

Anamosa School District Covid-19 Guidance

(Revised 3/10/2022)

Calculating Isolation

Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected. If you have COVID-19 or have symptoms, isolate for at least 5 days.

<p>IF YOU Tested positive for COVID-19 or have Covid symptoms and are not tested, regardless of vaccination status</p> <p><u>Covid symptoms:</u> <u>One of the following:</u> *New cough *Shortness of breath *Difficulty breathing *Loss of taste or smell</p> <p>Or <u>2 or more following:</u> *Fever100+ *Headache *Body aches *Chills *Sore Throat *Nausea *Vomiting *Diarrhea *Sinus Congestion *Runny nose</p>	<p>Stay home for at least 5 days</p> <p>Stay home for 5 days and <u>isolate</u> from others in your home.</p> <p>Wear a well-fitted mask if you must be around others in your home.</p> <p>Eat alone.</p>	<p>Ending isolation if you had symptoms</p> <p><u>End isolation after 5 full days</u> and may return on day 6 IF you are fever-free for 24 hours (without the use of fever-reducing medication) AND your symptoms are improving.</p> <p>Ending isolation if you did NOT have symptoms</p> <p><u>End isolation after at least 5 full days</u> after your positive test.</p> <p>If you were severely ill with COVID-19 or are immunocompromised You should isolate for at least 10 days. <u>Consult your doctor before ending isolation.</u></p>	<p>Take precautions until day 10</p> <p>Wear a mask</p> <p>Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.</p>
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Following CDC guidelines and Anamosa Schools' expectations, students and staff returning after a 5 day isolation will be expected to wear a well-fitted mask for 5 days while at school or around others at school events. Meals will be eaten in an isolated area away from others.

Please continue to notify the school nurses if you have any Covid symptoms, or test positive. Any student called in ill or given no reason on the nurse's/attendance line will receive a follow up phone call to clarify symptoms/reasoning.

If experiencing symptoms and receive a negative COVID test or take a home test that is negative, a copy of the results are requested. Positive test results requested as well.