

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

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 for 14 days from last exposure.

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. Stay home for 14 days following the last exposure. If you become ill, contact your healthcare provider. If tested, regardless of your test result, you must remain quarantined for 14 days.

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.