**When can you or your child return to West Raleigh Baseball Association?**

1. **HAVE YOU BEEN DIAGNOSED WITH COVID-19?**

**Have you or your child been diagnosed with COVID-19 (with no symptoms)?**

May return if it has been 5 days since you or your child was diagnosed with COVID-19 AND

Have not developed any symptoms

Must continue to wear a mask for 5 additional days when returning from 5-day quarantine

(If unable to wear a mask, must stay home for an additional 5 days)

**Have you or your child been diagnosed with COVID-19 (with symptoms)?**

May return if it has been at least 5 days since you or your child first had symptoms or from date of positive test AND

Fever free for 24 hours without the use of fever reducing medicine AND

Symptoms have improved

Must continue to wear a mask 5 additional days when returning from 5-day quarantine

(If unable to wear a mask, must stay home for an additional 5 days)

1. **HAVE YOU BEEN EXPOSED TO SOMEONE WITH COVID-19?**

**Have you or your child had a non-household exposure to COVID-19?**

* You or your child may continue to attend West Raleigh games and practices without any exclusion period following a non-household exposure to COVID-19 if you or your child does not have symptoms. This exemption applies to both masked and unmasked non-household exposures.
* If possible, you or your child should get a COVID-19 test on the day that you are notified you or your child was a close contact and 5 days after the exposure.
* If you or your child develop symptoms, you or your child should stay at home

**Have you or your child had a household exposure to COVID-19?**

* You or your child must stay at home for 5 days following the last exposure to the household member who’s been diagnosed with COVID-19.
* If you or your child are not able to separate from the household member, the “last exposure” would be the day the household member’s isolation period ends, and you or your child’s five-day quarantine period begins after that.
* You or your child should get a test, if possible, once it’s been 5 days since the household member began experiencing symptoms or was diagnosed.
* Following the end of the quarantine period, you or your child may return to West Raleigh if you are not experiencing symptoms.

You must continue to wear a mask for 5 additional days (If you are unable to wear a mask, you must remain home for an additional 5 days)

**\*\*\*IF YOU OR YOUR CHILD IS EXPOSED AND VACCINATED\*\*\***

You or your child does not have to quarantine if you or your child is up-to-date on recommended vaccines:

You or your child has received either:

* 2-dose vaccine - It’s been at least 2 weeks since you/child received the second dose OR
* Single-dose vaccine - 2 weeks since you/child received the single-dose vaccine

**AND**, if applicable, you have complied with any booster requirement:

* Eligible for booster (18 years and older) - 2 weeks since you received the booster dose (there must be at least 6 months between your last vaccine dose of the 2-dose vaccine and at least 2 months between your last dose of the single-dose vaccine to be eligible for the booster dose) OR
* Ages of 5-17 and have completed a primary series of COVID-19 vaccines (boosters are not required for this age group) AND
* You or your child has not developed symptoms since your exposure to COVID-19.

\*Must provide dated proof of vaccination to return to West Raleigh without completing the quarantine requirements. If you are 18 years old and older, eligible for a booster, and have not received it, you are not considered up-to-date on recommended vaccines.

**Symptoms due to COVID-19 Vaccination**

If you or your child experience side effects during the first few days after receiving a COVID-19 vaccination, you or your child should stay home until you or your child is no longer experiencing symptoms and fever free for 24 hours without the use of fever reducing medicine. You are not required to present an alternate diagnosis, negative COVID-19 test, or stay home for 5 days in order to return to West Raleigh.

**Symptoms not associated with COVID-19**

If you or your child is experiencing symptoms not on the aforementioned symptom list (like ear ache, stomach ache), you or your child may return to West Raleigh after you or your child has been fever free for 24 hours without the use of fever reducing medicine AND symptoms have improved.

**COVID-19 Testing**

If you are worried you or your child may have been exposed and are experiencing symptoms of COVID-19, you can be tested at one of the free testing locations throughout Wake County. You may also call the Wake County COVID Hotline at 888-675-4567​​​​​​​.

**Severe Symptoms and/or Hospitalization**

If you or your child has moderate to severe symptoms or is hospitalized due to COVID-19 infection, you may need further evaluation before safely ending isolation and/or returning to playing sports. West Raleigh recommends consulting with your primary care physician regarding any such unique circumstances before returning.

**Masks**

When wearing a mask as part of completing isolation or quarantine, a gator/bandana or mask with a valve is NOT sufficient. A well-fitting double or triple layered mask (cloth or surgical) must be worn properly over the mouth and nose. KN95 or N95 masks without a valve are also acceptable, but not required.