

DIAMOND ACADEMY PROTOCOL FOR COVID 19

INSTRUCTIONS

Find the color for the exposure/symptoms you fall into
THEN...
Follow the action on how to proceed

COVID SYMPTOMS

FEVER (100.4 or greater)
Cough
Shortness of breath
New onset fatigue/muscle aches
New onset loss of taste or smell
Nausea/Vomiting/Diarrhea

GREEN

NO symptoms of Covid 19 **AND**
Within the last 2 weeks has NOT been around
anyone that has tested positive with Covid 19



ACTION

NO Restrictions and NO quarantine necessary

YELLOW

Symptoms of Covid 19 and/or fever above 100.4

Option 1 GET TESTED



ACTION

DO NOT ATTEND CLASS/PRACTICE

If positive go to **RED** SECTION

If negative you may return after:

2 negative tests 24 hrs apart and a doctor's note

Option 2 DOES NOT GET TESTED



14 days of quarantine and no symptoms

BLUE

Has NO SYMPTOMS OR FEVER BUT...
within the last 2 weeks has been around
a positive case of COVID

Option 1 GET TESTED



ACTION

DO NOT ATTEND CLASS/PRACTICE

If positive go to **RED** SECTION

If negative (taken a minimum of 5 days
after exposure) can return to practice, no symptoms

Option 2 DOES NOT GET TESTED



14 days of quarantine and no symptoms

RED

A POSITIVE COVID 19 CASE

With symptoms or fever



ACTION

DO NOT ATTEND CLASS/PRACTICE
MUST QUARANTINE

CAN RETURN with a Doctor's note AND

3 days no fever & no meds

Symptoms are improving

2 Negative tests 24 hours apart

Without symptoms or fever



CAN RETURN with a Doctor's note AND

Day 10 from positive test and no

symptoms and a note from doctor

OR 2 Negative tests 24 hours apart

TRAVEL

Returning from a high risk area



ACTION

DO NOT ATTEND CLASS/PRACTICE

Quarantine for 14 days and no symptoms

[Kansas High Risk Travel Link](#)

THE INFORMATION ABOVE IS SUBJECT TO CHANGE AS THE CDC GUIDELINES ARE UPDATED
WE APPRECIATE YOUR SUPPORT IN SLOWING THE SPREAD OF COVID 19
BY FOLLOWING THE ABOVE PROTOCOL