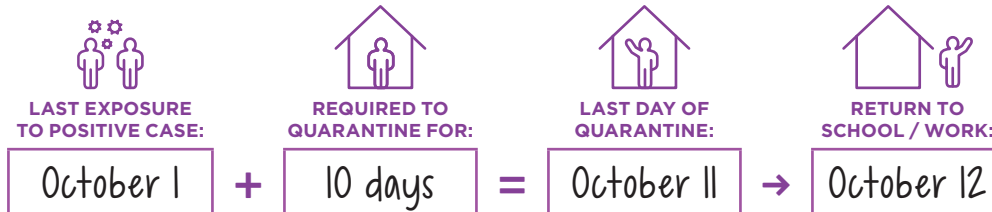


A GUIDE TO HOW THE NUMBER OF QUARANTINE OR ISOLATION DAYS ARE CALCULATED

Scenario One:

CONFIRMED EXPOSURE per guidance from the Iowa Department of Public Health

SELF-QUARANTINE for 10 calendar days after last exposure to positive case



NOTE: If an individual receives a negative COVID-19 test administered on day 5 of their quarantine or later AND remains without symptoms, they may return to school or work on day 8 with appropriate documentation.

last exposure to positive case = day 0

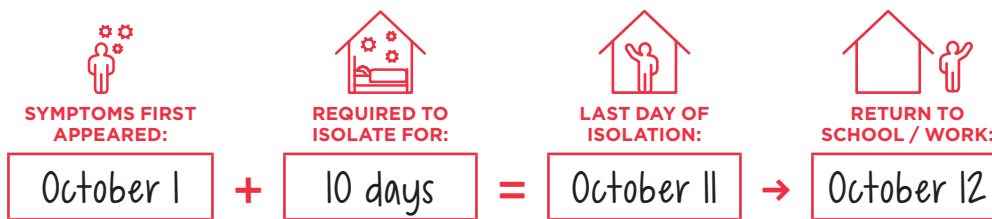
October 2020

Su	Mo	Tu	We	Th	Fr	Sa
				1 0	2 1	3 2
4 3	5 4	6 5	7 6	8 7	9 8	10 9
11 10	12 ✓	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Scenario Two:

POSITIVE TEST RESULT (individual is symptomatic)

SELF-ISOLATE for 10 calendar days following the onset of symptoms



symptoms first appeared = day 0

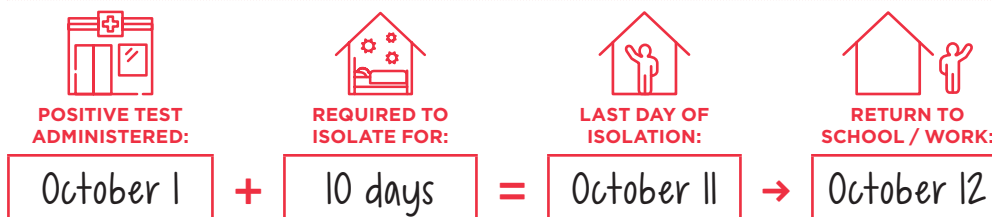
October 2020

Su	Mo	Tu	We	Th	Fr	Sa
				1 0	2 1	3 2
4 3	5 4	6 5	7 6	8 7	9 8	10 9
11 10	12 ✓	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Scenario Three:

POSITIVE TEST RESULT (individual is asymptomatic)

SELF-ISOLATE for 10 calendar days from the date the positive test was administered



positive test administered = day 0

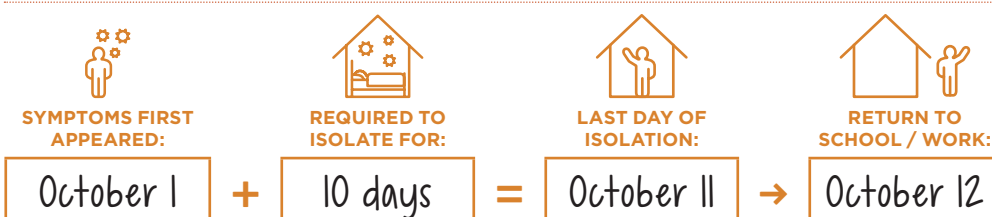
October 2020

Su	Mo	Tu	We	Th	Fr	Sa
				1 0	2 1	3 2
4 3	5 4	6 5	7 6	8 7	9 8	10 9
11 10	12 ✓	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Scenario Four:

NO EVALUATION by a licensed medical healthcare provider

SELF-ISOLATE for 10 calendar days following the onset of symptoms



symptoms first appeared = day 0

October 2020

Su	Mo	Tu	We	Th	Fr	Sa
				1 0	2 1	3 2
4 3	5 4	6 5	7 6	8 7	9 8	10 9
11 10	12 ✓	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31