

# Farmington Valley Health District COVID CIAC Sports Decision Tree

Updated 10-19-2021

If there has been a **known exposure**  
but **no symptoms**

## Unvaccinated

**QUARANTINE**

Without a Test:

Quarantine for **14 days**

Test Out Option:

**Seek testing** (PCR preferred)  
**7-10 days** after last known  
exposure, or **sooner if**  
**symptoms** begin

If negative and no symptoms,  
**may end quarantine after**  
**day 10**

## Vaccinated

**2 weeks after** final shot in  
series (not including booster)

Do **not** have to  
quarantine  
**as long as no**  
**symptoms**

**Remain masked** for  
**14 days** after last  
exposure, or until  
negative test result

**Recommend testing**  
(PCR preferred) **3-5**  
**days** after last  
exposure

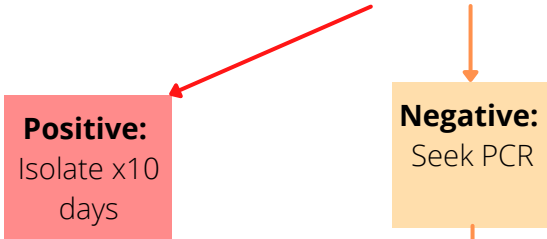
**Monitor for**  
**symptoms** and re-  
test immediately if  
symptoms develop

# In the event of **one or more symptoms** regardless of vaccination status: **GET TESTED IMMEDIATELY**

## What is considered a symptom?

- Feeling run down/tired
- Allergy symptoms, including congestion, runny nose, or sore throat
- Fever
- Cough
- Nausea or vomiting
- Diarrhea
- Muscle/Body aches
- Headache
- Shortness of breath or difficulty breathing

A **Rapid** test will return results in under 1 hour

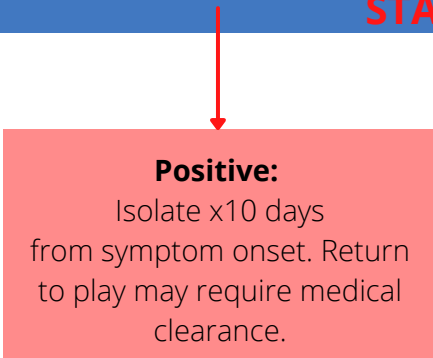


**Positive:**  
Isolate x10 days

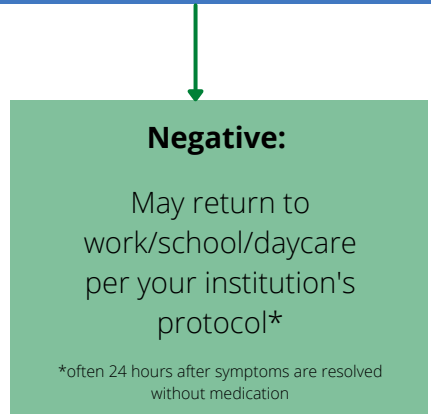
**Negative:**  
Seek PCR

A **PCR** test will return results in 2-3 days

## While results are pending, **STAY HOME**



**Positive:**  
Isolate x10 days from symptom onset. Return to play may require medical clearance.



**Negative:**  
May return to work/school/daycare per your institution's protocol\*

\*often 24 hours after symptoms are resolved without medication