



**Penn Medicine**  
**Lancaster General Health**

# Covid-19 Education for Athletes and Parents

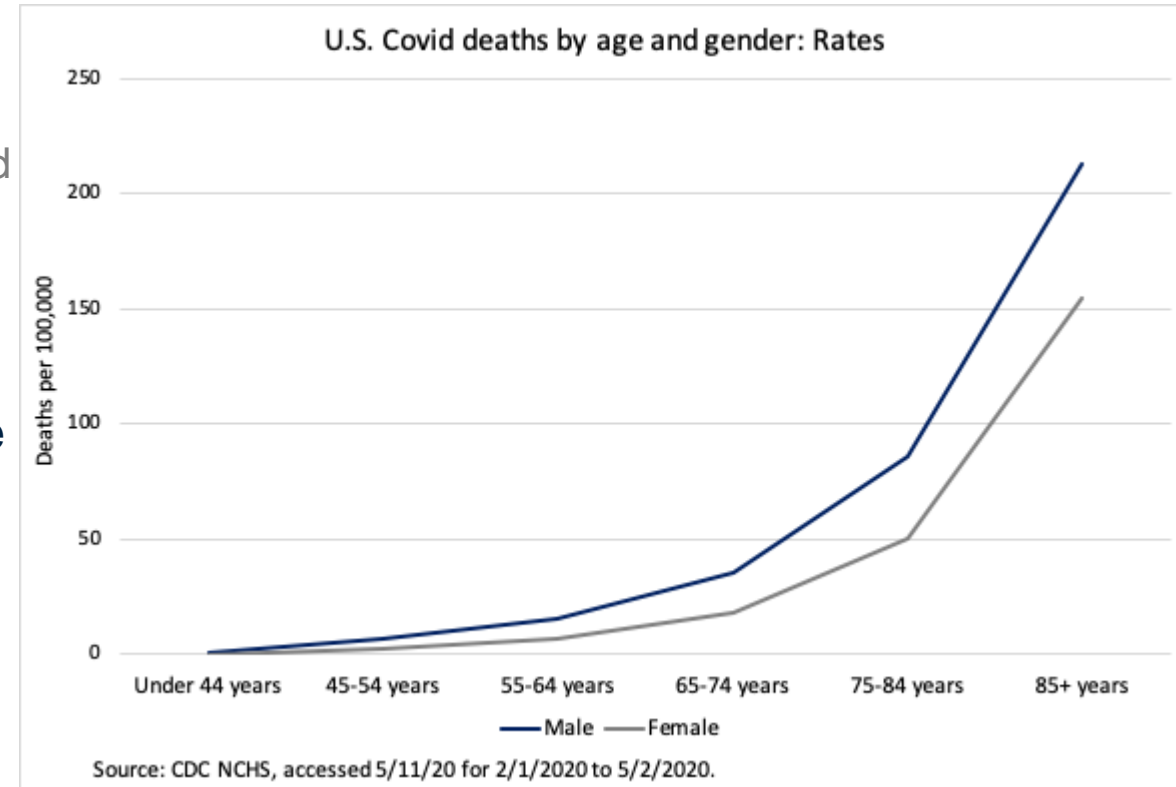
LGH Sports Medicine

Summer 2020



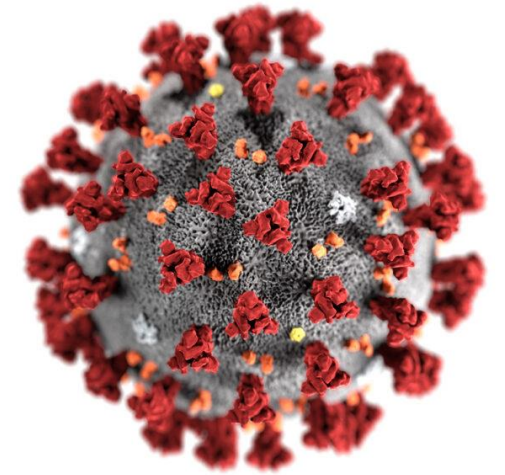
# What We Know So Far

- ▶ The virus is spread by close contact via droplets and aerosols generated by sneezing and coughing
  - Secondary attack rate is 0.45% for US close contacts and 10.5% for household members (MMWR 3.3.20)
- ▶ Major risk factors for severe disease are advanced age and underlying illnesses
  - The case fatality rate (CFR) in China outside of Hubei Province is approximately 1.4%
  - The CFR in South Korea is approximately 0.5%



