



**Public Health**  
Prevent. Promote. Protect.

COVID Exposure Rev. 12.03.20

**Sample Letter**

Dear Parent or Guardian:

Your child has been identified as a close contact (within 6 feet for at least 15 minutes with no mask) to someone who has tested positive for Coronavirus (COVID-19).

Recommendations per CDC and IDPH Guidelines:

1. Students exposed to COVID-19 AND have no symptoms AND get tested on or after day 5 of your quarantine AND test negative only need to quarantine for 7 days from the date of exposure.
2. Students exposed to COVID-19 AND have no symptoms AND choose not to get tested only need to quarantine for 10 days from the date of exposure.
3. Students exposed to COVID-19 AND are having symptoms should continue the 10 day quarantine and get tested.
4. Students that test positive at any point should isolate for 10 days from symptom onset or date of test (whichever occurred first).
5. During quarantine you should monitor your child for COVID-19 symptoms.
  - Fever, cough, chills, muscle aches, shortness of breath, loss of taste or smell, nausea, headache, runny nose, sore throat, vomiting, diarrhea, abdominal pain.
6. If your child develops any of the above symptoms, we recommend that you contact your child's healthcare provider to discuss questions specific to your child's health.
7. COVID-19 testing is available through Test Iowa, go to [www.testiowa.com](http://www.testiowa.com) to sign up for free testing. Rapid testing is offered to all students at Clarinda Regional Health Center, call 712-542-2176 for instructions on how to receive rapid testing.
8. Please let your child's school know your child's test results promptly. Do not send other family members to school while waiting on COVID-19 results.
9. Please answer the phone if the health department contacts you. At this time, only positive COVID-19 cases will be contacted. Please reach out to Page County Public Health with any concerns, 712-850-1212.

Students in grades PK-3<sup>rd</sup> that are in quarantine please check your Seesaw accounts for information regarding classroom materials. Students in grades 4<sup>th</sup>-12<sup>th</sup> that are quarantined will have daily zoom links on their Schoology account to connect with their classes. If you are in need of materials from school please call the Office and we will make arrangements with you to pick up materials.

Should you have any questions or concerns, please call Kelly Kline RN, School Nurse, 712-542-4510.