

## Attention Pueblo Rangers!

There have been a growing number classroom quarantines, at our local schools and we want to update you on our COVID-19 policies. These policies are continuously evolving and may be slightly different from previous recommendations.

- If you are feeling ill or showing any symptoms of COVID-19, DO NOT attend.
- If a player or coach has been exposed to someone who has tested positive for COVID-19, that player or coach must quarantine for a period of 14 days from the time of exposure. The Pueblo Rangers must be notified immediately.
- If a player or coach has tested positive for COVID-19, they must isolate for a period of 14 days and cannot return until they are symptom free for at least 24 hours. The Pueblo Rangers must be notified immediately.

**Symptoms of COVID-19 may sometimes appear between 2-14 days after exposure, so we require that an exposed child, refrain from attending practice and games for a minimum of 14 days from the time of exposure. If your child has been placed in quarantine because of exposure at school, he/she cannot participate in any soccer activities for 14 days.**

According to the CDC Quarantine is used to keep someone *who might have been exposed to COVID-19* away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

Please refer to the Colorado Department of Public Health and Environment for additional guidance regarding quarantine and isolation. <https://covid19.colorado.gov/are-you-sick/isolation-and-quarantine>

We are so grateful to have had the opportunity to get our children active and on the field again and we need to continue to work together keep each other safe. Thank you for following these guidelines and recommendations!