# An Overview of Common Myths and Facts of Covid-19

- ▶ **Vaccinations:** There are currently no vaccines available to prevent the Covid-19 virus
- ▶ **Weather:** Although most viral infections follow seasonal weather patterns, there is currently not enough evidence to imply that cases of Covid-19 will decrease with the arrival of warmer weather
- ▶ **Transmission:** Incubation period for symptoms of Covid-19 can range from 2-14 days after exposure to the Virus.
- ▶ **Home Remedies:** There are currently no home remedies that have been proven to prevent Covid-19 or cure it. Follow Guidelines to help prevent the spread.
- ▶ **Age:** Although age may play a factor in risk of transmission, other factors also may play a role, such as pre-existing conditions (asthma, auto-immune disorders, etc.). Stay home if you are sick. **No one is Immune.**



## Focus on Facts

# More Covid-19 Information

## ► Incubation period

- Extends to 14 days, with a median time of 4-5 days from exposure to symptom onset

## ► Presentation

- The signs and symptoms present at illness onset vary, but over the course of the disease, most will experience the following:
  - Fever (83–99%), Cough (59–82%), Fatigue (44–70%)
  - Anorexia (40–84%), Shortness of breath (31–40%), Sputum production (28–33%), Myalgia (11–35%)
- Be sure to consult your physician if you experience any of the above or are concerned you may have been infected

## ► The prevalence of asymptomatic infection and detection of pre-symptomatic infection is not well understood

# COVID-19

- ▶ To help reduce the spread to others, patients with COVID-19 should isolate themselves until the following:
  - At least 3 days (72 hours) have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications **and** improvement in respiratory symptoms (e.g., cough, shortness of breath); **and**,
  - At least 10 days have passed *since symptoms first appeared*
- ▶ There are no data concerning the possibility of re-infection with SARS-CoV-2 after recovery from COVID-19.

# Preventing the Spread of Covid-19

- ▶ Stay at home if you feel sick or are experiencing any Covid-19 related signs or symptoms
- ▶ Avoid close contact (within 6 feet or 2 meters) with anyone when possible
- ▶ Cover your face with a mask in public when possible.
  - Make sure your mouth and nose are covered by the mask
- ▶ Avoid touching your eyes, mouth, or nose
- ▶ Avoid sharing anything with anyone outside of your household
- ▶ Clean and disinfect high-touch areas often
- ▶ Wash your hands with soap and water for at least 20 seconds, or use an alcohol based hand sanitizer containing at least 60% alcohol





**Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



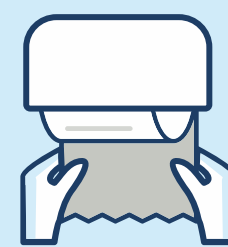
**Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



**Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



**Rinse** hands well under clean, running water.



**Dry** hands using a clean towel or air dry them.

**Keeping hands clean  
is one of the most  
important things we can  
do to stop the spread of  
germs and stay healthy.**



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



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# COVID-19 Transmission




## IMPORTANT


### Infectious Period

- begins 48 hours PRIOR to the onset of symptoms in a confirmed or probable COVID-19 case

### Close contact

- Within 6 feet for 10 minutes or greater

WHAT IS A <b>CASE</b> ?	WHAT IS A <b>CONTACT</b> ?	WHAT IS A <b>CONTACT OF</b> A <b>CONTACT</b> ?
		
