



1. Are you currently experiencing one or more of these issues and these symptoms did not begin within the previous 48 hours after being vaccinated:
 - Fever and/or chills (a temperature of 37.8 degrees Celsius/100.4 degrees Fahrenheit or higher)
 - Cough that's new or worsening (continuous, more than usual, not related to asthma, COPD or other known causes)
 - Shortness of breath (not related to asthma or other known causes)
 - Decrease or lost sense of taste or smell
 - For adults – unusual tiredness, lack of energy, muscle aches, joint pains (not related to depression, insomnia, thyroid dysfunction or other known causes)
 - For children – Digestive issues like nausea/vomiting, diarrhea, stomach pain (not related to other known causes or conditions)
2. In the last 10 days, have you or someone you live with have/have been in close physical contact with someone who tested positive for COVID-19?
3. Do you live with someone who is currently experiencing COVID-19 symptoms and/or is waiting for COVID test results (this does not include symptoms that began shortly after being vaccinated)?
4. Have you or someone in your household been told to self-isolate by public health in the last 14 days?
5. Have you or someone you live with travelled outside of Canada in the last 14 days and have been advised to quarantine per the federal quarantine requirements. (This does not include essential workers who cross the Canada-US border regularly.)
6. In the last 10 days, have you tested positive for Covid?

If you answer **YES** to any of the above, you are not to participate in any MMHA team event.

To be clear:

****Players/team officials are not to participate in any MMHA event if they have a member of the same household who has tested positive for Covid.**

****Players/team officials are not to participate in any MMHA event if they have a member of the same household who is in isolation as per public health.**

**MMHA will no longer accept rapid test or PCR negative test from players or team officials who have a member of the same household in isolation.