

# COVID-19 ISOLATION GUIDELINES

## For Early Childhood Providers

Updated 7/30/20

EveryStep  
Community Health

### What situations require self-isolation?

- Individuals with symptoms of COVID-19 should self-isolate (this includes persons who test PCR positive and persons who are not tested)
- Individuals who test PCR positive for COVID-19 but do not experience symptoms



### When can I return to the program if I am excluded for illness or test PCR positive for COVID-19?

Individuals with symptoms of COVID-19 should self-isolate until after these three things have happened:

- They have had no fever for at least 24 hours **AND**
- Their other symptoms have improved **AND**
- At least **10** days have passed since their symptoms first appeared



Persons who test PCR positive for COVID-19 but do not experience symptoms should self-isolate until:

- At least 10 days have passed since the date of the first positive test **AND**
- They continue to have no symptoms (no cough or shortness of breath) since the test

### How do I self-isolate?

Stay home and do not go to public areas

- Postpone all travel and non-essential medical appointments
- Plan to stay in a specific room, away from others (including animals), in your home
- Wash your hands often and watch for new/worsening signs and symptoms of illness
- Work with your healthcare provider and local public health professionals for illness management



### When would I need to quarantine?

- If you have had direct contact (within 6 ft for 15 consecutive minutes), with anyone who has tested PCR positive for COVID-19
- Any international travel or travel on a cruise ship, including river cruises

### When to start and end quarantine?

- You should stay home for 14 days after your last contact with a person who has COVID-19
- If you've had direct contact with an individual with COVID-19, even if you test PCR negative you must continue to quarantine since symptoms can appear 2 to 14 days after exposure to the virus.
- If you are quarantined and had additional close contact or cannot avoid continued close contact with someone who has COVID-19 (household contact), you must quarantine for 14 days from date of additional contact or 14 days after the person with COVID-19 meets the criteria to discontinue home isolation.
- For quarantine scenarios, visit: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

### When should I receive COVID-19 testing?

- Testing is recommended (not required) for direct contacts of an individual who has tested PCR positive for COVID-19
- Individuals interested in testing should contact their health care provider or go to the Test Iowa website at [www.testiowa.com](http://www.testiowa.com)

### When can I return to the program if I tested negative for COVID-19?



If you have COVID-19 symptoms and tested PCR Negative:

- And have had **NO close contact** with a person who tested PCR Positive for COVID-19

You may go back to daily activities **24 HOURS** after your fever and other symptoms resolve (*without use of fever reducing medication*).

If you have COVID-19 symptoms and tested PCR Negative:

- **But you have had close contact** with a person who tested PCR Positive for COVID-19

You should continue to quarantine until **14 DAYS** after your last exposure to that person.

### Who should I contact with questions?

(click on the links below if viewing this document as a PDF)

- ▶ [Local Child Care Nurse Consultant](#)
- ▶ [Local public health department/ Iowa Department of Public Health](#)
- ▶ [DHS Consultant](#)

To stay informed, please visit the following:

- ▶ [Iowa Department of Public Health \(IDPH\) COVID-19](#)
- ▶ [Healthy Child Care Iowa](#)
- ▶ [DHS COVID-19](#)
- ▶ [Centers for Disease Control \(CDC\)](#)
- ▶ [Centers for Disease Control \(CDC\) Guidance for Child Care Programs that Remain Open](#)
- ▶ [Iowa CCR&R](#)

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United Way of Central Iowa



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# OUTBREAK MANAGEMENT

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**An Outbreak** is considered to be **3 OR MORE** positive COVID-19 tests in staff or children that live in separate households within a 14-day period.

## COVID-19 Symptoms may appear

2-14 days after exposure.

A person with these symptoms may have COVID-19:

- ✓ Fever (100.4 and above)
- ✓ Cough
- ✓ Shortness of breath
- ✓ Sore throat or any other respiratory symptom
- ✓ Headache
- ✓ Chills
- ✓ Fatigue
- ✓ Muscle or Body Aches
- ✓ New loss of taste or smell



Visit CDC's website for a complete list of symptoms and updates:  
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

## Illness Reporting and Procedures for Positive COVID-19 Cases

- All programs must follow the DHS COVID-19 Case Reporting and Outbreak Responsibilities for Child Care Centers and Homes:  
<https://dhs.iowa.gov/sites/default/files/IDPH%20DHS%20COVID-19%20Public%20Case%20Reporting.pdf?062320202058>
- All licensed child care centers and homes are required to notify DHS (within the same business day) when staff or children have a positive viral test for COVID-19
- All close contacts should be identified and instructed to quarantine for 14 days from last exposure to confirmed case
- Notify all child care families of COVID-19 cases, maintaining confidentiality of the individual(s) who tested positive.
- Child Care Centers and Homes should be deep cleaned in accordance with COVID-19 cleaning guidance:  
<https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>

## Short-Term Closure



There may be situations when it is in the best interest of the child care program to implement a short term closure:

- Consider closure based on availability of staff or other factors
- DHS and IDPH may require closure in special situations

