

ALTA-AURELIA ILLNESS AND COVID-19 STAFF AND STUDENT RECOMMENDATIONS

2022-2023

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.

EXPOSED TO COVID

Vaccinated and Unvaccinated, asymptomatic contacts

May return to school and please monitor for symptoms.

COVID-19 TESTING OPTIONS

Individual provider 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. COVID tests are readily available at your local pharmacy, or covid.gov

ALTA-AURELIA CSD

Alta-Aurelia CSD general message to families, students, and staff is to stay home if you are not feeling well.

Students or staff 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. Administration may require a note from 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

District guidelines are 24hr fever free without the aid of Tylenol, Ibuprofen before returning to school. Masks are not required, but may be worn at any time.