

COVID-19 FAQs

Alford Town FC hopes this set of guidelines will help answer any concerns you may have around what you should do in certain circumstances. Please let team managers know a.s.a.p. if a player or anyone in his/her household has symptoms or is self-isolating for any reason:

Individuals who are asked to isolate are those who have been in close contact with an infected person. Close Contact is defined as someone who:

- spends significant time in the same household as the infected person
- is a sexual partner of the infected person
- has had face-to-face contact (within one metre) with an infected person, including:
 - being coughed on
 - having skin-to-skin physical contact, or
 - contact within one metre for one minute
- has been within 2 metres of someone who has tested positive for COVID-19 for more than 15 minutes
- has travelled in a small vehicle, or in a large vehicle or plane with an infected person

Close contact is calculated from:

- 48 hours before infected person shows symptoms

Anyone who has been in close contact with a positive case, needs to:

- isolate for 14 days and if they have a positive test, they need to isolate for at least 10 days from the onset of their symptoms
- even if they return a negative test during this time, they still need to isolate for the full 14 days as they may subsequently develop Covid-19 symptoms

Households with a person who is isolating after being in contact with an infected individual:

- **DO NOT** need to isolate unless the person isolating in their household shows Covid-19 symptoms

Ongoing symptoms:

- Some symptoms, such as loss of taste or smell may continue after the period of isolation
- If fever or high temperature recurs, please seek medical advice

Two or more positive tests within a household:

- Anyone who has completed a 10-day period of isolation within a family bubble does not need to isolate again if another member of the bubble tests positive

Isolation is calculated from:

- First day of symptoms or,
- If asymptomatic, the date of a positive test