



Public Health
Prevent. Promote. Protect.

Warren County Health Services

COVID-19 FAQ for Schools grades K-12

1. What are the symptoms of COVID-19?

- According to the CDC, COVID-19 symptoms may appear 2-14 days after exposure to the virus. People with these symptoms or combinations of symptoms may have COVID-19:
 - i. Cough
 - ii. Shortness of breath or difficulty breathing
- Or at least two of these symptoms:
 - iii. Fever
 - iv. Chills
 - v. Repeated shaking with chills
 - vi. Muscle pain
 - vii. Headache
 - viii. Sore throat
 - ix. New loss of taste or smell
- According to the CDC, children may be less likely to have fever, may be less likely to present with fever as an initial symptom, and may have only gastrointestinal tract symptoms.

2. What are the isolation requirements for COVID-19? (As of 7/9/2020)

- Persons with symptoms of COVID-19 should self-isolate (this includes persons who test PCR positive and persons with symptoms who are not tested) until the following 3 things have happened:
 - i. They have no fever for at least 72 hours (3 full days) of no fever without the use of fever reducer medication (i.e. ibuprofen or Tylenol)
 - ii. Other symptoms have improved
 - iii. At least 10 days have passed since their symptoms first appeared
- Person with symptoms of COVID-19 who are tested and test PCR negative AND who are NOT a close contact of a person who tested positive for COVID-19, can go back to daily activities 24 hours after their fever and other symptoms are resolved.
- Persons with symptoms of COVID-19 who are tested and test PCR negative AND who ARE a close contact of a person who tested positive for COVID-19, should continue to self-quarantine until 14 days after their last exposure to the confirmed case.
- Persons who are PCR positive for COVID-19, but do NOT experience symptoms should self-isolate until BOTH:
 - i. At least 10 days have passed since the date of the first positive test AND

ii. They continue to have no symptoms since the test

3. Who is considered a close contact?

- A contact is defined as being less than 6 feet away from someone for more than 15 minutes

4. How long is someone considered infectious?

- Infectious period for asymptomatic cases is defined as 48 hours before through 10 days after the first date the patient tested positive for COVID-19 infection.
- Infectious period of symptomatic cases is defined as 48 hours before illness started until the patient is fever free for at least 72 hours, without taking fever reducing medication (for example ibuprofen or Tylenol), AND other symptoms improve AND at least 10 days have passed since the first symptoms began.

5. Who can I call with questions about COVID-19?

- Your local county health department can answer questions about COVID-19. Warren County Health Service's phone number is (515)-961-1074.

6. If a parent of a student tests positive, what isolation/quarantine needs to take place?

- The student(s) living in the house will need to self-isolate for 14 days after the last contact with the infected person.
- Should the student develop symptoms or test positive, they will follow the guidelines of isolation for 10 days after the symptoms began or positive test date and can return to school after the 10 days if they are fever free, without fever reducing medications (for example ibuprofen or Tylenol), for 72 hours.

7. What if my student was in a classroom with another student whose parent was a positive COVID-19 case?

- Only persons with direct contact with a positive case will need to self-isolate. The students in contact with other students who are not positive cases will not need to self-isolate.

8. What if my student sits next to another student who tested positive for COVID-19?

- Anyone who was within 6 feet of a student who tested positive for more than 15 minutes in the 48 hours before the test will need to self-isolate for 14 days. Your individual school will have guidance on remote learning.

9. Will masks be required to be worn by all students?

- At this time, masks are recommended to be worn by all persons when social distancing 6 feet apart is not possible.

10. Where can I get tested?

- Testing is being done in Des Moines at Test Iowa centers. Check testiowa.com for sites available for testing.

11. What is the serology/antibody testing? How is this different from the other COVID-19 test?

- The serology/antibody testing is a blood draw test (similar to having routine blood work at a doctor's office) that is for those who may have had COVID-19 infection previously and have recovered. It is not a way to test for a current infection.
- The PCR test is a nasal swab (similar to how a flu test is done) that indicates if someone is currently infected with COVID-19.

