



Easton Valley CSD : Covid-19 Guidance Update

Due to the increased positivity rate in our area, our schools are taking a number of steps to mitigate the spread of Covid-19. All previously adopted protocols will remain in place. Please be aware of the following updates:

- New quarantine protocols have been released by the Iowa Department of Public Health. The change results in the reduced need to quarantine people when both the infected individual and those who would have been identified as close contacts are properly wearing their mask. (See details on the last page titled, "Covid-19: When to Quarantine") * *Please note that this change is not currently noted (but now applies) on the additional guidance documents contained in this informational packet*
- At Easton Valley CSD indoor events, EV staff and EV students will be required to wear a mask. This will significantly reduce the need to quarantine large groups and increase our ability to keep schools open.
- EV administration is closely monitoring daily absenteeism for staff and students. If we see numbers increasing we will collaborate with our local health department to determine the appropriate response.
- We are now requiring staff and students to remain out of school if someone else in the home tests positive for Covid-19. Please consult your doctor or our school nurse about when it will be safe to return.

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- In addition to the current quarantine protocols, we are requiring the following guidance:
 - If someone in the home has been tested for Covid-19 and is awaiting test results, the following chart will help you identify if others in the home may attend school

	Person Tested was <u>NOT</u> Identified as a Close Contact	Person Tested was Identified as a Close Contact
Low-Risk Symptoms	Others in home <u>MAY</u> attend school	Others in home May <u>NOT</u> attend school
High-Risk Symptoms	Others in home May <u>NOT</u> attend school	Others in home May <u>NOT</u> attend school

- For any additional questions, we recommend you consult your primary care provider or our school nurse.

Thank You,

Easton Valley Administration

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Responding to Covid-19 Symptoms: When to Stay Home

In general, students should stay home from school or school activities when they are sick according to the [Sick Day Guidelines](#). Below summarizes guidance specifically related to COVID-19, based on guidance from IDPH regarding [Evaluating Sick Staff & Students](#).

Parents should evaluate their children's symptoms daily before coming to school or attending school activities to determine if they are well enough to attend school. It is recommended to take your child's temperature before coming to school.

Stay home when:

You have any high risk symptoms:

- New Cough
- Shortness of breath
- Difficulty breathing
- New loss of taste or smell

You have two or more low risk symptoms or your symptoms are not within your "norm"

- headache
- muscle / body aches
- fatigue
- sore throat
- runny nose
- fever or chills - do not come to school if you have a temp ≥ 100.4 regardless if you don't have other symptoms
- sinus pain
- congestion
- nausea
- vomiting
- diarrhea

You have been in "close contact" with someone positive with COVID-19.

Close contact is defined as being within 6 feet for more than 15 minutes of someone positive for COVID-19

Next Steps:

- 1 Call the school secretary and report your symptoms and/ or exposure to COVID-19.
- 2 Call your healthcare provider or Public Health for guidance on if you should be tested for COVID-19, and follow their guidance.
- 3 Use the [Self-screening Symptom Tracker](#) to track your symptoms. Take your temperature twice a day if you have been exposed.

Individuals previously diagnosed positive for COVID-19 within the past 90 days, and were exposed to a COVID-19 case, do not need to quarantine

Per IDPH, staff determined as critical personnel may be allowed to work in certain circumstances as long as they remain asymptomatic and wear a mask

Return to school:

A school nurse or other designated school staff will contact you to discuss & determine appropriate return to school date.

Maintain physical distance (at least 6 feet) from others

QUARANTINE

A student who has had "close contact" with a person with COVID-19 must not return to school buildings or activities until the following criteria have been met.

- Stay home until 14 days after last exposure
- Check temperature twice a day, monitor for symptoms of COVID every day, use the [Self-symptom Tracker](#) to track symptoms
- If you become ill, contact your provider and/public health for guidance
- If tested, regardless of your test result, you have been exposed and still need to remain quarantined for 14 days. A negative result does not negate the need to quarantine.
- Wearing a face covering does not negate the need to quarantine.

ISOLATION

A student who has tested positive, waiting for test results or is symptomatic of COVID-19, must not return to school buildings or activities until the following criteria have been met.

- No fever for at least 24* hours without the use of medicine that reduces fevers
- Other symptoms have improved (i.e. when your cough or shortness of breath has improved)
- At least 10 days have passed since your symptoms first appeared.

Note: if you have symptoms of COVID-19, without known exposure, and your test is NEGATIVE, you may go back to daily activities 24 hours after your fever and other symptoms RESOLVE according to the [Sick Day Guidelines](#)

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COVID-19 Self Screening & Symptom Tracker

Name: _____ Building (for staff only): _____

If you have any of the “High Risk” symptoms or 2 or more of the “Low Risk” symptoms stay home. Contact the school/supervisor to discuss absence and call your health care provider for guidance. Check with your health care provider and the school before attending or participating in school activities, or entering the school buildings.

