



Town of Mansfield

6 Park Row, Mansfield, Massachusetts 02048

Health Department

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Health Agent

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To all Mansfield Youth Sports Families:

Several COVID-19 cases and contacts have recently been identified as involved with local and regional sports. The Health Department, School Health Services, and the Fire Department have been working closely with the sports league managers, coaches and parents to identify all involved. We truly appreciate the cooperation and collaboration to protect the health of the Mansfield residents.

Since a worldwide pandemic at this scale is new to all of us, I wanted to clarify some COVID terms, outline when testing may be necessary, briefly describe isolation and quarantine protocols and explain contact tracing and its importance to stopping the spread of COVID-19.

COVID terms

SOCIAL DISTANCING – QUARANTINE – ISOLATION WHAT IS THE DIFFERENCE?		
		
Social distancing	Quarantine	Isolation
Used when in public or at work and not sick.	Used for people who may have been exposed but are not sick.	Used for people suspected or confirmed to have COVID-19.
Why? To reduce face-to-face contact and reduce the spread of disease.	Why? The person could have the virus in their body even if they don't have symptoms. They need to stay away from others until they find out for sure.	Why? To keep the person from infecting others.
How? • Encourage people to stay at home. • Give six feet of space from others. • Work to minimize close contact between people.	How? • Separate living quarters if possible. • Keep six feet away from other people. • Have food and necessities delivered.	How? • Separate living quarters and bathroom facilities secured against unauthorized access. • Keep six feet away from other people. • Have food and necessities delivered.

Social distancing: Social distancing, also called “physical distancing,” means keeping a safe space between yourself and other people who are not from your household.

Isolation: Isolation separates sick people with a contagious disease from people who are not sick

Quarantine: Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

Case: A patient that has a diagnosis of COVID-19

Close contact or contact: close contact is defined as any individual who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated.

Contact of a contact: A person who has been in close contact with somebody who has been identified as a contact of a case.



COVID testing

There are several situations in which a person may need to be tested.

- 1) If you are experiencing any symptoms, even if they are minor, you should contact your healthcare provider and a test site near you to schedule a test. If your child is experiencing any symptoms, even if they are minor, you should contact their pediatrician.

Symptoms may appear 2-14 days after exposure to the virus and may include:

- Fever, chills or shaking chills
 - Signs of a lower respiratory illness (e.g., cough, shortness of breath, lowered oxygen saturation)
 - Fatigue, sore throat, headache, body aches/myalgia, or new loss of sense of taste or smell
 - Other less common symptoms can include gastrointestinal symptoms (e.g. nausea, vomiting, diarrhea), rash, and inflammatory conditions such as “COVID toes”.
 - In elderly, chronically ill, or debilitated individuals such as residents of a long-term care facility, symptoms of COVID-19 may be subtle such as alterations in mental status or in blood glucose control
- 2) If you have been identified as a close contact of a COVID-19 positive person, you should be tested. You are a close contact of a COVID-19 positive person if you were within 6 feet of them, for at least 10-15 minutes, while they were symptomatic or within the 48 hours before symptom onset. You are also a close contact if you were within 6 feet for at least 10-15 minutes of someone who tested positive for COVID-19 in the 48 hours before their test was taken or anytime in the 10 days after the test.

- 3) You have been traveling to a higher risk state and choose to get a COVID test rather than quarantine for 2 weeks after travel. In this situation, once a negative test result is obtained, the traveler does not need to remain in quarantine for 2 weeks.

Information about COVID testing can be found <https://www.mass.gov/covid-19-testing>.

Isolation and Quarantine

In the event you test positive for COVID-19, you must isolate immediately, including from people living in your household if possible. You are now a case and members in the household along with anybody who you have been in close contact with are now considered contacts.

If you are self-isolating:

1. If you get sick with fever, cough, shortness of breath, or other signs of respiratory illness, call your healthcare provider and tell them if you have been exposed to COVID-19.
2. If you need see your healthcare provider, do **not** take public transportation, taxis, or ride-shares to get to your appointment.
3. Stay at home and use a separate bedroom and bathroom if possible.
4. Stay at least 6 feet away from other people in the house.
5. Do **not** leave your house to go to school, work or run errands.
6. Do **not** have any visitors to your house during this time.
7. Wash your hands frequently with soap and water for at least 20 seconds.
8. Do not share eating or drinking utensils with anybody.
9. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
10. Clean surfaces that you touch every day with a household disinfectant.
11. Make a list of everyone you have been close to (within 6 feet of for at least 15 minutes), since you first got sick. Those people have been exposed to COVID-19 and should be asked to self-quarantine.

Identified contacts should quarantine immediately. Contacts should get tested as soon as possible. Many times a person who tests positive will contact you first, even before you may hear from the public health nurse. If you are unsure if you are a close contact based on your interactions, please call the Health Department for assistance. I am happy to talk with anybody about individual situations.

If somebody in your house is quarantining:

1. Establish a room (and a bathroom if possible) which only the quarantined person can use.
2. The quarantined person should not leave home at all, except for urgent medical care. If urgent care is needed, they should wear a surgical mask at all times while outside of the home. Do not take buses, subways or ride shares like Uber or Lyft. Use a personal vehicle or call an ambulance to get to the provider's location. And call ahead to your provider so they can be ready.
3. All household members should practice strict personal hygiene. That means washing your hands frequently with soap and warm water. When you cough or sneeze, use a tissue every time. Then wash your hands.
4. Do not share plates, glasses, cups, or utensils. Wash all these items in a dishwasher or with dishwashing liquid and warm water.

