

Dear Parents and Guardians,

On December 31st, 2021, The Centers for Disease Control and Prevention (CDC) had changed the guidelines for COVID-19. They have shortened the isolation and quarantine period for the public. The State of Iowa has notified our local Public Health that they are following the current CDC's recommendations.

The current recommended guidelines for an individual that **TESTS POSITIVE** for COVID-19 are:

- ***“Stay home for 5 days”***
- ***“If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house. If you have a fever, continue to stay home until your fever resolves.”***
- ***“Continue to wear a mask around others for additional 5 days.”***

The current recommended guidelines for a student or staff member who has been **EXPOSED** to an individual with COVID-19 are:

- ***“If a case of COVID-19 is identified in a school, exposed students and teachers should CONSIDER staying home in accordance with public health best practices to monitor for symptoms. If a student or teacher becomes symptomatic they should stay home while ill and consider getting tested.”***

In best practice with the current CDC and Iowa Department of Public Health's recommendations, we ask that you notify the school of your student's positive COVID-19 test result, and isolate your child for 5 days. If asymptomatic or symptoms are resolving after the 5 days, return to school and continue to wear a mask for an additional 5 days to minimize infections within our schools.

We appreciate your patience as we navigate these new guidelines. We will continue to keep all of our N-K families updated as we know more, please reach out to the school nurse if you have any questions.