HIGH RISK

- ☆ New Cough
- ☆ Shortness of breath
- ☆ Difficulty of breathing
- ☆ New loss of taste or smell

LOW RISK

- | | | |
|----------------|--------------|---------------------|
| ☆ Fever >100.4 | ☆ Headache | ☆ Sore throat |
| ☆ Runny nose | ☆ Congestion | ☆ Nausea |
| ☆ Vomiting | ☆ Diarrhea | ☆ Muscle/body aches |
| ☆ Fatigue | | |

If you are tracking symptoms specifically for “quarantine” or “isolation” due to COVID-19, answer the following:

Date symptoms started: _____ (Leave blank if no symptoms at this time, add when appropriate)

Were you tested? Y N Date of test _____ Result: positive negative Date received results: _____

Date of exposure to someone with a confirmed COVID-19 test over past 14 days, if applicable: _____

NOTE: If tracking symptoms due to exposure to someone with positive COVID-19 & are quarantined, take your temp twice a day.

Additional info: Iowa COVID-19 Info line: 211 or testiowa.com

Jackson County Department of Health: 563-652-4047

[illegible]

Adapted from Des Moines Public Schools , Spencer Schools, and Bellevue Schools

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QUARANTINE

If you feel healthy but recently had *close contact with a person with COVID-19

**Close contact defined as being less than 6 feet away from someone for more than 15 consecutive minutes*

Stay Home and Monitor Your Health

- ✓ Stay home until 14 days after your last exposure.
- ✓ Check your temperature twice a day and watch for symptoms of COVID-19.
- ✓ If you become ill, call your healthcare provider right away.
- ✓ If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.
- ✓ If you are an "essential health care worker" or a "critical infrastructure worker", you MAY be able to return to work during your quarantine as long as you remain symptom free. You MUST wear a mask, monitor yourself for symptoms, and distance yourself from others at work. This is ultimately up to your employer. Going to work would be the ONLY exception to your 14 day quarantine at home.

Consider Getting Tested:

- ✓ Even if you have no symptoms, you may carry the virus that causes COVID-19 and pass it to others.
- ✓ Wait at least 48 hours after your earliest exposure to the COVID-19 infected person.
- ✓ **Regardless of your test result, you have been exposed and still need to remain quarantined for 14 days. A NEGATIVE RESULT DOES NOT NULLIFY THE NEED TO QUARANTINE.**

ISOLATION

You have been diagnosed with COVID-19

OR

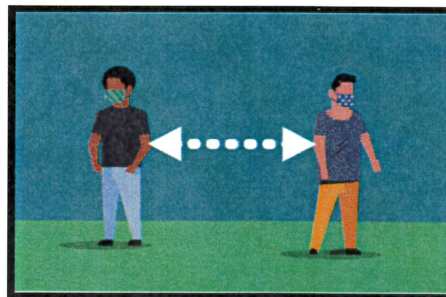
You are waiting for your test results

OR

You have symptoms of COVID-19 but have not been tested.

Isolate Yourself from Others

- ✓ Stay home until your healthcare provider or local public health says it's OK to go back to work or be out of isolation. ALL these conditions must be met:
 1. **No fever for at least 24 hours (1 full day without use of fever reducing medicine).**
AND
 2. **Symptoms have improved.**
AND
 3. **At least 10 days have passed since your symptoms first appeared.**
- ✓ If you live with others, stay in a specific "sick room" or area and away from other people or animals, including pets. Use a separate bathroom, if available.
- ✓ If you have symptoms of COVID-19, without a known exposure, and your test is NEGATIVE, you may go back to daily activities 24 hours after your fever and other symptoms resolve.



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COVID-19 Response: When to Quarantine

For Business, Education, and Child Care Settings

For non-healthcare, non-residential settings, quarantine is no longer recommended if a potential exposure occurs while both the infectious individual and the close contacts are wearing face coverings consistently and correctly.

- In all scenarios below, an individual is considered a **close contact** when they have been within **6 feet of the COVID-19 positive individual for 15 minutes**.
- Individuals who are a **close contact due to exposure to a household member are required to quarantine for at least 14 days**. Quarantine is used to keep someone who might have been exposed to COVID-19 away from others.
- **Individuals who have COVID-19 must isolate for at least 10 days**. Isolation keeps someone who is infected with the virus away from others, even in their home.
- Acceptable face coverings are described in CDC guidance available at: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

Everyone Masked

When a masked individual tests positive and close contacts were wearing masks...

ISOLATE



SELF-MONITOR



Close Contacts Masked

When an unmasked individual tests positive and close contacts were wearing masks...

ISOLATE



QUARANTINE



Some Close Contacts Masked

When a masked individual tests positive and SOME close contacts were wearing masks...

ISOLATE



QUARANTINE



No One Masked

When an unmasked individual tests positive and close contacts were NOT wearing masks...

ISOLATE



QUARANTINE

