



COVID-19 & Updated Illness Guidelines

COVID-19 is still present and spreading in Iowa communities, continuing to be a threat to the health of all people. The virus is still “new”, with new information becoming available daily and changing rapidly. The following information will be used as policy for illnesses beginning at the start of the school year 2020. Here is the most up to date information available at this time:

Symptoms of COVID-19

Symptoms of COVID-19 can occur 2-14 days after exposure and can include, but are not limited to:

- Fever 100.4 or higher/chills
- Cough
- Shortness of breath/difficulty breathing
- Fatigue/tiredness
- Muscle or body aches
- Headache
- New loss of taste or smell
- Congestion/runny nose
- Sore throat
- Nausea or vomiting
- Diarrhea

As more information is learned about COVID-19, the symptom list will be updated. For the most up-to-date list, visit:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

**It is important to note that persons may be positive for COVID-19 and not exhibit any symptoms, and the virus can still be spread to others.

Symptoms can be mild to severe, even possibly requiring hospitalization.

Spread of COVID-19

According to the CDC: The virus that causes COVID-19 is thought to spread mainly from person to person, mainly through respiratory droplets produced when an infected person coughs, sneezes, or talks. These droplets can land in the mouths or noses of people who are nearby or



possibly be inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about 6 feet).

*Keeping students who are ill or who have been in close/direct contact of a confirmed positive case of COVID-19 at home will help limit the spread of the virus and keep others well.

When will my student be sent home or asked to stay home?

*If it has been determined that your student has been in close/direct contact with an individual testing positive for COVID-19, they will need to quarantine at home for 14 days regardless of symptoms.

*If your student exhibits **one** of the following symptoms, they will be required to go home:

- Fever of 100.0 or greater
- Vomiting
- New cough
- Diarrhea
- Shortness of breath/difficulty breathing
- New loss of taste or smell

*If your student exhibits **two or more** of the following symptoms, they will be required to go home:

- Sore throat
- Fatigue
- Headache
- Chills
- Muscle aches
- Congestion/runny nose

When can my student return to school?

*If your student is tested for COVID-19, they must remain at home until the test results are known and symptoms have resolved

*May return if they test negative for COVID-19 and have not been in close/direct contact of a person confirmed positive for COVID-19 and are fever-free for 24hours without the use of fever-reducing medication (Tylenol/Ibuprofen)



*If your student is not tested for COVID-19 and they **have not** been in direct/close contact with a confirmed positive case they must remain at home until they are fever-free for 24 hours without the use of fever-reducing medication (Tylenol/Ibuprofen) and symptoms have resolved. The school nurse will be in contact daily to discuss how your student is feeling prior to returning to school.

What does “close/direct contact” mean?

*Due to a system of contact tracing, the local public health department may contact you if there has been close/direct contact with someone testing positive for COVID-19 and further instructions will be given.

Close contact: defined by the CDC as being within 6 feet of someone who has tested positive for COVID-19 for at least 15 minutes

- Can also include:

*Caring for someone in the home who is positive for COVID-19

***Direct contact:** physical contact with someone who is positive for COVID-19 (touching, hugging, sharing a kiss, etc.)

*Sharing eating or drinking utensils

*The person positive for COVID-19 sneezed or coughed on you

Indirect/casual contact: passing by a person briefly, poses much lower risk of spreading COVID-19

What does “isolation” and “quarantine” mean?

Isolation: is used to separate people infected with SARS-CoV-2, the virus that causes COVID-19, from people who are not infected. People who are in isolation should stay home until it's safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific “sick room” or area and using a separate bathroom (if available). (According to the CDC)

- Anyone who has symptoms of COVID-19 or tests positive for COVID-19, even without symptoms, should remain in isolation



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. (According to the CDC)

- Anyone who is in close/direct contact with a confirmed positive case of COVID-19 should quarantine and monitor their symptoms
- Quarantine should begin for 14 days after last known contact with someone testing positive for COVID-19

What if my student has been in close contact with someone testing positive for COVID-19?

