



# COVID Guidelines for Sick or Exposed Students

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## **COVID-19 Information**

COVID-19 is a disease caused by novel coronavirus, that has not previously been seen in humans. The virus that causes COVID-19 is thought to spread mainly from person to person, through respiratory droplets. Spread is more likely when people are in close contact with one another (within about 6 feet).

People who have tested positive for COVID-19 have reported a wide range of symptoms, from no symptoms to mild symptoms to severe illness. Symptoms typically appear 2-14 days after exposure to the virus.

To keep our students and staff safe Clarinda Community School District (CCSD) will be adhering to the guidance from the Iowa Department of Public Health and the Centers for Disease Control (CDC).

The Guidance from the Iowa Department of Public Health and CDC is as follows:

**Students who have one or more high-risk symptoms OR two or more low risk symptoms need to seek an evaluation by a healthcare provider.**

### **High Risk Symptoms**

New cough  
Shortness of breath  
Difficulty breathing  
New loss of taste/smell

### **Low Risk Symptoms**

Fever            Fatigue  
Headache        Muscle/body aches  
Sore throat      Runny nose  
Congestion      Nausea  
Vomiting         Diarrhea

## **Students May Return to School When:**

### **Situation 1: If child is NOT evaluated by a healthcare provider:**

- Students may return to school after 10 days have passed since the start of symptoms **AND** their symptoms have improved **AND** they have been fever free for 24 hours (without the use of fever reducing medicine ie. Tylenol or ibuprofen)

### **Situation 2: If a child is evaluated by a healthcare provider and the provider determines the following:**

- **Negative COVID-19 Test-** Students may return to school after symptoms have improved **AND** they have been fever free for 24 hours (without the use of fever reducing medicine ie. Tylenol or ibuprofen) (A doctor/healthcare provider note is required).
- **Alternative diagnosis of a medical concern-** Students may return to school after their symptoms have improved **AND** they have been fever free for 24 hours (without the use of fever-reducing medicine ie. Tylenol or ibuprofen) (A healthcare provider note is required).

- **Positive Covid-19 Test-** Student may return to school after 10 days have passed since the start of symptoms AND their symptoms have improved AND they have been fever free for 24 hours (without the use of fever-reducing medicine ie. Tylenol or ibuprofen).

**Close Contacts for Covid 19**

Students who have been identified as being in close contact with a Covid-19 positive individual (within 6 feet for more than 15 minutes) will need to follow public health guidelines for quarantine and symptoms monitoring, as directed by Page County Public Health.

Please contact Kelly Kline, school nurse, at 712-542-4510 for any questions or concerns you may have. This pandemic is a very fluid situation and information and guidelines change often. As those changes happen, we will get the information out to our CCSD families.

We are planning for a great year with our CARDINAL kiddos!