DUPAGE COUNTY HEALTH DEPARTMENT
Everyone, Everywhere, Everyday

111 N. County Farm Rd., Wheaton, IL 60187

Date: January 27, 2022, 2021

Dear Butler Junior High School Students, Families, and Staff,

The school nurse has recently been notified of a coronavirus disease 2019 (COVID-19) case.

At this time, the Illinois Department of Public Health (IDPH) and the DuPage County Health Department (DCHD) are closely monitoring COVID-19 in Illinois to assess exposures and the level of risk to individuals who may have been exposed. Based on the information known and guidance from Centers for Disease Control and Prevention (CDC), this has been determined to be a **low-risk** exposure.

For persons in the category of **low-risk contacts** (e.g., being in the same indoor environment [e.g., a classroom, a hospital waiting room] as a person with COVID-19 for a prolonged period of time but **not** meeting the definition of close contact) who are without symptoms, no movement restriction is currently advised other than physical distancing recommendations.

Although your risk of COVID-19 from this exposure is considered to be low, in the setting of a pandemic with a high level of community transmission in Illinois, you are asked to **self-monitor** for the following symptoms:

- Cough
- Shortness of breath or difficulty breathing*
- Fever
- Chills
- Repeated shaking with chills (rigors)
- Muscle or body aches
- Confusion or change in mental status*
- Headache
- Sore throat
- New loss of taste or smell
- Nausea or vomiting
- Diarrhea
- Fatigue
- Congestion or runny nose
- Persistent pain or pressure in the chest*
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone*
- Inability to wake or stay awake*

*If you are showing any of these signs, seek emergency medical care immediately.

Regardless of COVID-19 vaccination status, if you develop symptoms within 14 days of this exposure, please do the following:

- **Stay home while ill** (self-isolation) except to get medical care, separate yourself from other people, **get tested** (testing site information is available here), and **monitor** your symptoms.

-More-

- **If your test result is positive, isolate at home for 10 days** and contact your healthcare provider.
  - You will still need to follow guidance at your workplace and local businesses.
- **Stay in touch with your healthcare provider**; call ahead before you get medical care.
- You should **wear a mask over your nose and mouth** if you must be around other people or animals, including pets, even at home. (You don't need to wear the mask if you are alone.)
- **Cover** your coughs and sneezes.
- **Clean** your hands often.
- **Avoid sharing** personal household items.
- **Clean** all "high-touch" surfaces every day.

DCHD also recommends these steps to reduce your risk of getting and spreading COVID-19:

- **Get a COVID-19 vaccine** as soon as possible when eligible, if not already vaccinated. In addition to being fully vaccinated**, follow the steps below as well.
- **Wear** a mask over your nose and mouth when you are indoors with people you do not live with and when you are unable to stay at least 6 feet apart since COVID-19 spreads mainly among people who are in close contact with one another.
- **Stay** at least 6 feet away from people who don't live with you.
- **Avoid** crowded areas and poorly ventilated spaces.
- **Wash** your hands often with soap and water, or use hand sanitizer with at least 60% alcohol.

**Fully vaccinated people can participate in many of the activities that they did before the pandemic. People are considered fully vaccinated 2 weeks after their second dose in a 2-dose series, such as Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine, such as Johnson & Johnson's vaccine. To maximize protection from the Delta variant and prevent possibly spreading to others, wear a mask indoors in public if you are in an area of substantial or high transmission.

If you have additional questions regarding this low-risk COVID-19 exposure, please contact your school health staff at nurse@butler53.com**.** More information is available at the following websites:

CDC: https://www.cdc.gov/coronavirus/2019-ncov/index.html
IDPH: http://dph.illinois.gov/covid19
DCHD: www.dupagehealth.org/covid19

We are committed to providing your child and school staff with a safe and healthy environment. Thank you for your understanding and ongoing cooperation with COVID-19 prevention practices that protect our school community.

Sincerely,

DuPage County Health Department