

COVID INFORMATION 2021/2022 SCHOOL YEAR FOR STAFF

We are concerned at the high number of COVID positive cases this past month. **Starting January 31**, the following guidelines will be utilized. We are thankful to keep the school doors open for teaching and learning. We will need everyone to do his or her part to stopping the spread of COVID. Perry Community School District follows the Iowa Department of Public Health guidelines and recommendations.

Practicing good hygiene, monitoring for symptoms, and staying home when you are ill are the best ways to prevent the spread of COVID.

Here are some frequent question and answers that we hope will help provide clarification.

If you test positive for COVID what should you do?

- Notify the school as soon as possible, so we can identify the return to school date.
- Any staff member with a positive test result is required to stay home for 5 days. Length of isolation based on symptom status.
- **Staff may end isolation after day 5 if they are symptom free, willing and able to wear a mask consistently and correctly through day 10.**

If someone in your home tests positive or you have been directly exposed to a positive case, what should you do?

- Notify the school as soon as possible so we can help guide your next steps.
- If you have no symptoms, you can return to school but **must wear a mask** for 10 days following last exposure and monitor for symptoms.
- If one or more symptoms develop, you must stay home and recommended testing between 5 and 7 days after exposure. You can return to school once symptoms have improved and have had no fever for 24 hours without the use of fever reducing medication. You **must wear a mask** when you return. Check with the nurse on the number of days to wear a mask.
- Symptoms to monitor for include cough, shortness of breath, loss of taste and/or smell, fever, runny nose, headache, fatigue/body aches, sore throat, nausea/vomiting/diarrhea and stay home when you are ill.

Options for testing in and around Perry are:

- **Hy-Vee:** You must go online to register to complete a self-test. Results typically are received in 5-7 days.
- **Dallas County Public Health:** You can go to any office and pick up a free test kit. You complete the test at home and send it in via USPS. You will receive results in 2-3 days.
- **Self-tests from Medicap pharmacy:** You can purchase two test kits for around \$35.00 that you complete at home. Directions and information on test results are included with the test kits.
- **GS labs in Des Moines:** You must go online (<https://gslabstesting.com/covid-rapid-testing-des-moines/>) to register an appointment