

## IDPH Guidelines (as of 12/27/2021)

Norwalk School District will be following the IDPH recommendations for isolation for positive COVID-19 cases. Per the new guidelines:

Everyone who tests positive for COVID-19, regardless of vaccination status, should:

- Stay home for 5 days (Onset of symptoms is considered day zero.)
- If you have no symptoms or your symptoms are resolving after five days, you can return to school. (This would be day 6.) If you have a fever or symptoms are not improving, continue to stay home.
- If symptoms are resolving, wear a mask for five additional days. (This will go through day 10 and return to normal on day 11.)
- If a mask cannot be worn, isolation will need to be the full 10 days with return on day 11.

If someone has been exposed to COVID-19, it remains best practice to wear a mask during the following 10 days, test on day 5, if possible, or if symptoms develop, test and stay home.

---

IDPH guidelines are listed [here](#), then click on “**Controlling Spread**” tab at the top of the description.

The screenshot shows the IDPH Epi Manual website. The top navigation bar includes the Iowa logo, 'Services', 'Agencies', and 'Social' links, along with a search icon. Below this is the 'IDPH Epi Manual' header. The main content area is titled 'Topic Content' and features a 'Topic List' on the left with a tree view of categories like 'Epi Manual', 'Titles and Introductions', 'Laws & Quarantine Orders', etc. The main content area is for 'COVID-19 (SARS-CoV-2)' and has three tabs: 'Disease Information', 'Reporting & Investigation', and 'Controlling Spread'. The 'Controlling Spread' tab is circled in red, with a red arrow pointing to it from above. The content under this tab includes the text: 'A. Persons who test positive for COVID-19 are recommended to stay home until they are no longer infectious. If you test positive for COVID-19 and have symptoms, isolate for at least 5 days. Day 0 is your first day of symptoms.' and a bullet point: '• You can end isolation after 5 full days if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved (Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).'