

# YOUTH SPORTS

It is strongly recommended that all sports activities occur outdoors where the risk of exposure is lower due to better ventilation than indoors. For indoor spaces, ventilation should be optimized by opening doors/windows and using fans to blow air outwards if possible.

Please follow the guidance outlined here to lower the risk of COVID-19 transmission.

## WHEN TO STAY HOME

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- If you have COVID-like symptoms you should stay home, except to get medical care and get tested for COVID-19. This will help to protect loved ones and others from getting sick.
  - If positive, follow [CDPH Isolation Guidelines](#).
  - After you have ended isolation, if your symptoms come back or get worse, use an antigen test to test again.
    - If you test positive, restart your isolation at Day 0.
  - Return to practice and competition after you completed your isolation.

## TESTING

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- Testing remains a key tool to detect and curb transmission of COVID-19.
  - When to test:
    - If you have symptoms, test immediately.
    - If you do not have symptoms but have been exposed to COVID-19, wait 3-5 days after exposure before taking a test.
  - You should also follow [CDPH recommendations](#) for retesting and/or isolating if results are positive.

## MASKING

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- Wearing a mask is one of the best ways to protect yourself from getting COVID-19 or other respiratory infections.
  - It is recommended to wear a mask:
    - Around others if you have symptoms such as cough, runny nose, and/or sore throat.
    - If you've had a significant exposure to someone who has tested positive for COVID-19, wear a mask for 10 days.
    - If you test positive for COVID-19.
  - For more information on masking, visit [CDPH Get the Most Out of Masking](#).

## VACCINATION

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- COVID-19 vaccines help your body develop protection from the virus that causes COVID-19.
  - Stay up to date on your [COVID-19 vaccines](#), especially if you have a weakened immune system.
  - COVID-19 vaccines are safe, effective, and free.
  - Everyone 6 months and older should get a COVID-19 vaccine.

## HELPFUL TIPS

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- Do not share water bottles or other personal items.
  - Clean and disinfect supplies and equipment between use.
  - Avoid touching your eyes, nose, and mouth.
  - Stay home if you're feeling sick.
  - Stay up to date with COVID-19 vaccines.
  - Wash your hands frequently with soap and water for at least 20 seconds.
  - Spend time outdoors or improve ventilation by opening windows.

For more information, please visit our website at:  
[www.ruhealth.org](http://www.ruhealth.org)