

CAN I PARTICIPATE IN RINGETTE?



I HAVE COVID 19 CORE SYMPTOMS

1

COVID 19 CORE SYMPTOMS

ISOLATE
at home

Tested

POSITIVE
COVID-19
AHS test

Legally required to continue isolating for **10 DAYS** from start of symptoms or until symptoms resolve, whichever is longer

I have been **CLEARED** by AHS

2

SECONDARY SYMPTOMS

ISOLATE
at home

Not tested

NEGATIVE
COVID-19
AHS test

Continue to isolate at home until **SYMPTOMS RESOLVE**

NO LONGER
have symptoms



NOTIFIED BY AHS AS CLOSE CONTACT OF CONFIRMED COVID-19 CASES

LEGALLY REQUIRED
to isolate for 14 days

Tested

POSITIVE
COVID-19
AHS test

Continue isolating for **10 DAYS** from start of symptoms or until symptoms resolve, whichever is longer

I have been **CLEARED** by AHS

Not tested

NEGATIVE
COVID-19
AHS test

Continue **14 DAY** isolation from exposure date

NO SYMPTOMS
appear



RETURNED TO CANADA

LEGALLY REQUIRED
to isolate for 14 days

Symptoms

Continue isolating for **10 DAYS** from start of symptoms or until symptoms resolve, whichever is longer

NO LONGER
have symptoms

NO SYMPTOMS
for 14 days



RETURN TO RINGETTE



1 COVID-19 symptoms

Fever, Cough (new cough or worsening chronic cough), Shortness of breath or difficulty breathing (new or worsening), Runny nose, Sore throat

2 Secondary symptoms

Chills, Painful swallowing, Stuffy nose, Headache, Muscle or joint aches, Feeling unwell, fatigue or severe exhaustion, Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite), Loss of sense of smell or taste, Conjunctivitis, commonly known as pink eye

You are not legally required to share results of a COVID-19 test or explain your absence (i.e., isolation period). If a person chooses not to notify their team, each participant may be contacted by AHS if deemed a close contact and should adhere to the direction provided.