



COUNTY OF POLK
Health Department
www.polkcountyiowa.gov

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Dear Parent/Guardian:

This letter is to inform you that your student has been identified as a close contact to someone with a laboratory confirmed case of COVID-19 (an infection caused by 2019 Novel Coronavirus). COVID-19 is a contagious respiratory disease. You can become infected by coming into close contact (about 6 feet) with a person who has COVID-19. COVID-19 is primarily spread from person to person by respiratory droplets when an infected person coughs, sneezes, or talks.

Please follow these recommendations if your student is experiencing symptoms:

- **Symptoms of COVID-19** can include the following: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting or diarrhea.
- **Call your student's health care provider as soon as possible** and tell the health care provider that your student was exposed to someone with COVID-19 to talk about your student's health and can get tested for this infection.
- **Your student will need to be quarantined for 14 days even if they are tested for COVID-19 and the test is negative.** Quarantine keeps someone who was in close contact with a COVID-19 positive person from others. This means your student needs to stay home from school and all other activities outside of your home (such as afterschool activities, trips to the grocery store, or playing at another house). A person who has come in contact with someone who has a positive case of COVID-19 can develop symptoms from 2 to 14 days after their last contact together. This is why your student will need to be quarantined for 14 days.
- **If your student is tested for COVID-19 and the test is positive** during the 14-day quarantine period, your student will need to stay home and isolate from others for at least ten (10) days after symptoms first appeared and 24 hours or one day with no fever (without taking any fever-reducing medications) and symptoms of COVID-19 are improving. Call your healthcare provider if you have questions about your student's symptoms or if symptoms are getting worse.
- If symptoms become severe, seek emergency medical care immediately.

Please follow these recommendations if your student does NOT have symptoms:

- If symptoms do not exist, it is not recommended that your student is tested.
- **Your student will need to be quarantined for 14 days.** Quarantine keeps someone who was in close contact with a COVID-19 positive person from others. This means your student needs to stay home from school and all other activities outside of your home (such as afterschool activities, trips to the grocery store, or playing at another house). A person who has come in contact with someone who has a positive case of COVID-19 can develop symptoms from 2 to 14 days after their last contact together. This is why your student will need to be quarantined for 14 days.
- During this time, check your student's temperature twice a day and watch for symptoms of COVID-19.
- If symptoms develop, please contact your student's health care provider.

A COVID-19 Fact Sheet and When to Quarantine Hand-Out is enclosed for more information on the disease. If you have questions, please call (515) 286-3890 and talk with one of the Communicable Disease Nurses at the Polk County Health Department.

Sincerely,

Sue Boley, BSN; Sarah Kreft, BSN; Courtney Murphy, BSN; Carolyn Schaefer, BSN; and Kay Taylor, LPN
Polk County Health Department – Communicable Disease Team Nurses