

Dear Parent or Guardian:

This letter is to inform you that your child has been exposed to COVID-19 on [date] in their [classroom/school building]. The individual who tested positive is no longer in the building per CDC isolation guidelines. We would strongly encourage your symptom-free student to continue attending school. We recommend all exposed students wear a mask indoors and monitor for symptoms.

According to the CDC, COVID-19 symptoms may appear 2-14 days after exposure to the virus. Anyone who appears ill, or states they have been ill, should follow the isolation guidelines for individuals ill with COVID-19 (fever free for at least 24 hours AND other symptoms have improved AND at least 10 days have passed since the first symptom began).

People with the following symptoms may have COVID-19:

<p>2</p> <p>OF THE FOLLOWING:</p> <p>Headache Body Aches Chills Sore Throat Nausea Vomiting Diarrhea Sinus Congestion/Runny Nose</p>	<p>OR</p>	<p>1</p> <p>OF THE FOLLOWING:</p> <p>Fever of 100+ New Cough Shortness of Breath Difficulty Breathing Loss of Taste or Smell</p>
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You may choose to contact your child's primary care provider to discuss if they should be tested. You may also request a free at-home test kit at <https://www.testiowa.com>. If you do have your child tested, it must be at least 48 hours after their exposure. If your child develops symptoms within the 14 days, regardless of if they have already been tested, contact your healthcare provider, as they may want to test your child.

If you would like information on COVID-19 vaccination, please visit <https://www.vaccines.gov>.

If you have any questions, please contact the [school nurse] or [school administration].