

A GUIDE TO DETERMINING NEXT STEPS FOLLOWING COVID-19 SYMPTOMS OR EXPOSURE

What are the symptoms?

Students with **ANY high risk** COVID-19 symptom or **TWO OR MORE low risk** COVID-19 symptoms **should stay home and contact a healthcare provider.**

HIGH RISK SYMPTOM →



NEW COUGH



SHORTNESS OF BREATH OR DIFFICULTY BREATHING



NEW LOSS OF TASTE OR SMELL

LOW RISK SYMPTOMS →



FEVER OR CHILLS



HEADACHE



MUSCLE OR BODY ACHES



FATIGUE



SORE THROAT



CONGESTION OR RUNNY NOSE



NAUSEA OR VOMITING



DIARRHEA

REMEMBER →

Students with a **temperature of 100.4 F or higher** should always stay home until fever free for 24 hours without fever-reducing medication.

REMEMBER → WE ALL PLAY A ROLE IN REDUCING THE SPREAD.

1 WEAR A MASK / FACE COVERING



2 PRACTICE SOCIAL DISTANCING



3 WASH HANDS OFTEN OR USE SANITIZER



FREQUENTLY ASKED QUESTIONS:

What's the difference between quarantine and isolation?

QUARANTINE keeps someone who was in close contact with someone who has COVID-19 away from others.

ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

What is considered a close contact?

CLOSE CONTACT is defined as being within six feet or closer to a positive or symptomatic COVID-19 case during the infected period for 15 minutes or longer.

What happens if someone is re-exposed?

Based on guidance from the Iowa Department of Public Health, individuals who have tested positive for COVID-19 within the past 12 weeks and have since recovered and remain asymptomatic are not required to quarantine or retest.

- » Documentation or official notification of the confirmed COVID-19 positive test within the previous 12 weeks will be required.
- » If new symptoms consistent with COVID-19 develop, the individual will be required to isolate for 10 days and should be clinically evaluated as appropriate.

How does contact tracing work?

Contact tracing falls within the responsibility of the Dubuque Visiting Nurse Association, acting on behalf of the Dubuque County Health Department, as well as the Iowa Department of Public Health. Individuals who have been identified as a close contact through contact tracing will self-quarantine for 10 days.

In the event of a positive case related to the school setting, the VNA will:

- » Contact the school with official notification of confirmed positive case
- » Call all identified close contacts/potentially exposed individuals
- » Provide education on COVID-19 as well as quarantine and how to monitor symptoms
- » Assist individuals with navigating testing options and opportunities

Schools will support this process by:

- » Identifying, isolating and providing contact information for individuals considered exposed
- » Temporarily preventing the use of areas where the positive case may have been until those areas can be sanitized

A dashboard of active positive cases will be available on the district website at www.dbqschools.org/covid-dashboard.

What do I do if I have symptoms?

Follow the steps outlined below if you have symptoms, have been tested, or have been exposed.

I HAVE SYMPTOMS → STAY HOME AND CONTACT A HEALTHCARE PROVIDER

I WAS TESTED → STAY HOME UNTIL YOU RECEIVE RESULTS

NEGATIVE TEST RESULT WITH EXPOSURE

(see close contact definition in Frequently Asked Questions)

STUDENTS:

» provide school with test result

STAFF:

» email test result to covid@dbqschools.org

NEGATIVE TEST RESULT WITH NO EXPOSURE

(see close contact definition in Frequently Asked Questions)

STUDENTS:

» provide school with test result

STAFF:

» email test result to covid@dbqschools.org

POSITIVE TEST RESULT

SELF-ISOLATE for 10 calendar days following the onset of symptoms OR 10 calendar days from the date the positive test was administered if the individual is asymptomatic



STUDENTS:

» provide school with test result

STAFF:

» email test result to covid@dbqschools.org
 » if close contact occurred with any student or staff, provide a list of the individuals by email to covid@dbqschools.org

ALTERNATIVE DIAGNOSIS by a licensed medical healthcare provider

STUDENTS:

» provide school with alternative diagnosis from healthcare provider

STAFF:

» follow normal sick leave procedure

NO EVALUATION by a licensed medical healthcare provider

SELF-ISOLATE for 10 calendar days following the onset of symptoms



STUDENTS:

» notify school of reason for absence
 » the district recommends seeing a healthcare provider to obtain a medical diagnosis

STAFF:

» follow normal sick leave procedure

I WAS EXPOSED →

SELF-QUARANTINE for 10 calendar days after last exposure to positive case per guidance from the Iowa Department of Public Health



STUDENTS AND STAFF:

» if symptoms develop within the 10 days, contact your healthcare provider (see steps above for I HAVE SYMPTOMS)

RETURN after the following is true:

STUDENTS AND STAFF:

» 10 days since last exposure to positive case

NOTE: If an individual receives a negative COVID-19 test administered on day 5 of their quarantine or later AND remains without symptoms, they may return to school or work on day 8 with appropriate documentation.

RETURN after BOTH of the following are true:

STUDENTS AND STAFF:

» fever free for 24 hours (one full day) without fever-reducing medication
 » symptoms have improved

RETURN after ALL three of the following are true:

STUDENTS AND STAFF:

» fever free for 24 hours (one full day) without fever-reducing medication
 » symptoms have improved OR continue to have no symptoms if asymptomatic
 » 10 days since symptoms first appeared OR 10 days since the date the positive test was administered if asymptomatic

RETURN after BOTH of the following are true:

STUDENTS AND STAFF:

» fever free for 24 hours (one full day) without fever-reducing medication
 » symptoms have improved

RETURN after ALL three of the following are true:

STUDENTS AND STAFF:

» fever free for 24 hours (one full day) without fever-reducing medication
 » symptoms have improved
 » 10 days since symptoms first appeared