families potentially exposed may be notified at the discretion of the public health officer

Confirmed close contacts are determined based on the length of time of exposure and nature of the interaction. **Only public health can determine who is a close contact.**