



Administration Center
15732 Howard Street
Plainfield, IL 60544

(815) 577-4000 – telephone
(815) 436-7824 – main fax

8/28/2020

Updated Important Information about COVID-19 Case

Dear Parents and Guardians,

As you know, you received a letter on 8/26/2020 that your child potentially had direct exposure to an individual who was diagnosed with COVID-19. **Since that date, another individual associated with the Boys' Cross-Country Team was diagnosed, and the County Health Department has additional recommendations.**

1. The Illinois Department of Public Health is now recommending that anyone directly exposed to an individual with COVID-19 gets tested.
2. Your child is required to self-quarantine until September 5th, regardless of test results
3. The first date your child can return to athletics is September 8th
4. You must provide the District with a Release from Isolation letter for your child issued by your Local Health Department

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

Symptoms typically appear between 2 and 14 days. Most people start showing symptoms 2-14 days after being exposed to the virus. People with these symptoms may have COVID-19:

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

The CDC and the Health Department asks that you and your child complete the symptom tracker below twice a day. If your child comes down with symptoms, seek medical attention. The CDC recommends staying away from other people, especially people who are at higher risk for getting very sick from COVID-19.

Please remember the importance of basic hygiene, most especially covering your mouth when coughing or sneezing. People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available
- Cover your mouth and nose with a cloth face cover when around others

You can find more information about Coronavirus on the CDC website. <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Thank you

Direct Exposure Self-Monitoring Symptom Tracking

Name: _____ School: _____

The CDC and the Health Department is recommending self-quarantine for **14 days from the date of exposure**. Symptoms may appear 2 to 14 days after exposure to the virus. You will need to self-quarantine until the date indicated in the letter regardless of a negative COVID-19 Test or if you feel healthy. During this time, the CDC and the Health Department asks that you complete the symptom tracker below twice a day. The CDC recommends staying away from other, especially people who are at higher risk for getting very sick from COVID-19. During the quarantine time if you develop symptoms please call your health care provider for further guidance. https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fif-you-are-sick%2Fquarantine.html

Day # (from last contact)	1		2		3		4		5		6		7	
Date														
AM or PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Temperature														
Felt feverish	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Cough	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Sore Throat	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Difficulty breathing/shortness of breath	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Muscle aches/headache	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Abdominal discomfort	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Vomiting	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Diarrhea	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N

Day # (from last contact)	8		9		10		11		12		13		14	
Date														
AM or PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Temperature														
Felt feverish	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Cough	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Sore Throat	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Difficulty breathing/shortness of breath	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Muscle aches/headache	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Abdominal discomfort	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Vomiting	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Diarrhea	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N

If your child is diagnosed with Coronavirus, he/she will need to stay home until they are no longer contagious as determined by the Illinois Department of Public Health.