

Lisbon Community Schools Sick or Exposed Student Requirements

(as of 11/20/20)

Updated Covid-19 Parent Information

NOTE: Please make sure your phone number and address are up to date in PowerSchool.

If your student is exposed to a positive Covid-19 case, we will call you. If your child needs something delivered, we need an accurate address.

As you know, 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. We are asking all parents to please complete this short checklist each morning, which includes taking their temperature and asking some questions, before your child leaves for school. If you need a thermometer, please email me at jlight@lisbon.k12ia.us. [Daily Home Screening Checklist](#)

Lisbon Community Schools will be adhering to the guidance from the Linn County Public Health Department and the Iowa Department of Public Health (IDPH) when evaluating ill students in the nurses' office. The guidance 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 (1) LOW RISK SYMPTOMS (2)

New cough Fever Fatigue
Shortness of breath Headache Muscle/Body aches
Difficulty breathing Sore throat Runny nose
New loss 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 day 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 evaluated 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 are 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 is 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 throughout the day, regardless if the people were wearing a mask) will need to stay home and **quarantine** for 14 days and monitor for symptoms. (Examples: any household contact, 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 tested positive for Covid-19 within the past 12 weeks, and were exposed to a Covid-19 case, do not need to quarantine, as long as they do not have any symptoms.

If a younger student is diagnosed with COVID-19, and they are not able to isolate, the parent or guardian will need to quarantine after the student's 10 days of isolation. The parent or guardian will then need to quarantine for 14 days, which would be a total of 24 days.

Quarantine or isolation: What's the difference? Quarantine keeps someone who might have been exposed to the virus away from others. [Isolation](#) keeps someone who is infected with the virus away from others, even in their home.

[COVID-19: When to Quarantine](#) [CDC information on Covid-19](#)

If you have any questions, please contact Nurse Julie at 319-455-2659, x126. You may also contact the Linn County Public Health Department at 319-892-6000.