



Iowa Specialty
Hospitals & Clinics



COVID School Exposure Notification

Dear Parent/Guardian:

Your child _____ has been identified as being in close contact with someone who has tested positive for COVID-19. Your child's exposure date was _____.

Your child is required to:

1. Stay home and isolate for 14 days from last exposure. Your child's quarantine release date is: _____ . They cannot go to a childcare center during this time.
2. Monitor for ANY signs of illness including:
 - ✓ Cough
 - ✓ Fever > 100°F
 - ✓ Shortness of breath or difficulty breathing
 - ✓ Chills
 - ✓ Repeated shaking with chills
 - ✓ Muscle or body aches
 - ✓ Headache
 - ✓ Sore throat
 - ✓ New loss of taste or smell
 - ✓ Fatigue
 - ✓ Congestion or runny nose
 - ✓ Nausea or vomiting
 - ✓ Diarrhea

Your child may have only one symptom and symptoms may be mild.

3. If your child develops symptoms he/she should have testing done. Options for testing include:
 - ✓ Notify your child's primary care provider.
 - ✓ Triage Line: English 844-474-4321 or Spanish 515-602-9820
 - ✓ Test Iowa: testiowa.com (*must go to the website and complete the survey and then they will be referred for testing. Closest site is in Belmond.*)

Household Contact Instructions:

- If your child's test result is negative all household contacts can continue with their daily routines, but your child will need to continue to quarantine **at home** for the remainder of the 14 days.

- If your child's test results are positive all household contacts will need to quarantine until contacted by Wright County Public Health or your county of residence for further guidance.
4. If your child remains asymptomatic and you wish to have testing done, your child will qualify for testing since he/she has been in close contact with a lab confirmed case of COVID. It is recommended to wait 5-7 days after your child's exposure date to have the testing done. Remember, if testing is done at day 7 there is still a chance your child could become sick from their exposure up until day 14. **For this reason, a negative test result before the end of the 14 day quarantine will not change your child's quarantine release date.**

Your child should not leave the house, except to seek medical attention until his/her quarantine release date. If he/she in need of emergency medical services before this date please call the emergency room ahead of time at 641-444-5661 (Belmond) or 515-532-9261 (Clarion) and notify them of his/her symptoms and exposure to COVID-19 to obtain instructions. If you need immediate care, call 911 and notify dispatch of the symptoms and exposure to COVID-19.

****We realize exceptions to this rule may at times be necessary.** *Leaving the house and having house guests should be done with careful consideration. If you have someone coming into the home of a quarantined child for care, the visitors should be wearing PPE which consists of a face shield and face masks. If you are unable to care for a quarantined child separately from other children in the home, everyone should wear face masks while within the home.*

It will be important during the 10-14 day period for your child to be outside getting exercise and fresh air. Please be sure they are not outside when other children present. It is appropriate for them to go for a supervised walk or bike ride with a responsible adult living within the house that can insure no contact will occur with other children or adults. During the day when children are in school is an ideal time to avoid contact. While outside, the quarantined child will need to wear a mask and/or face shield.

For Questions please call 515-835-9251, Wright County Public Health COVID-19 HOTLINE. Wright County Public Health will make several attempts to follow up with anyone exposed.

Sincerely,

Wright County Public Health

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