

# COVID-19 Information for Parents

## Iowa Department of Public Health Symptoms of COVID-19:

High Risk	Low Risk
<ul style="list-style-type: none"> <li>• New Cough</li> <li>• New Shortness of Breath or Difficulty Breathing</li> <li>• New Loss of Taste or Smell</li> </ul>	<ul style="list-style-type: none"> <li>• Fever</li> <li>• Headache</li> <li>• Muscle and Body Aches</li> <li>• Fatigue (tired, no energy)</li> <li>• Sore Throat</li> <li>• Runny Nose</li> <li>• Congestion</li> <li>• Nausea (upset stomach)</li> <li>• Vomiting (throwing up)</li> <li>• Diarrhea</li> </ul>

Students and staff should remain home when sick. Students or staff members with **any** high risk symptom or **two or more** low risk symptoms should stay home and are advised to seek evaluation by a healthcare provider.

### EVALUATION BY HEALTHCARE PROVIDER:

- If an alternative diagnosis has been identified by your healthcare provider, the student/staff can return to school when fever free for 24 hours (without fever-reducing medicine) and symptoms are improving, or as directed by your healthcare provider.
- Student/staff awaiting COVID test results need to isolate at home until result is known.
- Those with a negative test result and are **not** a close contact of an infected person can return to school when fever free for 24 hours (without fever-reducing medicine) and symptoms are improving, or as directed by your healthcare provider.
- Those with a positive test result need to remain at home in isolation until they have been fever free for 24 hours (without fever-reducing medicine) **and** symptoms have improved **and** at least 10 days have passed since symptoms first appeared **or** from the date of test if no symptoms present.
- Student/staff with one high risk symptom or two or more low risk symptoms choosing not to be evaluated by a healthcare provider must isolate until they have been fever free for 24 hours (without fever-reducing medicine) **and** symptoms have improved **and** at least 10 days have passed since symptoms first appeared.

### CLOSE CONTACT:

- Close contact is defined as being within 6 feet of an infected person for at least 15 minutes starting 48 hours before the infected person began feeling sick. If the infected person has no symptoms, close contact starts 48 hours before the infected person had their test taken. Contact time includes, but is not limited to class time, extracurricular school activities/sports, transportation time and meal time. The school and public health will work together to identify close contacts of infected people while at school and outside of school.
- Parents of students who are close contacts will be notified of their student's last date of exposure to a positive case. No information about the positive case is shared. Close contacts need to stay home for 14 days after the last date of exposure to a positive case.

- Household members of a positive case should stay at home beginning 14 days from last exposure to infected person. If the infected person is not able to isolate from other household members, those members need to remain at home during the infected person's 10 days of isolation and then 14 days beyond day 10.

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**QUARANTINE FOR CLOSE CONTACTS:**

- Close contacts are asked to quarantine (stay at home) for 14 days from the last date of exposure to a positive case. This means you do not leave your property unless you need medical care. No going to school, no extracurricular activities, no inviting people to your house. Try to remain 6 feet from other household members.
- If the close contact develops any COVID symptoms as listed above, they should contact their healthcare provider to determine if testing is needed and isolate for 10 days from the start of symptoms **and** be fever free 24 hours **and** symptoms have improved before returning to school.
- Close contacts who are tested for COVID-19 need to complete the 14 day quarantine even if they are tested and the result is negative.
- The incubation period (how long it takes to make you sick after exposed) for COVID-19 is 2-14 days. The infectious period (when you can spread the virus to others) starts 48 hours before symptoms develop.

**COVID-19 POSITIVE ISOLATION:**

- Stay home and isolate from others 10 days from the start of symptoms **and** until fever free 24 hours **and** symptoms have improved before returning to school. This means you do not leave your property unless you need medical care. No going to school, no extracurricular activities, no inviting people to your house.
- Separate yourself from others in your home. As much as possible, stay in a specific room and away from other people and pets. If available, use a separate bathroom. If you need to be around others in your home wear a mask. Wear a mask when seeking medical care.
- Monitor symptoms and follow instructions from your healthcare provider and public health. Cover coughs and sneezes, clean hands often, avoid sharing personal household items (dishes, silverware, towels, bedding, toothpaste), clean frequently touched surfaces every day.
- The infectious period (when you can spread the virus to others) starts 48 hours before symptoms develop and lasts 10 days after symptoms start.

COVID-19 information is subject to change as more information becomes available.