

## COVID-19 Q & A

COVID-19 is still spreading in Iowa communities-which means it is still a threat to your health and the health of your family. The virus is still new, and there is always new information coming out about it. We are going to give you the best information we have at this time.

### What are the symptoms of COVID-19?

- Fever
- Cough
- Chills
- Muscle pain
- Shortness of breath or difficulty breathing
- Sore throat
- Loss of taste or smell

As we learn more about the symptoms of COVID-19 we will continue to update the list. For the most up to date list visit [COVID-19 Symptoms from CDC](#)

### What steps can I take to prevent my child from getting COVID-19?

You can talk with your child about taking steps every day to prevent getting sick.

- Help them wash their hands often or demonstrate the proper way to wash your hands for 20 seconds using soap and warm water.
- Help them avoid close contact with people who are sick, even inside your own home.
- Remind them to stay 6 feet apart from other people
- Cover mouth and nose with a cloth face cover when they are around others.
- Teach your child to clean and disinfect frequently touched surfaces daily (especially phones and remote controls)
- Help your child monitor their own health by knowing what symptoms to watch for and taking their own temperature (if age appropriate)
- If your child takes medication at school, it may be worth discussing with your health care provider if time release medication is an option. Limiting the amount of trips to the health office will reduce your child's exposure to any type of illness from other students.

### How long does it take for symptoms to start?



Based on Guidance from CDC and Linn County Public Health  
Linn-Mar Health Services  
Updated 8/25/2020

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It can take up to 14 days for people with COVID-19 to start showing symptoms. Some people have very mild symptoms. Some people become really sick and some people with COVID-19 do not get sick at all.

### **Why does my child need to stay home?**

Your child will need to stay home for these reasons;

- They have symptoms of COVID-19
- They have been tested for COVID-19 (while waiting for test results)
- They have been exposed to someone who tests positive for COVID-19

Keeping students who are ill and keeping students who have been exposed to COVID-19, can help stop the spread of the virus. It is possible for people who do not have symptoms to spread the virus to others.

### **What does isolation and quarantine mean?**

These are terms that public health scientists use to describe why someone needs to stay home. They are public safety tools that have been around for centuries to stop the spread of germs.

**Isolation** means keeping sick people away from healthy people. This usually means that the sick person rests in their own bedroom or area of their home and keeps away from everyone else as best as they can.

**Quarantine** means separating people who were exposed to a sick person away from others. Because someone can spread Covid-19 before they have symptoms, quarantine stops them from accidentally spreading the virus to other healthy people. Usually people who are in quarantine stay at home and avoid being around others.

### **How do I know if my child was around someone who was sick?**

Linn-Mar and Linn County Public Health Department will work together to coordinate communication to staff and families while maintaining confidentiality. Linn County Public Health Department will be giving direction on what the guidance is for your child and family.

### **What if my child gets sick at school or shows COVID-like symptoms at school?**

When a student becomes ill at school, students will need to be picked up within thirty minutes. This will not only reduce your child's exposure from others in the health office but will help prevent the exposure to others, as well.



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It will be important for parents/guardians to be thoughtful on who the emergency contacts are and if they are able to be around an ill child. It will also be essential to keep emergency contact information updated to ensure that children are picked up within that thirty minute time frame.

### **What does *close contact* exactly mean?**

At this time, close contact is defined as being less than 6 feet and for longer than 15 minutes from a person who is positive for COVID-19. This contact should be considered if it was within 48 hours of the start of the person's symptoms.

Examples of close contact could be; sharing the same drinking glass or straw; sharing the same eating utensil; touching the person or things that may have that person's germs on them, such as (dirty tissue, or the person coughing or sneezing on you).

### **What if my child came in close contact with someone who tested positive for COVID-19?**

1. Self-quarantine
2. Call your healthcare provider and/or Linn County Public Department 319-892-6000
3. Follow the guidance/directions they have given you

### **What if we live with someone who tests positive for COVID-19?**

If a member of the student's household (family or not) is positive for COVID-19, the student is considered exposed and must be in quarantine.

1. Self-quarantine
2. Call your healthcare provider and/or Linn County Public Department 319-892-6000
3. Follow the guidance/directions they have given you

### **What if my child that had close contact with someone with COVID-19 gets sick but isn't tested for COVID-19?**

Your child should stay home in isolation until they get better and all of the following criteria have been met:



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### **How long does my child need to stay home if they test positive OR a doctor says they likely have COVID-19?**

If your child has symptoms they should stay at home and away from others as much as possible until all three of these criteria have been met:

1. No fever for at least 24 hours (without the use of medicine that reduces fevers).
2. Other symptoms have improved. For example, when their cough or shortness of breath has improved.
3. At least 10 days have passed since their symptoms first started.

### **What if my student becomes sick but tests negative for COVID-19?**

They should stay home until they are feeling better and they have not had any fever for at least 24 hours without the use of any medications to lower the fever.

If they visit a doctor and they tell you your child has something other than COVID-19 (such as influenza or strep throat) then you should:

1. Follow your doctor's guidelines and:
2. When your child does return to school, bring a doctor's note with them.

### **How do I talk to my student about staying home from school and COVID-19?**

- Remain calm while talking
- Turn off your phones
- Let them know they are safe
- Let them know it's ok to feel upset
- Make yourself available to listen and talk
- Avoid language that might blame or stigmatize others
- Pay attention to what children might be hearing on TV or in the media
- Provide truthful and developmentally appropriate information
- Talk about new actions that may be taken at school to help protect your child and staff



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Linn-Mar has collected COVID-19 related resources that can be located at <https://tinyurl.com/wecareaboutyou>. There are multiple resources listed for parents/guardians on talking with kids of all ages about COVID-19.



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