A patient has a diagnosis of COVID-19.	An individual had close contact while the case patient was infectious.	An individual had or continues to have close contact with a contact.
<b>TAKE ACTION:</b>	<b>TAKE ACTION:</b>	<b>TAKE ACTION:</b>
<b>Isolate.</b> Separate from people who are not sick to avoid spreading illness.	<b>Quarantine.</b> Stay at home to limit community exposure to illness and to see if symptoms develop.	<b>Everyday preventative actions.</b> Wash hands, cover coughs and sneezes, and clean surfaces frequently. Be alert for symptoms.



Exposure  
Management





# Environmental Infection Control



## ► Cleaning/Disinfecting the area

- Include all areas used by the confirmed/probable employee (i.e. offices, break room, restrooms, switches/controls, shared equipment, etc.)
- Clean surfaces with EPA-registered disinfectant or diluted bleach solution
- Check product label safety recommendations
  - Allow for proper ventilation
  - Most disinfectants have a period of time in which the surface must remain wet in order to achieve proper disinfection (for bleach solution, leave for at least 1 minute)
  - **CAUTION: Never mix bleach with ammonia or any other cleanser**

**Diluted Bleach Solution:**  
1/3 cup of bleach / gallon  
of water  
OR  
4 tsp of bleach / quart of  
water

# Educate & Support Employees

## ***Beyond COVID-19, Focus on Wellbeing & Mental Health***

- Normalize the current state: uncertainty, worry, stress, anxiety, adapting to change
- Communicate, Check in, Ask Questions, Find out where there are common concerns
- Identify and share available resources...



### **Community Resources:**

- Lancaster Crisis intervention line: 717-394-2631
- Dial 2-1-1 <http://pa211east.org/Lancaster>
- United Way: <https://oneunitedlancaster.com/>

### **Penn Medicine Lancaster General Health Resources:**

- Lancaster General Health: [www.lancastergeneralhealth.org](http://www.lancastergeneralhealth.org)
- MeQuilibrium: A free mental wellbeing tool sponsored by PMLGH\*
- Weekly Caring for You employer newsletter\*

	Definition	Examples
<b>Low Risk Sports</b>	Sports that can be done with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.	Individual running events, throwing events (javelin, shot put, discus), individual swimming, golf, weightlifting, alpine skiing, sideline cheer, single sculling, cross country running (with staggered starts)
<b>Moderate Risk Sports</b>	Sports that involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group sports OR sports that use equipment that can't be cleaned between participants.	Basketball, volleyball*, baseball*, softball*, soccer, water polo, gymnastics* (if equipment can't be sufficiently cleaned between competitors), ice hockey, field hockey, tennis*, swimming relays, pole vault*, high jump*, long jump*, girls lacrosse, crew with two or more rowers in shell, 7 on 7 football
<b>High Risk Sports</b>	Sports that involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.	Wrestling, football, boys lacrosse, competitive cheer, dance

\*Could potentially be considered "Lower Risk" with appropriate cleaning of equipment and use of masks by participants

# High Risk Individuals

- A high risk individual is defined by the CDC as having one or more of the following:
  - 65 years and older
  - chronic lung disease
  - moderate to severe asthma
  - serious heart conditions
  - Immunocompromised
  - BMI of 40 or higher
  - Diabetes
  - chronic kidney disease undergoing dialysis
  - liver disease.
- High risk individuals cannot participate during the yellow phase and should take necessary precautions during the green phase



# Levels of Participation during Covid-19

- **RED**
  - Schools remain closed. No use of school facilities.
  - There will be NO in person team based activities.
  - Instruction may be communicated and team meetings may be held virtually.
  - Individual home workouts (including strength and conditioning) are allowed but not required. All workouts should be voluntary.

# YELLOW

## **Sport Activity**

- No person to person contact allowed.
- No high risk individuals should be on site (see High Risk section for further direction). Coaches identified as high risk may provide instruction virtually as able. Athletes that are identified as high risk may participate virtually or individually, as special circumstances allow.
- Team meetings should remain virtual.

