**Questions and answers re. cases related to wrestling tournaments**

The Snohomish Health District is aware of a multi-county outbreak of COVID-19 cases related to wrestling matches since the start of December. We’re working with the state Department of Health and other local health departments to follow up.

**Do I need to get tested?**

We are recommending that anyone who participated in a wrestling competition as an athlete, coach or spectator get tested as soon as possible. This includes people who are fully vaccinated or who have recovered from COVID-19 in the past.

**Do I need to quarantine?**

It depends on the situation. Those teams with confirmed cases or exposures at an event of concern have been notified to seek testing immediately and remain quarantined at home until results are back.

You need to isolate or quarantine if:

- Your team was impacted, and test results are pending
- You test positive, regardless of vaccination status
- You are a close contact of a known COVID case and are not fully vaccinated
- You are a close contact of a known COVID case and you develop any symptoms, no matter how mild, and even if you are vaccinated.

Please refer to more detailed information provided by either your school, team or public health.

**Can my child go to school?**

See above response. If they do not need to isolate or quarantine, the child may go to school but they should still monitor for symptoms. It is important that they wear a mask properly over their nose and mouth, and do so consistently. If they develop any symptoms at all, no matter how mild, they should stay home from school or leave early if they are at school when they begin to feel ill.

**What about family members of athletes, coaches or spectators who did not attend matches?**

Persons who did not attend matches should monitor for symptoms. Get tested immediately if symptoms arise. If the family member who attended the event tests positive or develops symptoms, you should quarantine and seek testing, regardless of vaccination status.

**What if I’m traveling?**

You should get tested and wait to travel until after you receive a negative result. If you are not fully vaccinated, you cannot travel until it has been at least 10 days since your exposure OR 7 days plus a negative test performed on or after day 5.

If you test positive, or if you develop symptoms, do not travel until your 10-day isolation period has ended and symptoms have resolved.
Follow all safety steps during travel, including masking, handwashing, and maintaining distance whenever possible. Be sure to check requirements of your destination. It is likely that proof of vaccination or negative test may already be required.

Can I get tested quickly? How long do results take?

Your school may offer testing, or you can be tested at one or our drive-thru testing sites or likely at your local clinic or pharmacy. Lab results can take 1-3 days; we cannot guarantee a quick turnaround given the high demand for testing around the holidays. Please plan in advance, make an appointment, and be patient. We understand this can be very frustrating. The testing teams and labs are working as quickly as they can.

Can I test at home?

People who purchase over-the-counter test kits and receive a positive result should call the state COVID-19 hotline, 1-800-525-0127 then press # (press 7 for Spanish), as soon as they receive results. The DOH hotline is available Monday from 6 a.m. to 10 p.m., and Tuesday to Sunday (and observed holidays) 6 a.m. to 6 p.m. Language assistance is available.

Please note that over-the-counter rapid test kits are not an acceptable form of test for diagnostic screenings in these situations.

Is it the Omicron variant? Or Delta?

Sequencing of the virus would need to be done to determine if any of the cases related to the wrestling matches are a variant such as Omicron or Delta. We do not yet have that information, and we have no guarantee if or when we would know. Regardless, the recommendations around testing and quarantine would be the same.

Contact Tracing and WA Notify

If you are called by our contact tracers, please answer the phone. Contact tracers work to determine a confirmed case’s close contacts – anyone who has been within six feet of them for 15 minutes or more while they were infectious. Interviewers then reach out to inform close contacts of possible exposure. This is the next step to prevent the spread of disease, known as contact tracing. Interviewers do not reveal the name of the person who tested positive for COVID-19 when speaking with close contacts.

We also encourage you to register with the WA Notify app. WA Notify is a free tool that works on smartphones to alert users if they may have been exposed to COVID-19 without sharing any personal information. It is completely private and doesn't know who you are or track where you go.