

ECCC asks all families to report any incident involving COVID-19 that impacts your swimmer and our swim family and environment. We encourage everyone to work with contact tracing and follow measures to control the spread.

Topic/Tool	NJ Guidance	Key Points - Days out of program	Link	As of Date
Close Contact	<p>A close contact is anyone you spent more than 15 minutes with over a 24-hour period and were within six feet.</p> <p>Team swimming can be considered a high risk activity due to indoor setting, poor air flow quality, unmasked environment, close contact with other athletes in the water, maximized respiratory rates of athletes, and compromised social distancing. ECCC does try our best to maximize our environment for safety. Even doing things at the best of our ability, we cannot guarantee the safety of participants against exposure to COVID-19.</p>		https://covid19.nj.gov/faqs/nj-information/testing-and-treatment/what-happens-if-i-test-positive-how-long-do-i-need-to-stay-home#direct-link	1/7/2022
Close Contact [Same Household]	If you live in the same household as someone with COVID-19, you should quarantine as long as you are exposed to the case AND follow guidelines for "Exposure to Covid" after your last exposure.		Details extracted from information provided in the NJ Isolation and Quarantine Calculator	1/7/2022
Exposure to Covid [Unvaccinated or not up to date with vaccinations and boosters]	Per CDC, individuals who are unvaccinated or are more than six months out from their second dose of Moderna or Pfizer vaccine or more than 2 months after the J&J vaccine and not yet boosted, should quarantine for 5 days followed by strict mask use for an additional 5 days.	Minimum 10 days out - return day 11 [variable based on symptoms] ----- -5 days quarantine -continue to mask an additional 5 days	https://covid19.nj.gov/faqs/nj-information/slowing-the-spread/what-should-i-do-if-i-think-ive-been-exposed-to-covid-19-should-i-quarantine-how-long-do-i-have-to-stay-home#direct-link	1/10/2022
Exposure to Covid [Vaccinated]	<p>You do not need to quarantine. But you should wear a well-fitted mask around others for 10 days and get tested at least 5 days after the exposure (recently recovered persons do not need to test).</p> <p>If symptoms occur, or if you test positive, you should immediately isolate for at least 5 days after the date when symptoms began or the date of the positive test result.</p>	Minimum 10 days out - return day 11 [variable based on symptoms] ----- -10 days masking	https://covid19.nj.gov/faqs/nj-information/slowing-the-spread/what-should-i-do-if-i-think-ive-been-exposed-to-covid-19-should-i-quarantine-how-long-do-i-have-to-stay-home#direct-link	1/10/2022
Isolation and Quarantine Calculator	Tool to make date calculation easier; but policies apply and will be final ruling referenced.		https://covid19.nj.gov/pages/quarantine-calculator	1/7/2022

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Positive for Covid [Regardless of Vaccination Status] With symptoms	If you are symptomatic and have tested positive for COVID-19, then you must isolate for 10 days from the date your symptoms began. To stop or discontinue isolation, at least 10 days must have passed since your symptoms began and at least 24 hours must have passed since your fever went away without the use of fever-reducing medications (such as Tylenol or Ibuprofen) and other symptoms have improved.	Minimum 10 days out - return day 11 [variable based on symptoms] ----- -isolate 10 days from the date your symptoms began -at least 24 hours fever free for isolation to end (no med use for fever reduction)	https://covid19.nj.gov/faqs/nj-information/testing-and-treatment/what-happens-if-i-test-positive-how-long-do-i-need-to-stay-home#direct-link	1/7/2022
Positive for Covid [Regardless of Vaccination Status] No symptoms	You should stay home and isolate for at least 5 days. If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house but should continue to wear a mask around others for 5 additional days, avoid travel if possible, and avoid places where you can't wear a mask like a restaurant. If you can't wear a mask, you should isolate for a full 10 days.	10 days out - return day 11 ----- -isolate for 5 days -continue to mask an additional 5 days	https://covid19.nj.gov/faqs/nj-information/testing-and-treatment/what-happens-if-i-test-positive-how-long-do-i-need-to-stay-home#direct-link	1/7/2022
COVID Symptom Checker			https://covid19.nj.gov/forms/self	
Vaccination Availability	Recommendations for boosters and additional vaccination doses.	12 and over are available for boosters	https://covid19.nj.gov/faqs/nj-information/testing-and-treatment/who-can-get-a-booster-shot-or-third-dose-of-the-covid-19-vaccine?utm_campaign=20220110_nwsltr&utm_medium=email&utm_source=govdelivery#direct-link	1/10/2022