## **Facilities/Equipment**

- No use of indoor facilities (weight room, locker rooms).
- No use of athletic training facility, other than for acute injury evaluation and treatment only.
- No shared equipment, towels or clothing.

# YELLOW

## - Gatherings/Spectators

Seating areas, including benches, must adhere to social distancing requirements of at least 6 feet of spacing for anyone not in the same household. Areas should be clearly marked to assist.

Gatherings limited to 25 persons or less.

No one except coaches, student-athletes, administration, and officials are allowed in field of play or around benches.

There are to be **no** spectators allowed on site.

# Green

## – Sport Activity

- Low and Moderate risk sports may resume practice and modified competitions.
- High risk sports (Football, wrestling, cheerleading stunting) may begin full practice/competition after low and moderate risk sports.
- High risk individuals may return to sport activity. An acclimation period should be implemented under the direction of the school COVID-19 Coordinator.

## – Facilities

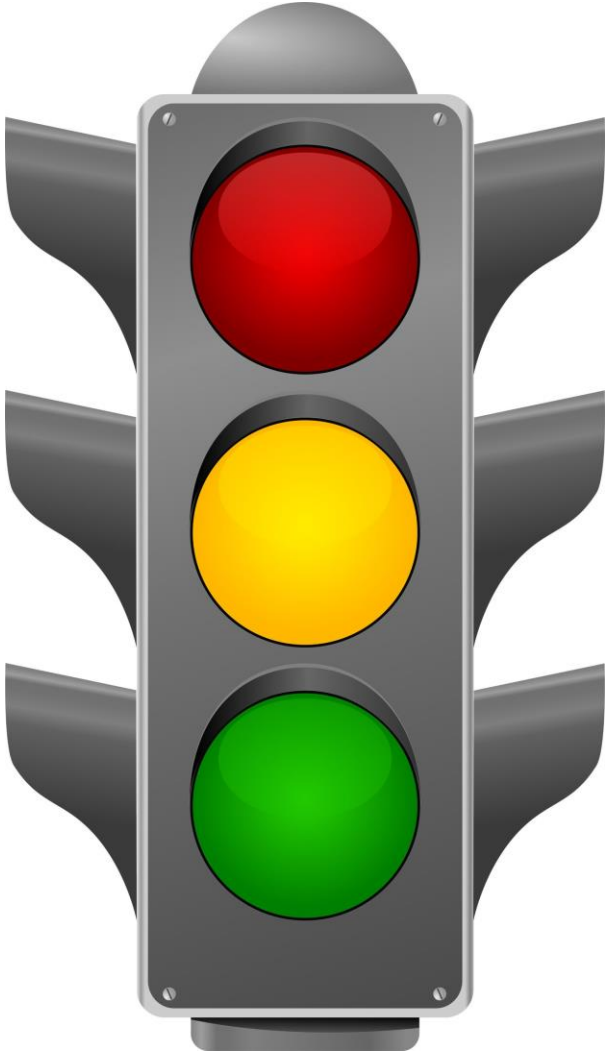
- Use of indoor facilities are allowed, but efforts to continue social distancing and reduced capacity will be made. Weight room and heavy touch equipment will be cleaned between each use as able.
- Athletic training room may be utilized. Social distance regulations should be practiced. Considerations for scheduling times for evaluation and treatment can be made. There should be an attempt made toward treating outdoors when able.



