



422 E Douglas St., O'Neill, NE 68763 | 402-336-2406 | FAX 402-336-1768

January 27, 2022

Dear Parent or Guardian:

This letter is to notify you that your child has been identified as having had an exposure to an individual that has been diagnosed with COVID-19. **Based on the date of last exposure, your child should be closely monitored for the development of symptoms consistent with COVID-19 until February 4, 2022.**

Symptoms to watch for include:

- Any of the following: sudden onset of cough, sudden onset of shortness of breath, or sudden loss of taste or smell, a fever of 100.4 or above, chills, muscle aches, headache, sore throat, nausea or vomiting, diarrhea, or fatigue.

If your child develops symptoms before the above monitoring end date, they should isolate at home immediately and contact their health care provider. Isolation shall continue until these

Qualifications are met:

1. At least five (5) days\* have passed since onset of symptoms AND
2. Symptoms have improved AND
3. The isolated individual has been fever-free for at least 24 hours without the use of fever-reducing medication AND
4. The isolated individual can appropriately and properly wear a face mask around others for five (5) additional days (day 6 through day 10) after meeting Qualifications #1–#3

**OR**

If the isolated individual **CANNOT** wear a face mask properly around others for five (5) additional days (day 6 through day 10) after meeting Qualifications #1–#3, individual **must** isolation for ten (10) full days after symptoms develop.

The Health Department continues to encourage residents of all ages to practice good hand hygiene, practice physical distancing whenever possible and use a well-fitted face covering when indoors. Those residents that are age eligible are highly encouraged to be vaccinated for COVID-19.

\*For patients with severe illness or are severely immunocompromised, this length of time may need to be extended. Please consult your health care provider or local health department for further guidance on these situations.

To find the COVID-19 vaccine clinic near you visit [www.ncdhd.ne.gov](http://www.ncdhd.ne.gov)

Updated 8/3/2021 AEB