5. Wipe down frequently used surfaces with a household disinfecting cleaner – especially if they've come in contact with bodily fluids like spit, mucus, urine, feces, or vomit.
6. Do not allow visitors in your home.

All household members should monitor their own health and call their healthcare provider if they develop symptoms suggestive of COVID-19 (e.g., fever, cough, shortness of breath).

In addition, the CDC has provided a list of recommendations for how to best care for someone at home which can be found on the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>.

Contact Tracing

If you test positive, the Contact Tracing Collaborative (CTC) or a Mansfield nurse will call to check in on your health, instruct you on isolation guidelines and ask about any possible contacts. Again, a contact is somebody who has been within 6 feet of a case for 15 minutes or more during the infectious period. The infectious period is 2 days before symptom onset and usually 10 days after a positive COVID test result. If you are asymptomatic, the infectious period is 2 days before the test was taken and 10 days after. It is essential that this call is answered and people are as open and as honest as possible.

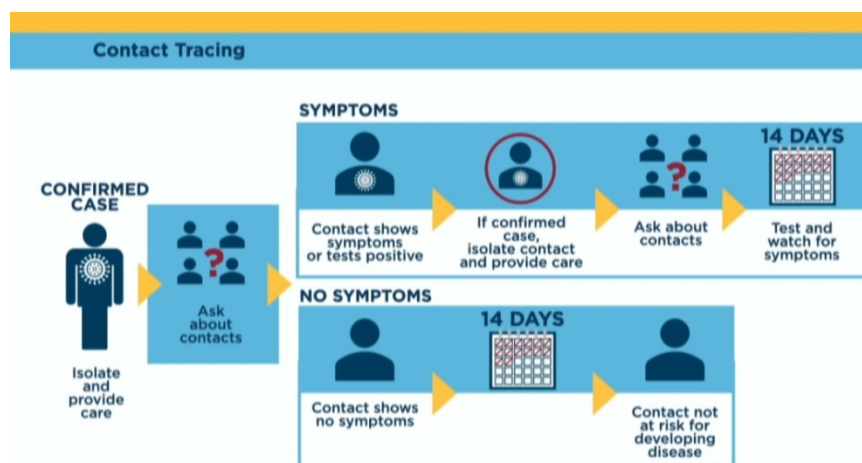
Once the names of contacts are recorded, the CTC will follow-up with calls to the contacts to notify them. The CTC does not identify the original case in these calls. It is anonymous. The contact is notified that they are a contact and they are instructed to get tested and to quarantine for 14 days from the time they were last in contact with the case.

How answering the call stops the spread



Contacts that test positive are then identified as cases and contact tracing begins again.

Contacts that test negative must remain in quarantine for 14 days. This is based on the science behind the virus's incubation period. If during quarantine, a contact that originally tests negative then develops symptoms, they must get tested again.



Contact during Youth Sports

Youth sports in Mansfield have made a concerted effort to minimize risk so kids can play together during the pandemic. This includes spacing players on the field and on the bench, requiring masks to be worn by players when 6 feet physical space cannot be maintained, limiting spectators, requiring face covering by coaches and spectators at all times, and dividing teams into cohorts. Several leagues have made it a policy to ask that players who have a family member awaiting COVID test results to remain home until there is a negative test result. If a player has been identified as being a case, the league managers and the Health Department will assess the contact that player had to other teammates. Although there may be some teammates identified as contacts, all these tools help reduce any chance of the virus to spread.

STAY SAFE ON AND OFF THE FIELD



Stay home if you are sick.



Bring your own equipment and gear (if possible)



Cover your coughs and sneezes with a tissue or your elbow.



Wash your hands or use sanitizer before and after events and sharing equipment.



Tell a coach or staff member if you don't feel well.



cdc.gov/coronavirus

Frequently Asked Questions

My child is feeling a little under the weather so I contacted the pediatrician who thought a COVID test was necessary. If my child feels up for practice after the test, can my child go? If a child is being tested for COVID for any reason, that child should isolate until the test result has been received. If the child is being tested because they are a contact, no matter the test result, that child must quarantine for 14 days.

My child tested positive but is showing no symptoms. Can we stop the isolation after 7 days rather than wait for the full 10 days? No. It is essential that every person who is in isolation or quarantine follow the DPH guidelines to the letter. These guidelines are based on scientific evidence and are in place to prevent the spread of COVID-19.

If my child tests positive and has the option to go to school remotely, can they still attend school? Yes. As long as your child continues to isolate and feels well enough, they can continue to attend school remotely from home. Any child who tests positive should not attend school in person until they are released from isolation as instructed by the public health nurse or CTC.

My children cannot care for themselves but both my spouse and I are positive, what can we do? If there is no way to strictly isolate from your children during your infectious period, the children's quarantine period does not begin until your isolation period ends. At any point during the infectious period, the children could become infected so it is very important to follow quarantine guidelines after the child is no longer at risk of becoming infected.

I drove my niece to my parents' house 1 day before I came down with COVID symptoms. The ride took 30 minutes but we were all wearing masks. Is she still a close contact? Yes. A close contact is defined as somebody who has been within 6 feet for 15 minutes or more. Masks are a very important tool to slow the spread of the virus but the other riders in the car are considered contacts.

Health Department Contact Information

If you have any questions about COVID, please contact me, Amy Donovan-Palmer, at the Health Department. My phone number is 508-261-7366 and my email address is adpalmer@mansfieldma.com. Thank you for your assistance with minimizing the spread of COVID-19 in our community.