

MYTHS

These are myths based on scenarios we frequently receive from organizations and sporting teams. Much of this information will assist you in preventing the spread of COVID-19 on your sports team or organized activity and help you understand what steps to take if you have an employee who tests positive for COVID-19 or is exposed to someone who has.

Myth #1: My child qualifies for modified quarantine according to his/her school so s/he can still play their sport during their quarantine period.

Truth: Modified quarantine only applies to the school day. During a modified quarantine time, a child may only leave home to go to school. They may not participate in extracurricular activities or sports or otherwise potentially expose others.

Myth #2: My child played in a close contact sporting event. The next day, we learned a member of the opposing team who had also played in the event tested positive for COVID-19. Because the positive individual was on the opposing team, my child does not need to quarantine.

Truth: When considering close contact sports such as basketball, wrestling, softball, baseball, etc. physical distancing in play is not possible. In sporting events where physical distancing is not possible (i.e. contact sports) then all players who actively participated in the game will be considered close contacts if a player tests positive for COVID-19 and all players must quarantine.

Myth #3: If my child is a close contact (see definition above) of a COVID-19 positive individual and test negative for COVID-19, then s/he can stop quarantining.

Truth: The length of quarantine is a minimum of 7-10 days, depending on test results. If the individual is tested after day 5 and receives a negative test result, they can be released after 7 days of quarantine. If they are not tested, they must quarantine for 10 days.

Myth #4: If I wear a mask then I do not need to worry about physical distancing.

Truth: While a mask provides an additional layer of protection for potential COVID-19 exposures, especially if both parties are wearing one, it does not replace physical distancing. If an individual has had a close contact exposure of any kind (with or without a mask), especially in a sport setting with a positive COVID-19 individual, then a quarantine is warranted.



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Myth #5: My child tested positive for COVID-19. I should continue to let them attend practice and games until the health department calls to let me know what to do next.

Truth: You should not wait for a call from the health department to isolate your child. Reach out to your coaching staff and begin contacting the individuals you have had close contact with and encourage them to begin quarantining. With the quick spread of COVID-19, the large number of cases, there may be a delay in contact by the health department. You can preemptively take these steps to help reduce the spread.

Myth #6: COVID-19 does not affect young or healthy people. It only affects those who are already very ill or older.

Truth: COVID-19 can affect anyone in unpredictable ways regardless of age or health. A large majority of Missourians have underlying health conditions that make them more susceptible to COVID-19, such as obesity, diabetes, cancer, chronic kidney disease, lung disease, and serious heart conditions. There are also increased risk for those who smoke, have asthma, are pregnant, or have high blood pressure. As you can imagine, many in our communities have one or more of these underlying conditions or risk factors. COVID-19 can affect even young and healthy people.

Myth #7: The City of Springfield masking ordinance has an exception for kids under 12 and while playing sports, so my kid doesn't have to wear a mask.

Truth: Everyone over 3 is encouraged to wear a mask whenever possible, even while playing sports. If your child is exerting themselves to the point where it is difficult to breathe with a mask on, they should remove it.



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