

12/3/2020

The CDC/Iowa Department of Public Health released new options to shorten a quarantine period today. These new guidelines apply to those that have been exposed to a positive COVID-19 case and remain asymptomatic.

- If you have been exposed to COVID-19 **AND** have no symptoms **AND** get tested on or after day 5 of your quarantine **AND** test negative, you only need to quarantine for 7 days from the date of exposure.
- If you have been exposed to COVID-19 **AND** have no symptoms **AND** choose not to get tested, you only need to quarantine for 10 days from the date of exposure.
- If you have been exposed to COVID-19 **AND** are having symptoms, you should continue your 14 day quarantine and get tested.
- If you test positive at any point, you should isolate for 10 days from symptom onset or date of test (whichever occurred first).

Read the science and background behind these guidelines at

<https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

Symptom monitoring and masking should continue for the 14 days even if quarantine is shortened.

Please remember that symptoms of COVID-19 vary greatly. Common symptoms are loss of taste or smell, fatigue/tiredness, cough, runny nose and fever. We've also had people report headaches, muscle aches, diarrhea, irritated eyes, sinus pressure and chest pain. Not everyone will experience each of these symptoms and some may only have a mild onset of 1 or 2 symptoms. COVID can mimic seasonal allergies or a mild cold. Be aware of what your body is telling you, treat mild symptoms seriously, and stay home even when you are mildly ill.

Please call your school nurse Jenny Gettler RN(Elementary) at 712-624-8696 or Tamra Ruff BSN RN(High School) at 712-624-8645 or call Mills County Public Health at 712-527-9699 for additional guidance or questions.