



When do I need to go home?

If you have...

2+ of these symptoms:

- headache
- muscle/body aches
- fatigue
- sore throat
- runny nose
- vomiting
- diarrhea

1+ of these symptoms:

- fever of 100.4
- new cough
- new loss of taste or smell
- shortness of breath or difficulty breathing

Or if you have been in close contact (within 6 feet for 15+ minutes) of someone with COVID-19 without both individuals wearing face MASKS* consistently and correctly.

When can I return to school/work?

If you have...



with NO Symptoms

Return to school when you have no symptoms for 10 days after testing. If symptoms develop, see guidelines for "WITH Symptoms."

WITH Symptoms

Return to school 10 days after illness starts AND 24+ hours have passed since fever without fever-reducing medications AND all other symptoms have improved.



a CLOSE CONTACT

No quarantine necessary.

Self-monitor for symptoms for 14 days.

a CONFIRMED case

Close contact starts 48 hours before the person began to feel sick. No self-quarantine necessary if both individuals were wearing face MASKS* consistently and correctly. If both individuals were NOT wearing face MASKS*, self-quarantine until 14 days after the last exposure.



and are NOT a close contact

Return to normal activities 24 hours after a fever and other symptoms have resolved.

and ARE a close contact

Close contact starts 48 hours before the person began to feel sick. No self-quarantine necessary if both individuals were wearing face MASKS* consistently and correctly. If both individuals were NOT wearing face MASKS*, self-quarantine until 14 days after the last exposure.



TESTED, waiting for results

Must self-quarantine at home. Return after 24+ hours have passed since last fever without fever-reducing medications AND all symptoms have improved, AND 10 days since symptoms appeared.

did NOT get tested for COVID-19

Must self-quarantine at home. Return to school 10 days after illness starts AND 24+ hours have passed since fever without fever-reducing medications AND all other symptoms have improved.



health care provider confirmed pre-existing condition and/or diagnosis NOT COVID-19

Follow specific return guidance from the health care provider or follow the WDMCS illness guidelines.

*Based on Sept. 29, 2020, guidance from Iowa health agencies, a close contact no longer needs to quarantine for 14 days IF the close contact AND the person who tested positive for COVID-19 were properly wearing face MASKS during the time of exposure. The close contact must also monitor for symptoms and not return if symptoms start.

This new change only applies if BOTH people are wearing face MASKS. If someone chooses to wear a gaiter or face shield, they will need to quarantine for 14 days if they are ever identified as a close contact.