



Public Health
Prevent. Promote. Protect.
Jones County, Iowa

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Exclusion Guidance for Individuals with Symptoms Consistent with COVID-19 in School Settings

This document is intended to be used in conjunction with the guidance released by the Iowa Department of Public Health (IDPH) and the Iowa Department of Education (DOE).

Individuals (e.g., children, care providers, or staff) who have symptoms consistent with COVID-19, or otherwise determined by the school health team, will be sent home or denied entry to school buildings. The criteria in this document will be utilized to determine when they may return.

Symptoms of COVID-19 include: *New cough, shortness of breath or difficulty breathing, new loss of taste or smell OR at least 2 of the following: Fever, headache, muscle and body aches, fatigue, sore throat, runny nose, congestion, nausea, vomiting, diarrhea.* If a person has a new symptom (for example, new loss of smell only) with no other diagnosis to explain it, they should stay home and consult with their health care provider, even if it is the only symptom they are experiencing.

Confirmed COVID-19 Case: If a person tests positive for COVID-19, they should stay home until they meet the definition of recovered and are released by the appropriate public health entity. Individuals are considered recovered when at least 10 days have passed since symptoms first appeared **AND** they are fever-free for at least 24 without medication **AND** other symptoms have improved. Close contacts self-quarantine for 14 days from last exposure, given they do not develop symptoms or have a positive test result.

Probable COVID-19 Case: If a person has symptoms consistent with COVID-19 **AND** a confirmed exposure to COVID-19 without a positive test result **OR** confirmed exposure and negative test result, they should stay home until they meet the definition of recovered. Individuals are considered recovered when at least 10 days have passed since symptoms first appeared **AND** they are fever-free for at least 24 without medication **AND** other symptoms have improved. Close contacts self-quarantine for 14 days from last exposure, given they do not develop symptoms or have a positive test result.

Suspected Illness without alternate diagnosis and/or lab test: Individuals with symptoms consistent with COVID-19, but no confirmed exposure without a lab test **AND/OR** without medical evaluation and alternate diagnosis should stay home until they meet the definition of recovered. Individuals are considered recovered when at least 10 days have passed since symptoms first appeared **AND** they are fever-free for at least 24 without medication **AND** other symptoms have improved. JCPH will not recommend close contacts of an individual who is a **suspected case** self-quarantine.

Suspected Illness with alternate diagnosis and/or lab test: Individuals with symptoms consistent with COVID-19, but no confirmed exposure **AND** negative test result **OR** an alternate diagnosis by a healthcare provider may return to school when they are fever-free for at least 24 hours **AND** other symptoms have improved. JCPH will not recommend close contacts of these individuals self-quarantine.

This guidance is subject to change as more information becomes available.

| Guidance for Close Contacts of Confirmed or Probable Cases of COVID-19

Individuals (*students, staff*, siblings, household, and others*) who meet the definition of a close contact, as determined through JCPH's contact tracing procedure, of a **confirmed** or **probable** case of COVID-19 should self-quarantine for 14 days from the last exposure, given they do not develop symptoms or test positive for COVID-19. If they develop symptoms or test positive, they will need to self-isolate until they meet the definition of recovered and are released by the appropriate public health entity.

- In an elementary-level, self-contained, classroom JCPH will likely recommend self-quarantine for all staff and students who are in the classroom.
- At the middle and high school level, self-quarantine recommendations will likely be determined on a case-by-case basis.

Determining close contacts within school buildings and school organizations will require cooperation from the designated point of contact within a district or school building to access class lists and verify close contacts.

JCPH will not recommend close contacts of an individual who is a **suspected case** self-quarantine.

*Exposed staff deemed critical in a staffing shortage, as outlined on page 3 of the in the 7/30/20 [Return to Learn: Reopening Iowa's Schools Safely and Responsibly](#) document released by IDPH and DOE, may continue to work with enhanced source-control practices in place, given they were wearing adequate PPE when the exposure occurred and they remain asymptomatic. Enhanced source-control practices include the use of PPE (OSHA approved surgical masks or respirators), self-monitoring for symptoms of COVID-19, social distancing, and increased hygiene practices. If proper PPE was not worn at the time of exposure, staff should follow self-quarantine guidance for close contacts.

| Glossary

Confirmed Case: Positive PCR lab test; symptomatic or asymptomatic.

Probable Case: Symptoms consistent with COVID-19 AND a confirmed exposure, but no positive test result OR confirmed exposure and negative lab test.

Suspected Case: Symptoms consistent with COVID-19 WITHOUT confirmed exposure OR COVID-19 test result OR alternate diagnosis by healthcare provider.

Recovered: Ill individuals who were a confirmed or probable COVID-19 case are considered recovered when they have been fever free for at least 24 hours **AND** other symptoms have improved **AND** at least 10 days have passed since the first symptom began.

Close Contact: Within 6 feet of a confirmed or probable case for >15 minutes during infectious period.

Infectious period for Confirmed or Probable Case(s): 48 hours before illness started until the patient is fever free for at least 24 hours **AND** other symptoms have improved **AND** at least 10 days have passed since symptom onset.

Personal Protective Equipment (PPE): Defined as OSHA approved surgical masks or respirators. Although evidence does suggest cloth face coverings provide some level of protection, they are not approved as PPE at this time and would not prevent the need for the 14-day quarantine.

This document was created by Jones County Public Health in collaboration with school health representatives from Anamosa, Monticello, and Midland Community School Districts.

This guidance is subject to change as more information becomes available.