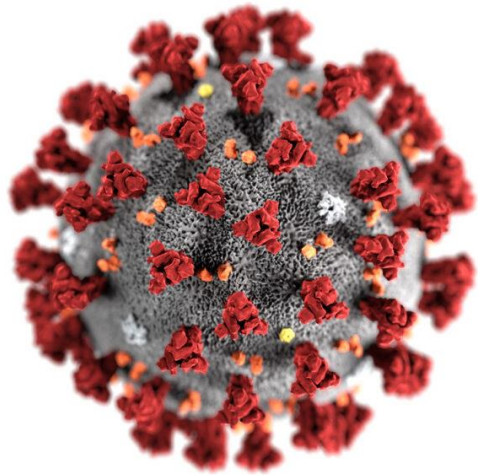
# Green

## – Gatherings/Spectators

- Seating areas, including benches, must adhere to social distancing requirements of at least 6 feet of spacing for anyone not in the same household. Areas should be clearly marked to assist. All persons over the age of 2 should be encouraged to wear face coverings (cloth masks) at all times.
- Gatherings limited to 250 persons or less.
- Spectators will be allowed on a tiered plan as demonstrated below. This will be decided based on state recommendations.
  - Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, security
  - Tier 2 (Preferred): Media
  - Tier 3 (Non-essential): Spectators, vendors



Your Athletic Trainers or Coaches will notify you with any updates about transitioning between phases red, yellow, and green



# Your Daily Goals and Responsibilities to Prevent the Spread of Covid-19



# Water

- ▶ We will **NOT** be providing water in the meantime to help prevent communal gathering and viral infections
- ▶ There will be no sharing of water
- ▶ **Bring enough water for each practice or event you will be participating in**
  - We recommend at least one gallon of water per athlete per practice. The more insulated the container, the better.
- ▶ Risk of heat-related illnesses increases with hot weather. To prevent this, make sure you bring enough water to protect yourself.



# Heat Illness

- ▶ With the absence of provided water, comes the increased risk of heat-related illness in your athletes.
- ▶ Athletes without water will not be permitted to practice until they have proper hydration to practice.
- ▶ This is an unprecedented time, but the risk and dangers of heat illnesses are still a main concern during summer training sessions.

# Screening

- ▶ Take your temperature and screen yourself before heading out in public to prevent the spread of infection.
  - You will also be screened before each practice by your coaching staff, but screening yourself before practice helps to eliminate unnecessary spread of infection
  - Self-Screening includes taking your temperature and assessing if you feel any symptoms of Covid-19

Normal Temp Ranges By Site		
	Normal Range (Fahrenheit)	Normal Range (Celsius)
<b>Ear</b>	96.4-100.4	35.8-38
<b>Oral</b>	95.9-99.5	35.5-37.5
<b>Axillary</b>	94.5-99.1	34.7-37.3
<b>Forehead</b>	95.4-98.5	35.6-36.9

# Policies

- ▶ Wear a mask at all times when possible
  - We understand that you will not be wearing a mask while working out, but when resting, or not participating, your mask must be worn **Properly**
- ▶ Limit transportation to household members only when possible
  - Avoid carpooling

**MY MASK PROTECTS YOU,  
YOUR MASK PROTECTS ME.**

**MASK WEARING TIPS**

<b>DO:</b>	<b>DON'T:</b>
✓ Wear a mask when you leave home	✗ Touch mask while wearing it
✓ Make sure it covers your nose and mouth	✗ Touch the front of mask when removing it
✓ Be sure that you can breathe through it	✗ Use on children under 2
✓ Continue practicing social distancing	✗ Wear if you have trouble breathing
✓ Wash mask after each use	✗ Purchase N95 or surgical masks
✓ Wash your hands after removing mask	

#MaskUpPA 

# What to do if you think you have Covid-19?

- ▶ Stay home and contact your physician.
  - If they think you should be tested, they will send you to one of the many testing sites available depending on what health system you are a part of in Lancaster County.
- ▶ Take care of yourself and others.
  - Do not try to come to practice if you are feeling any symptoms, you will be sent home.
  - Trying to practice with signs and symptoms of Covid-19 can seriously harm yourself as well as your teammates by increasing their chances of infection



# Contact your Sports Medicine Team if You Have Any Questions

## ► Your Athletic Trainers:

- Lecia Perkins
  - Email: [lmorr@sd lancaster.org](mailto:lmorr@sd lancaster.org)
- Kimberly Cisneros
  - Email: [kncisneros@sd lancaster.org](mailto:kncisneros@sd lancaster.org)
- Matthew Bower
  - Email: [Matthewbower@sd lancaster.org](mailto:Matthewbower@sd lancaster.org)



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