



November 13, 2020

Parents/Guardians:

Below is new guidance received from Linn County Public Health. Please see the new policy and how this will affect students and staff when they need to quarantine. Effective 11-12-20 at 10:00, Linn County Public Health will be utilizing CDC close contact recommendations for COVID-19.

Close contact is defined as:

- Being within 6 feet of someone who has COVID-19 for a total of **15 minutes or more in a 24 hour period**, starting from 2 days before illness onset or testing.
- Living in the same household as a person diagnosed with COVID-19.
- Direct physical contact with the person (hugged or kissed them)
- Being sneezed, coughed, or somehow got respiratory droplets on you from a COVID-19 infected individual.

Close contact includes all of the above, regardless of mask use.

Close contacts will be expected to quarantine for 14 days after the last exposure. Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their local health department.

If a close contact develops symptoms of COVID-19, or tests positive for COVID-19, he/she should isolate. Isolation is used to separate someone who is infected with the virus away from others, even in their home. People who are in isolation should stay home until it's safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific "sick room" or area and using a separate bathroom (if available) until the following criteria is met:

No fever for at least 24 hours (without the use medicine that reduces fevers)

AND

other symptoms have improved (for example, when cough or shortness of breath have improved)

AND

at least 10 days have passed since symptoms first appeared

Please let us know if you have any questions. Take care and stay safe,

Amy Smith
Elementary Principal

Jason McLaughlin
MS/HS Principal

Tim Cronin
Superintendent