If you know your student has been in close contact with someone testing positive for COVID-19 or you are contacted by local public health because it has been determined your student has been in close contact with someone testing positive for COVID-19, you will be given guidance based on your specific case. Likely recommendations will include quarantine for 14 days since last known contact of a person testing positive for COVID-19 while monitoring for symptoms, regardless if the student in close contact tests negative for COVID-19.

****If symptoms occur:**

- Call your student's doctor
- Ask for your student to be tested for COVID-19
- Follow instructions from your student's doctor
- Stay in quarantine until the test results are finalized



If there are other students in the house who have not been in close/direct contact with a person testing positive for COVID-19, do they have to remain at home or can they continue going to school?

The other student(s) may continue going to school, but please monitor for symptoms daily and maintain quarantine for the individual who was in close contact with the person testing positive for COVID-19. If the student who was in close/direct contact starts exhibiting symptoms of COVID-19 or tests positive, all other student(s) will be required to go home.

What if someone in the household tests positive for COVID-19?

People living within a household likely have close contact with each other. Contact local public health for guidance if someone in your household tests positive for COVID-19. If possible, isolate the positive individual away from the rest of the household and use a designated bathroom (if possible). Everyone else living in the household should quarantine until ALL of the following have happened:

- The sick person gets better (all 3 criteria must be met per CDC)
 1. At least 10 days have passed since symptoms began
 2. Fever-free (must be below 100.0) without the use of fever-reducing medication for 24 hours (Tylenol/ibuprofen)
 3. All respiratory symptoms have improved or resolved
- **AND** 14 days have passed since the sick individual is better to ensure all other people in the household do not have symptoms

What if my student tests positive for COVID-19 or a doctor says they likely have COVID-19?

If your student tests positive for COVID-19 or a doctor determines they likely have COVID-19, they should remain at home away from others as much as possible until they are well and **all of the following** criteria are met:

1. At least 10 days have passed since symptoms began



2. Fever-free (must be below 100.0) without the use of fever-reducing medication for 24 hours (Tylenol/ibuprofen)
3. All respiratory symptoms have improved or resolved

What if my student that had “close/direct contact” with a person testing positive for COVID-19 becomes sick but isn’t tested for COVID-19?

Your student should be considered positive for COVID-19 and treated as such. They will be expected to remain home in isolation until they are well and **all of the following** criteria are met:

1. At least 10 days have passed since symptoms began
2. Fever-free (must be below 100.0) without the use of fever-reducing medication for 24 hours (Tylenol/ibuprofen)
3. All respiratory symptoms have improved or resolved

What if my student becomes sick, has *not* been in close/direct contact with someone who has COVID-19 and my student tests negative for COVID-19?

Your student should remain at home until their symptoms resolve. They must also be fever-free (must be below 100.0) without the use of fever-reducing medication for 24 hours (Tylenol/ibuprofen). If they are diagnosed with another illness by their doctor (influenza, step, etc.), then please do the following:

- Follow guidelines and treatment plans provided by their doctor and
- Provide a doctor’s note when your student is able to return

What learning accommodations can be made for my student while they are required to be at home?

The school will work with you to ensure your child’s learning needs are met. Participation expectations in this alternative learning format will be discussed.



What if I don't have WiFi or capable technology?

The school will help those in need of technological assistance to be sure students can continue learning at home.

What should I do if I can't take 14 days off work to be home with my student?

Please start preparing a plan now in the event that a prolonged stay at home is necessary, much like you would for a potential weather closure.

What if I am a healthcare worker and work with COVID-19 positive patients? Does that affect my student?

Students may continue attending school unless they develop symptoms. If symptoms start, contact their healthcare provider and keep them home.

If you have further questions about COVID-19, please call 211. They can also answer other questions regarding things such as mental health, food, other diseases and many other topics.