

Dear Parent or Guardian,

Your child may have been exposed to a person with COVID-19 at [SCHOOL / CLASS / ACTIVITY]. The South Dakota Department of Health (SD-DOH) is investigating the COVID-19 case and will notify you if your child is confirmed as a close contact. The COVID-19 virus is spread from person-to-person, mainly through respiratory droplets produced when an infected person coughs or sneezes. Spread is more likely to occur when people are near each other (within 6 feet for at least 15 minutes). Symptoms of COVID-19 include:

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

Recommendations:

1. **Answer the call** the SD-DOH will contact you to provide recommendations and guidance specific to your child's quarantine period and COVID-19.
2. **Be watchful for symptoms** suggestive of COVID-19 illness that may appear in your child during the next 14 days.
3. **Keep your child at home** Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. Quarantine periods are 14 days from the last contact with the person who has COVID-19. The DOH will contact you to provide recommendations and guidance specific to your child's quarantine period and COVID-19.
4. **Take precautions to avoid illness**, including:
  - a. Wash you hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer
  - b. Cover your mouth and nose with a cloth face cover when around others
  - c. Avoid close contact with people who are sick
  - d. Refrain from touching your eyes, nose, and mouth
  - e. Cover your coughs and sneezes with a tissue
  - f. Clean frequently touched surfaces and objects
  - g. Individuals at higher risk for severe COVID-19 illness, such as older adults or people who have chronic medical conditions like heart, lung, or kidney disease, should take actions to reduce your risk of exposure  
[\(<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>\)](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html)

If you bring your child to a healthcare provider for COVID-19 evaluation, please bring this letter with you. For more information on COVID-19, South Dakota's Information Line can be reach at (800) 997-2880 or visit <https://covid.sd.gov/>.

Sincerely,

*Molly Satter, MSN, RN*

Senior Coordinator of Health Services  
Sioux Falls School District  
Instructional Planning Center  
201 E 38th St  
Sioux Falls, SD 57105

605-367-7933  
[molly.satter@k12.sd.us](mailto:molly.satter@k12.sd.us)