

Return to Play Following Confirmed or Suspected COVID-19 Infection

These recommendations are intended to guide decision-making regarding players or staff with a suspected or documented COVID-19 infection in order to reduce the risk of disease transmission. For more information, visit the [Virginia Department of Health website](#).

A. Symptomatic player/staff with suspected or lab confirmed positive COVID-19 infection:

1. Should isolate for at least 5 days (Day 0 is the first day of symptoms or the day of the positive test).
2. At the end of the 5-day isolation it is best to use an antigen test. If the test is positive, you should continue to isolate for 5 more days. If the test is negative or you do not have access to a test and IF at least 24 hours have passed since resolution of fever (defined as ≥ 100.4 degrees F) without the use of fever-reducing medications and other symptoms have improved, you may end isolation but wear a mask around others and in public until day 10.

B. Asymptomatic player/staff with lab confirmed positive COVID-19 test who have not had any symptoms:

1. Should isolate for at least 5 days (Day 0 is the day of the positive test).
2. At the end of the 5-day isolation it is best to retest using an antigen test. If you test negative and/or continue to have no symptoms, you may end isolation but wear a mask around others and in public until day 10. If you test positive you should continue to isolate for the 10 days. If you begin to have symptoms during the initial 5-day isolation period, your isolation should start over with Day 0 as your first day of symptoms.

Updated January 10, 2022