

ALTA-AURELIA CSD COVID-19 PANDEMIC GUIDELINES

It is highly recommended for all students, vaccinated or unvaccinated, to wear masks.

Alta-Aurelia CSD general message to families, students and staff is to stay home if you are not feeling well during the COVID-19 Pandemic. People can have a wide variety of symptoms, ranging from none to mild to severe illness. Symptoms may appear 2-14 days after exposure to the virus, most common in the first 5 days.

Students who have ANY high-risk symptom OR TWO OR MORE low risk symptoms should not come to school and are advised to seek an evaluation by a healthcare provider. If a student presents to the health office with the below symptom(s), they will be isolated until pickup and will be advised to contact their healthcare provider. They may require a note from a healthcare provider to return to school.

High Risk Symptoms: New Cough, Shortness of breath, difficulty breathing, New loss of taste or smell

Low Risk Symptoms: Fever, Fatigue, Headache, Muscle/body aches. Sore Throat, Runny Nose, Congestion, Nausea, Diarrhea, Vomiting

ALTA-AURELIA ILLNESS AND COVID-19 STUDENT RECOMMENDATIONS

2021-2022

It is highly recommended for all students, vaccinated or unvaccinated, to wear masks.

POSITIVE COVID

Positive with symptoms: Stay home until:

At least 5 days since symptoms first appeared AND at least 24 hours with no fever without fever reducing medication AND other symptoms are improving. May come back on day 6. Mask is highly recommended thru day 10. Absence: excused, no Dr note needed unless there is suspicion of manipulation. (Note: Day “zero” is the first day of symptoms.)

Positive without symptoms: Stay home until:

5 days have passed since the positive specimen was collected. Day 6 may return to school, as long as you are not having symptoms. Absence: excused, no Dr. note needed unless there is suspicion of manipulation. Mask is highly recommended thru day 10. (can't require)

EXPOSED TO COVID

Unvaccinated, asymptomatic contacts

May return to school, monitor for symptoms. Recommend to test day 5, as may be asymptomatic and be positive (Note: Day “zero” is the first day symptoms started)

It is recommended to wear a mask when around others thru day 10 (can't require)

Vaccinated, asymptomatic contacts

Do not need to stay home, but should monitor for symptoms through day 10.

Recommended to test 3-5 days after exposure, even if they don't have symptoms.

It is recommended to wear a mask indoors in public for 10 days following exposure or until their test is negative. Absence: not excused unless develop symptoms or positive test.

Positive in the past 3 months

Do not need to stay home, unless symptoms develop. Monitor for symptoms. Absence: not excused unless develops symptoms or a positive test.

COVID-19 TESTING OPTIONS

Individual healthcare providers can provide medical assessment and determine if you need a COVID-19 test or other test to rule out strep, sinusitis, influenza.

You can pick up a free test kit from your county public health department. Please call them first!
Buena Vista County Public Health 712-749-2548 or Cherokee County Public Health
712-225-2129.

ALTA-AURELIA ILLNESS AND COVID-19 STAFF RECOMMENDATIONS

2021-2022

It is highly recommended for all staff, vaccinated or unvaccinated to wear masks.

POSITIVE COVID

Positive with symptoms: Stay home until:

5 days since symptoms first appeared AND at least 24 hours with no fever without fever reducing medication AND other symptoms are improving. May return to work on day 6. Mask is recommended thru day 10. Absence: excused, no Dr note needed unless there is suspicion of manipulation. (Note: day 'zero' is the first day they developed symptoms)

Positive without symptoms: Stay home until:

5 days have passed since the positive specimen was collected. May return on day 6, as long as symptom free. Absence: excused, no Dr. note needed unless there is suspicion of manipulation. (Note: day 'zero' is the day specimen collected)

EXPOSED TO COVID

Unvaccinated, asymptomatic contacts May return to school monitor for symptoms. Recommend to test day 5, as may be asymptomatic and be positive (Note: Day "zero" is the first day symptoms started)

It is recommended to wear a mask when around others thru day 10 (can't require)

Vaccinated, asymptomatic contacts

Do not need to stay home, but should monitor for symptoms through day 10.

Recommended to test 3-5 days after exposure, even if they don't have symptoms.

It is recommended to wear a mask indoors in public for 10 days following exposure or until their test is negative. Absence: not excused unless develop symptoms or positive test.

Positive in the past 3 months

Do not need to stay home, unless symptoms develop. Monitor for symptoms. Absence: not excused unless develops symptoms or a positive test.

STAFF

Contact your supervisor if there is a question about returning. Alta-Aurelia CSD advises following best practice and Iowa Department of Health above guideline.

We cannot require someone to be absent due to being exposed. [IDPH-EPI Manual Guidelines](#)

Staff who are experiencing an illness should stay home while they are ill with a contagious disease, discuss with your supervisor and contact your provider if needed.

Contact your building nurse with further questions

COVID-19 TESTING OPTIONS

Individual healthcare providers can provide medical assessment and determine if you need a COVID-19 test or other test to rule out strep, sinusitis, influenza.

You can pick up a free test kit from your county public health department. Please call them first!
Buena Vista County Public Health 712-749-2548 or Cherokee County Public Health
712-225-2129.

Your building school nurse will have free test kits available for staff in their office

No “COVID pay” available. Staff may use sick pay for an advised quarantine or an illness.