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regina.org

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Along with the support of our parishes and pastors

ST. MARY OF THE VISITATION
Fr. Steve Witt

ST. PATRICK
Fr. Joseph Sia

ST. THOMAS MORE
Fr. Charles Adam

ST. WENCESLAUS
Fr. Gary Beckman

Dear Regina Parent/Guardian:

This letter is to inform you that, per Johnson County Health Department (JCHD) guidelines, your child is considered a close contact with a member of the school community who has tested positive for COVID-19. The last date of known exposure was (Insert Date).

The guidance from JCHD recommends that close contacts who are not fully vaccinated AND were not wearing masks at the time of exposure should quarantine for 10-14 days. However, because masking is not required, it is impossible for Regina staff and administration to verify who is or is not properly wearing masks at school. Since we are unable to accurately assess mask use for all students, we will not be able to confirm that students were wearing masks at the time of exposure. Therefore, the modified guidance from JCHD is as follows:

1. Students who are fully vaccinated do not need to quarantine but should monitor for symptoms and stay at home if they develop.
2. Students who are not fully vaccinated but have been diagnosed with COVID-19 within the past 90 days and recovered do not need to quarantine but should monitor for symptoms and stay home if they develop.
3. Students who do not fall into one of the two categories above should quarantine. Families should consider getting their child tested for COVID-19 five (5) days after the exposure to determine if they became infected. Those with a negative test may return to school after seven (7) days of quarantine. Without a test, students may return after day ten (10) of quarantine but should wear a mask through day 14. ***Please Note: Tests must be conducted at viable testing sites, not an over-the-counter test.***

During quarantine, close contacts should:

- Remain isolated from family if possible
- Not go to school or work
- Not have any public outings like going to church, stores, or school events
- Monitor for symptoms (fever, new cough, shortness of breath, new headache, sore throat, loss of taste/smell, nausea, vomiting, diarrhea)
- Seek medical evaluation if symptoms develop
- Remain quarantined so if symptoms do appear, others will not be exposed
- Consult with medical provider and JCHD regarding testing and quarantine length

Per the Center for Disease Control & Prevention (CDC), symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

Fever or chills	Cough	Shortness of breath/difficulty breathing
Fatigue	Headache	Muscle or body aches
Sore throat	Diarrhea	New loss of taste or smell
Congestion	Runny nose	Nausea or vomiting

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

Trouble breathing	Persistent pain or pressure in the chest
New confusion	Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone
Inability to wake or stay awake	

Please call your medical provider for any other symptoms that are severe or concerning to you.

Sincerely,

A handwritten signature in blue ink that reads "Joy M. Kelly".

Joy M. Kelly, Ed.S.
Head of School