



# Starmont Community School District

STrawberry Point • ARlington • LaMONT

3202 40<sup>th</sup> Street • Arlington, Iowa 50606-8199

**Superintendent**  
(563) 933-4598

**Middle/High School**  
(563) 933-2218

**Elementary School**  
(563) 933-2238

**District Fax**  
(563) 933-2134

Dear Parents:

The guidance below has been adopted by the State of Iowa and the Starmont School District. Some of this information has already been listed as past guidance. However, the highlighted information is new to our district as of December 4, 2020.

Today, CDC has issued new quarantine guidance that will apply to ALL settings, including schools and long-term care facilities. IDPH will be following this recommendation as well.

See the CDC link below for details. More information from IDPH will be shared once we receive it.

Overall, if an individual is deemed having a close contact with a positive COVID-19 individual:

- Quarantine can end after Day 10 without testing and if no symptoms have been reported during daily monitoring.
- *When diagnostic testing resources are sufficient and available*, then quarantine can end after Day 7 if a diagnostic specimen tests negative and if no symptoms were reported during daily monitoring. The specimen may be collected and tested within 48 hours before the time of planned quarantine discontinuation (no sooner than Day 5 after exposure), but quarantine cannot be discontinued earlier than after Day 7.
  - Individuals must secure testing themselves and not through public health. Please note that many providers are not testing individuals without symptoms, and this may not change due to testing resources. Test Iowa can still be utilized.

**Anyone currently in quarantine can adopt this new guidance that becomes effective immediately.**

<https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

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Other reminders:

Local public health authorities determine and establish the quarantine options for their jurisdictions. **Quarantine** is used to keep someone *who might have been exposed to COVID-19* away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

Quarantine or isolation: What's the difference?

**Quarantine** keeps someone who might have been exposed to the virus away from others.

[Isolation](#) keeps someone who is infected with the virus away from others, even in their home.

**Who needs to quarantine?**

**People who have been in [close contact](#) with someone who has COVID-19—excluding people who have had COVID-19 within the past three months.**

People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to three months as long as they do not develop symptoms again. People who develop symptoms again within three months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

**What counts as [close contact](#)?**

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils

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- They sneezed, coughed, or somehow got respiratory droplets on you

## Steps to take

### Stay home and monitor your health

- Stay home for 14 days after your last contact with a person who has COVID-19
- Watch for fever (100.4°F), cough, shortness of breath, or [other symptoms](#) of COVID-19
- If possible, stay away from others, especially people who are at a [higher risk](#) for getting very sick from COVID-19

### After stopping quarantine, you should

- Watch for symptoms until 14 days after exposure.
- If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.
- Wear a mask, stay at least 6 feet from others, wash their hands, avoid crowds, and take other steps to [prevent the spread of COVID-19](#).

CDC continues to endorse quarantine for 14 days and recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus. CDC will continue to evaluate new information and update recommendations as needed. See [Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing](#) for guidance on options to reduce quarantine.

Thank you,

Troy L. Heller, Superintendent

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