

COVID-19 PARENT FACT SHEET

WHAT IS COVID-19?

Novel Coronavirus (COVID-19) is a virus strain spreading from person to person. The virus usually causes mild illness, but sometimes can cause severe illness and pneumonia. Youth with certain health conditions, such as heart disease, asthma or weakened immune systems may be at higher risk.

ASAA RECOMMENDS

Students who are either presumed positive or positive of having contracted COVID-19 should be cleared by their medical provider and do a return to play protocol prior to returning to activities.

PROTECTING YOUR FAMILY



Get vaccinated



Stay home when sick and contact your health care provider



Stay at least 6 feet from individuals not in your household if not fully vaccinated



Cover mouth and nose with a mask when in public if not fully vaccinated



Wash hands often with soap and water or use hand sanitizer



Clean and disinfect your home regularly



INFECTION WITH COVID-19

- May lead to heart problems that can have long term consequences
- Contact your primary care provider
- Athletes must be screened by a physician to return to physical activity, with a focus on cardiac symptoms.
- Returning to full participation must be graduated and stopped if symptoms occur.

COVID-19 COMMON SYMPTOMS



- Fever 100.4 or higher
- Cough
- Shortness of breath
- Difficulty breathing
- Chills
- Fatigue
- Muscle pain or body Aches



- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



For more information go to asaa.org COVID-19 Resources