



COVID-19 Baseball Safety Guidelines

Last updated: 30 July 2020

Do you have these symptoms?

- Fever
- Cough
- Colds
- Headache
- Diarrhea
- Shortness of breath
- Sore throat
- Joint and Muscle Pain

Have you had Exposure?

- Travelled to other countries in the past 14 days follow government guidelines
- Exposure to a confirmed COVID-19 patient
- Travelled to, reside, or work in local areas with reported COVID-19 cases
- Exposure to a Person Under Investigation (PUI) for COVID-19

With Exposure + With Symptoms:

- if you develop symptoms, you must continue to follow the rules to self-isolate with other members of your household and order a test to find out if you have coronavirus. Order a test immediately at www.nhs.uk/coronavirus or call 119 if you have no internet access
- if you test positive for coronavirus, you must share information promptly about your recent contacts through the NHS test and trace service to help us alert other people who may need to self-isolate.

IMPORTANT: Refrain from any baseball or group activity until you follow the government guidelines and get medical clearance. Report incidents to the BBF, promptly.

With Exposure + No Symptoms:

- Conduct home quarantine for 10 days and monitor symptoms. All others near you 14 days.
- If you have had close recent contact with someone who has coronavirus, you must self-isolate if the NHS test and trace service advises you to do so

No Exposure + With Symptoms:

- if you develop symptoms, you must continue to follow the rules to self-isolate with other members of your household and order a test to find out if you have coronavirus. Order a test immediately at www.nhs.uk/coronavirus or call 119 if you have no internet access

NHS useful [link](#)



NHS COVID-19 Test and Trace information

The NHS test and trace service:

- Ensures that anyone who develops symptoms of coronavirus (COVID-19) can quickly be tested to find out if they have the virus, and also includes targeted asymptomatic testing of NHS and social care staff and care home residents
- Helps trace close recent contacts of anyone who tests positive for coronavirus and, if necessary, notifies them that they must self-isolate at home to help stop the spread of the virus

Part 1: for someone with symptoms of coronavirus

1. isolate: as soon as you experience coronavirus symptoms, medical advice is clear: you must self-isolate for at least 10 days. Anyone else in your household must self-isolate for 14 days from when you started having symptoms
2. test: order a test immediately at www.nhs.uk/coronavirus or call 119 if you have no internet access
3. results: if your test is positive, you must complete the remainder of your 10-day self-isolation.
4. Anyone in your household must also complete self-isolation for 14 days from when you started having symptoms. If your test is negative, you and other household members no longer need to self-isolate
5. share contacts: if you test positive for coronavirus, the NHS test and trace service will send you a text or email alert or call you with instructions of how to share details of people with whom you have had close, recent contact and places you have visited. It is important that you respond as soon as possible so that we can give appropriate advice to those who need it. You will be told to do this online via a secure website or you will be called by one of our contract tracers.

Part 2: if you are contacted by the NHS test and trace service because you have been in close contact with someone who has tested positive for coronavirus

1. alert: you will be alerted by the NHS test and trace service if you have been in close contact with someone who has tested positive for coronavirus. The alert will usually come by text, email or phone call. You should then log on to the NHS test and trace website, which is normally the easiest way for you and the service to communicate with each other – but, if not, a trained call handler will talk you through what you must do. Under-18s will get a phone call and a parent or guardian will be asked to give permission for the call to continue
2. isolate: you will be told to begin self-isolation for 14 days from your last contact with the person who has tested positive. It's really important to do this even if you don't feel unwell because, if you have been infected, you could become infectious to others at any point up to 10 days. Your household doesn't need to self-isolate with you, if you do not have symptoms, but they must take extra care to follow the guidance on social distancing and handwashing and avoid contact with you at home
3. test if needed: if you develop symptoms of coronavirus, other members of your household must self-isolate immediately at home for 14 days and you must book a test at www.nhs.uk/coronavirus or call 119 if you have no internet access. If your test is positive, you must continue to stay at home for at least 14 days and we will get in touch to ask about your contacts since they must self-isolate. If your test is negative, you must still complete your 14-day self-isolation period because the virus may not be detectable yet - this is crucial to avoid unknowingly spreading the virus.