12. What if I have questions about testing?

- You can call the Warren County Health Services at (515)-961-1074 or your or your child's health care provider.

13. Where can I get up-to-date numbers regarding positive cases in the state and my county?

- <https://coronavirus.iowa.gov/> updates their website with the number of positive cases in the state and by county. This website also has information on Test Iowa locations, food resources, and updated guidance as changes are made.

14. How can myself and my student help reduce the risk of transmission of COVID-19?

- Staying home if symptoms of COVID-19 begin.
- Regular hand washing using soap and water for at least 20 seconds when available and hand sanitizer containing at least 60% alcohol when soap and water are not available. Hand washing is recommended after you have been in a public space, or after blowing your nose, coughing, or sneezing.
- Cleaning high contact surfaces such as door handles and countertops.
- Maintain 6 feet of separation when possible and wearing a face cloth covering when social distancing is not possible.
- Covering you cough and sneezes.
- Avoid touching your eyes, nose, and mouth.
- Avoiding close contact if you are at higher risk for getting very sick from COVID-19.

15. Who Should Not Wear a Cloth Face Covering?

- Cloth face coverings should not be worn by:
 - i. Children younger than 2 years old
 - ii. Anyone who has trouble breathing
 - iii. Anyone who is unconscious, incapacitated, or otherwise unable to remove the cloth face covering without assistance

16. How do I know if myself or my child is at higher risk for COVID-19?

- People of any age with certain underlying medical conditions are at increased risk for severe illness from COVID-19:
 - i. Chronic kidney disease
 - ii. Immunocompromised state (weakened immune system) from solid organ transplant
 - iii. COPD (Chronic Obstructive Pulmonary Disease)
 - iv. Obesity (body mass index [BMI] of 30 or higher)
 - v. Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
 - vi. Sickle cell disease
 - vii. Type 2 diabetes mellitus
- Children who are medically complex, who have neurologic, genetic, metabolic conditions, or who have congenital heart disease are at higher risk for severe illness from COVID-19 than other children.
- People with the following conditions **might be at an increased risk** for severe illness from COVID-19:
 - i. Asthma (moderate-to-severe)
 - ii. Cerebrovascular disease (affects blood vessels and blood supply to the brain)
 - iii. Cystic fibrosis

- iv. Hypertension or high blood pressure
- v. Immunocompromised state (weakened immune system) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines
- vi. Neurologic conditions, such as dementia
- vii. Liver disease
- viii. Pregnancy
- ix. Pulmonary fibrosis (having damaged or scarred lung tissues)
- x. Smoking
- xi. Thalassemia (a type of blood disorder)
- xii. Type 1 diabetes mellitus

17. How do I know if it is safe for my student to play sports?

- The CDC has these points to consider when evaluating risk for your student:
 - i. Physical closeness of players, and the length of time that players are close to each other or to staff. Sports that require frequent closeness between players may make it more difficult to maintain social distancing, compared to sports where players are not close to each other.
 - ii. Amount of necessary touching of shared equipment and gear (e.g., protective gear, balls, bats, racquets, mats, or water bottles).
 - iii. Ability to engage in social distancing while not actively engaged in play (e.g., during practice, on the sideline, or in the dugout).
 - iv. Age of the player. Older youth might be better able to follow directions for social distancing and take other protective actions like not sharing water bottles.
 - v. Players at higher risk of developing serious disease.
 - vi. Size of the team. Sports with a large number of players on a team may increase the likelihood of spread, compared to sports with fewer team members.
 - vii. Nonessential visitors, spectators, volunteers. Limit any nonessential visitors, spectators, volunteers, and activities involving external groups or organizations.
 - viii. Travel outside of the local community. Traveling outside of the local community may increase the chances of exposing players, coaches, and fans to COVID-19, or unknowingly spreading it to others
- <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

18. Where can I find more guidance for considering if my child should return to school?

- <https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Return-to-School-During-COVID-19.aspx>
- <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-planning-considerations-return-to-in-person-education-in-schools/>
- <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html>