

Mount Vernon Families:

We know as we enter into the new school year you may still have a lot of uncertainty and anxiety with regard to COVID-19 and its potential impact on students and staff. We have worked diligently to be ready to respond if and when a case of COVID-19 impacts the schools. The purpose of this letter is to provide you the most up to date medical information based on information from the Iowa Department of Public Health and Linn County Public Health. Please do not hesitate to contact one of the school nurses if you have any questions.

COVID-19 is a new disease, caused by a novel (or new) coronavirus that has not previously been seen in humans. The virus that causes COVID-19 is thought to spread mainly from person to person, mainly through respiratory droplets produced by an infected person. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about 6 feet).

People with COVID-19 have had a wide range of symptoms reported – ranging from none to mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

Mount Vernon Community Schools will be adhering to the guidance from the Iowa Department of Public Health when evaluating ill students in the nurses' office. The Guidance from the Iowa Department of Public Health is as follows:

Students who have **ANY** high-risk symptom **OR** two or more low risk symptoms should not be in school (for a minimum of 10 days) and are advised to seek an evaluation by a healthcare provider.

HIGH RISK SYMPTOMS

LOW RISK SYMPTOMS

New Cough

Fever

Fatigue

Shortness of breath

Headache

Muscle/Body aches

Difficulty breathing

Sore Throat

Runny Nose

New loss of taste/smell

Congestion

Nausea

Vomiting

Diarrhea

STUDENTS MAY RETURN TO SCHOOL WHEN:

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

- At least 10 days have passed since their symptoms first appeared **AND**
- They have had no fever for at least 24 hours (that is ONE full without the use of medicine that reduces fevers) **AND**

· Their other symptoms have improved (for example, when your cough or shortness of breath has improved)

Situation 2: If a child is evaluation by a healthcare provider and the provider determines the following:

· **Negative COVID-19 Test-** Students may return to school after 24 hours with no fever (without the use of fever reducing medicine) AND symptoms improving. (Physician's note is required).

· **Alternative Diagnosis-** Students may return to school after 24 hours with no fever (without the use of fever-reducing medicine) **AND** symptoms improving (Physician's note required).

· **Positive Covid-19 Test-** Return to school after 24 hours with no fever (1 full day without fever-reducing medications, **AND** symptoms improving, **AND** 10 days since symptoms started.

IDENTIFYING CLOSE CONTACTS FOR COVID 19

Students who have been in close contact with a Covid-19 positive individual (within 6 feet of a positive person for more than 15 minutes) will need to stay home and quarantine for 14 days and monitor for symptoms. (Examples: mother, father, siblings, someone at work, church, school, sports activities, etc.)

1. If no symptoms develop, students can return to school 14 days from their last contact with the Covid-19 positive individual
2. If symptoms develop, students should be evaluated by a health care provider
3. If a student tests positive for COVID-19, they should isolate for 10 days
4. If a student tests negative for COVID-19, they must still complete their 14-day quarantine before returning to school.
5. Individuals who have previously diagnosed Positive for Covid-19 within the past 12 weeks, and were exposed to a Covid-19 case, do not need to quarantine.

Please feel free to reach out with any questions or concerns.

Megan Krapfl MS/HS Nurse mkrapfl@mvcsd.org

Jenna Wear WE Nurse jwear@mvcsd.org

**Thank you to the Le Mars Community School District for sharing the content of this letter with other districts across Iowa.*