# COVID-19 INFECTION GUIDELINES

## HIGH PERFORMANCE SPORT NEW ZEALAND

### 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.

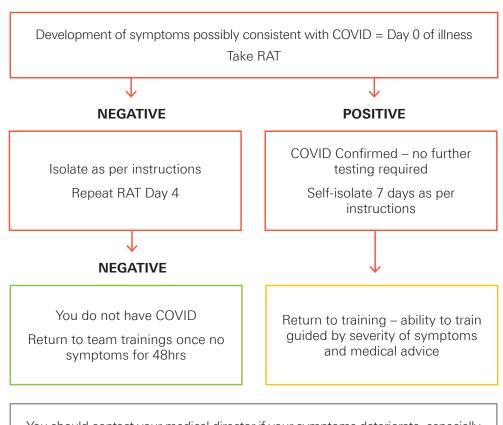
#### 4. WHAT DO I DO IF I LIVE IN THE SAME HOUSE AS SOMEONE WITH COVID-19?

- 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.

#### COVID INFECTION GUIDELINES FOR ELITE ATHLETES - HPSNZ MARCH 2022



You should contact your medical director if your symptoms deteriorate, especially if you develop shortness of breath of chest pain or if you have any concerns.

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.