

DES MOINES CHRISTIAN **HEALTH AND COVID PROCEDURES FAQ**

The Health and COVID Procedures FAQ will help answer questions you may have regarding illness and COVID-19 during the 21-22 school year. Recognizing the changing nature of the virus, these plans will be reviewed, and updates will be communicated as needed. We will remain flexible and adapt wisely to any changing conditions for the protection of our campus community.

To maintain your health and the health of others, please continue to sanitize and clean spaces you use frequently, practice good hygiene by washing hands regularly, and stay home if you are feeling sick. Please contact the nurse's office if you have additional questions at 515-334-2244 or email jevans@dmcs.org or sversteeg@dmcs.org.

What should I do if my student is feeling ill?



Assess

your student's health, including [COVID-19 symptoms](#).



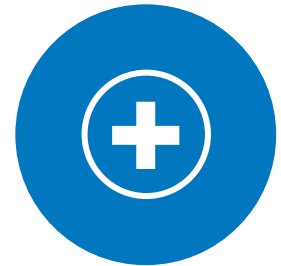
Stay Home

if not feeling well.



Inform

the DMC nurses or the school office of the absence due to illness through the DMC app or Lion Campus.



Seek Care

from your family healthcare provider if necessary for further guidance before returning to school.

The doctor decided to test my student for COVID. What should we do while we wait for results?

- Your student will need to stay home until test results are received.
- The Polk County Health Department states that the rest of the family in the household may continue with normal activities (school, work, etc.) during this waiting period.

NEGATIVE

When can my student return to school?

If your student has no symptoms and is feeling well, they may return as soon as they receive the negative test result. If your student has symptoms, your student may return once fever-free for 24 hours and symptoms have improved.

POSITIVE

What should I do?

Parents should notify the DMC nurses or their school office when their child tests positive for COVID. Follow the recommendations from your physician. Students who test positive for COVID-19 can return to school if they have no symptoms or symptoms are resolving after 5 days. If a student has a fever or is not feeling well, continue to stay home until symptoms resolve. Iowa Department of Public Health recommends continuing to wear a mask around others for 5 days, though this is not required.

Someone in my household tested positive for COVID. My student does not have COVID symptoms or a positive COVID test. Can my student attend school?

- Yes, your student may attend school if they do not have symptoms. The Iowa Department of Public Health recommends, but does not require, quarantine for those who are knowingly exposed to COVID.
- Monitor for symptoms of COVID-19 for 14 days following an exposure.

How does DMC handle a COVID exposure at school?

- For Early Education and Elementary students, an email notification will be sent to the class affected. This is the same procedure DMC currently uses for other illnesses, such as strep.
- Families with students in grades 6-12 should operate with the knowledge that COVID is active in our local community. Please continually monitor for symptoms, practice good hygiene and keep students who are feeling ill at home.