

STAY HOME WHEN YOU HAVE...

One High-Risk Symptom

- New cough
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- Fever (100.4°+)
- Vomiting

Two Low-Risk Symptoms

- Headache
- Muscle and body aches
- Fatigue
- Sore throat
- Runny nose/congestion
- Nausea
- Diarrhea

Been Exposed to COVID-19

UPDATE: You have been in close contact (6 feet for 15 minutes or more) with someone who is COVID-19 positive **and either one or both parties were not wearing a mask consistently and correctly.**

NOTE: Household members of the close contact are not required to quarantine.

NOTE: Household members to a positive case of COVID-19 are required to quarantine.

1. To report symptoms, complete the Report An Absence Due to Illness form.
2. Call your healthcare provider to arrange a medical evaluation.

No Medical Evaluation

NOTE: Household members are not required to quarantine unless symptoms develop.

Medical Evaluation (MD, DO, PA or NP)

- Positive COVID-19 test OR
 - Waiting for test result
 - Alternative diagnosis OR
 - Negative COVID-19 test
- Documentation of medical evaluation or test result required prior to return to school.*

SELF-ISOLATE:

Inform the school of the diagnosis.

Stay home for at least 10 days. In the home, anyone sick or infected should separate themselves from others, when possible, by staying in a specific "sick" room/area and using a separate bathroom (if available).

QUARANTINE:

Inform the school of the exposure. Quarantining for 14 days is considered "best practice," however the following are acceptable options to shorten quarantine:

STAY HOME FOR 10 DAYS FOLLOWING THE LAST EXPOSURE AND no symptoms have been reported during daily monitoring.

QUARANTINE CAN END AFTER 7 DAYS IF a diagnostic specimen (antigen or PCR) test is negative AND if no symptoms have been reported during daily monitoring. The earliest time for testing will be at Day 5 following last exposure.

If you become ill, contact your healthcare provider.

RETURN TO SCHOOL WHEN...

You are fever-free for 24 hours (without the use of fever-reducing medicine) AND symptoms have improved.

A written doctor's note must be sent to Regis by Fax (319) 247-6099 or email cwessels@regisroyals.org.