Ukrainian Nationals Soccer Club – COVID-19 Safety Protocols

* Updated 8/31/21

***Masks***

Masks are not required for any outdoor sports activities

***Quarantine***

If You Test Positive for COVID-19 (Isolate)

**Everyone, regardless of vaccination status.**

·         Stay home for 5 days.

·         If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.

·         Continue to wear a mask around others for 5 additional days.

*If you have a fever, continue to stay home until your fever resolves.*

If You Were Exposed to Someone with COVID-19 (Quarantine)

**If you:**

Have been boosted  
**OR**  
Completed the primary series of Pfizer or Moderna vaccine within the last 6 months  
**OR**  
Completed the primary series of J&J vaccine within the last 2 months

·         Wear a mask around others for 10 days.

·         Test on day 5, if possible.

*If you develop symptoms, get a test and stay home.*

**If you:**

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted  
**OR**  
Completed the primary series of J&J over 2 months ago and are not boosted  
**OR**  
Are unvaccinated

·         Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.

·         If you can’t quarantine you must wear a mask for 10 days.

·         Test on day 5 if possible.

*If you develop symptoms get a test and stay home*

***Travel Restrictions***

None

***Spectators***

No Limits