



The CDC continues to recommend staying home and away from others for the entirety of the 14-day quarantine as the BEST way to reduce the risk of spreading COVID-19.

Quarantine Alternative Option 1: Quarantine can be reduced to 10 days

What do I need to do to qualify for this option?

- Remain healthy and without symptoms or other clinical evidence of COVID-19 for the entire 10 days.
 - This means no cough, shortness of breath or difficulty breathing, loss of taste and/or smell, headache, body aches, runny nose, stuffy nose, congestion, sore throat, nausea, vomiting, diarrhea, fever, fatigue.
 - Having any one of these symptoms will disqualify a person from the shortened quarantine period.
- Perform self-wellness checks and continue to monitor for symptoms through day 14.
- Continue to use all other recommended mitigation strategies *as much as possible* including wearing a mask, social distancing, frequent handwashing, and limiting community outings.
- Immediately self-isolate, separate from others, and contact healthcare provider or Polk County Health Department if symptoms develop.

Quarantine Alternative Option 2: Quarantine can be reduced to 7 days with evidence of a negative COVID-19 diagnostic specimen test

What do I need to do to qualify for this option?

- Remain healthy and without symptoms or other clinical evidence of COVID-19 for the entire 7 days.
 - This means no cough, shortness of breath or difficulty breathing, loss of taste and/or smell, headache, body aches, runny nose, stuffy nose, congestion, sore throat, nausea, vomiting, diarrhea, fever, fatigue.
 - Having any one of these symptoms will disqualify a person from the shortened quarantine period.
- A lab specimen must be collected on or after day 5 of quarantine. **Date may be collected:** _____
- A copy of the lab report indicating a negative test must be provided to the school by the parent/guardian/staff member. Report must include name, location of specimen collection, date collected, and result.
- Quarantine must last the entire 7 days, even if a negative result is obtained before day 7.
- Perform self-wellness checks and continue to monitor for symptoms through day 14.
- Continue to use all other recommended mitigation strategies *as much as possible* including wearing a mask, social distancing, frequent handwashing, and limiting community outings.
- Immediately self-isolate, separate from others, and contact healthcare provider or Polk County Health Department if symptoms develop.

Southeast Polk Community School District follows Public Health guidance for determining quarantine and isolation protocols, which may differ from what your primary care provider advises. Please work with your school nurse in determining the best quarantine option.

Individuals with mask exemptions must continue to quarantine for the full 14 day period.

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