

COVID-19 INFECTION GUIDELINES



ATHLETE INFORMATION SHEET

Athletes with COVID-19 may have no symptoms, mild symptoms or severe symptoms.

- Sore throat
- Fever (high temperature) and sweats
- Runny nose
- Headache
- Muscle aches or pains
- New, persistent, dry cough
- Stomach symptoms such as diarrhoea and nausea
- Shortness of breath
- Fatigue
- Loss or change to taste or smell

In fully vaccinated, otherwise healthy athletes, COVID-19 infection is most often a mild to moderate illness lasting several days. However, in some athletes, there remains a risk of developing lung disease, and in rare cases heart problems. Finally, everyone with COVID-19 is at risk of developing 'long COVID' – whereby symptoms continue over weeks or months – with a significant impact on training and competition.

For these reasons, after testing positive for COVID-19 it is important to work closely with your NSO Medical Director, Coach and other performance staff, to ensure a safe return to health and training.

1. WHAT DO I DO IF I HAVE SYMPTOMS?

IF YOU HAVE SYMPTOMS – GET TESTED FOR COVID-19

- Arrange for a Rapid Antigen Test (RAT) immediately (<https://requestrats.covid19.health.nz/>) and you should contact your NSO Medical Director and/or General Practitioner.
- Maintain good hydration and a balanced diet, rest when needed and only train if you are feeling well with symptoms above the neck – and after checking with your Medical Director.
- Do not train if you have a fever, muscle aches or pain and shortness of breath out of proportion or an elevated heart rate
- If the RAT is **negative** you should not attend training and if guided by your NSO Medical Director, any training should be training in isolation at home or outside, keeping 2m from others.
 - Repeat your RAT 4 days from when symptoms began.
 - If this test is also negative and you have been asymptomatic for 48 hours you will be able to return to full training.
 - If your symptoms worsen contact your Medical Director for advice.
- If your RAT is **positive** then you have COVID-19.
 - Inform your Medical Director of your positive test.
 - Your Medical Director will contact you through telehealth and will talk through the next steps.
 - Currently in New Zealand, you will need to isolate at home for 7 days. Day 0 is the start of your symptoms or your positive test.
 - You may leave isolation after you have completed day 7 and are asymptomatic for 24 hours.
 - You should contact your medical director if your symptoms deteriorate, especially if you develop shortness of breath or chest pain, or if you have any other concerns.
 - Your NSO Medical Director may wish to speak with you via telehealth 4-5 days after you start isolation – and again in person after you leave isolation.
 - If you have a significant deterioration and cannot get hold of your medical director you should either contact the Covid healthline on 0800 358 5453 or call an ambulance on 111.
 - You should inform your housemates that they are household contacts as they will also need to isolate.

2. WHAT CAN OR CAN'T I DO WHEN ISOLATING WITH COVID-19?

- Leave the house only for emergencies, to access healthcare or for a "mental health" walk.
- Don't have visitors in your home, including friends and family – except for people providing essential care.
- Don't go to work, school or public places – work from home if you can.
- Don't go on public transport or use taxis.
- Don't go out to get food and medicine – order it online, by phone or ask someone to bring it to your home. Supplies such as food and water should be left outside the door.
- Exercise equipment can be dropped off if required. Your NSO may be able to assist in this.
- If living with other people, isolate within one room and stay there throughout the course of the illness.
- Where possible use a different toilet / bathroom to others or clean it thoroughly after use.
- Keep all dirty linen in a bag within your room and wash on hot wash after recovery
- Liaise with the NSO wellbeing team for support, as this can be a difficult time.

3. IF I'VE BEEN DIAGNOSED WITH COVID-19 – WHEN AND HOW CAN I TRAIN?

- If you have been diagnosed with COVID-19 it is important that you speak to your Medical Director (or General Practitioner) about what level of exercise is appropriate.
 - Depending on your specific situation, your Doctor may wish to do more investigations, such as blood tests or heart monitoring.
 - Generally, athletes may start training when they are able to function normally with daily living outside of training – without making symptoms worse.
 - From that point onwards, working with your Medical Director, Coach and NSO Performance staff to plan your individual return to health, training and competition.
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4. WHAT DO I DO IF I LIVE IN THE SAME HOUSE AS SOMEONE WITH COVID-19?

- New Zealand regulations require you to isolate for 7 days from the day your housemate tested positive.
 - Perform a RAT on day 3 and day 7 of your isolation and if you develop any symptoms during isolation. Day 0 is the day your housemate's test is positive.
 - You are able to leave isolation after completing day 7 – and returning a negative RAT.
 - You are able to exercise outside without a mask, but you stay close to your home, stay 2 metres from others and don't exercise in shared facilities.
 - Don't go to work, school or public places – work from home if you have no symptoms and are able to.
 - Don't go on public transport or use taxis.
 - Don't go out to get food and medicine – order it online, by phone or ask someone to bring it to your home. Supplies such as food and water should be left outside the door.
 - Exercise equipment can be dropped off if required. Your NSO may be able to assist in this.
 - If you test positive with a RAT (or develop symptoms) during your isolation you will follow the self-isolation guidelines for COVID-19. The day your symptoms start or if asymptomatic your test is positive is Day 0.
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