

SUSPECTED OR CONFIRMED COVID-19 CASE OUTSIDE OF CLUB ACTIVITY TIME

What to do if you suspect you may have or you have been confirmed as having COVID-19?

If you are feeling unwell and suspect that you may have COVID-19, you should contact your own doctor, who will advise you in relation to whether you require COVID-19 testing or not.

If advised to go for testing, you will be asked to:

Self-isolate until the test result is known.

If you need to go for testing:

You must alert your Club COVID-19 Coordinator/Activity Lead. This is very important as the club will need to cease activity for those who may have been in close contact¹ with you at the club.

If you have tested positive:

You will be asked by public health to provide details of your close contacts. Keep a note of the contact details for your Club COVID-19 Coordinator/Activity Lead who will be able to provide a close contact list on behalf of the club.

You will be advised by your doctor/public health on what the next steps are and when it may be safe for you to resume activities again.

You may only safely return to club activity 14 days after symptoms start or you have a positive test, and are at least 5 days free from fever, or 14 days from being a close contact of a confirmed positive case. Public Health or your doctor will advise you in this matter.

If you test negative:

You may return immediately following a negative test once you have confirmed to the Club COVID-19 Coordinator/Activity Lead the outcome of your test and your intended return date.

Prior to Returning to Club:

If you have had to self-isolate or tested positive for COVID-19, you must complete the Pre Return Self Declaration Form - this may involve getting your doctor's approval to return. You will need to inform your Club COVID-19 Coordinator/Activity Lead of your intended date of return to club activity.

¹ Definition of a Close Contact

A close contact is anyone who has spent more than 15 minutes, face-to-face, within two meters of a person with coronavirus in any setting. For example, anyone living in the same household, or someone who has shared a closed space with a confirmed case for more than two hours.

See <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/factsheetsandresources/> (ROI) or www.publichealth.hscni.net/covid-19-coronavirus/covid-19-information-public (NI) if you would like further information.