

## Additional COVID 19 Resources

1. Self-assessment for COVID 19 as stated by the CDC and the Missoula Health Department; Symptoms may appear 2-14 days post exposure to the virus. Individuals 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

For further information in regards to COVID 19 symptoms please follow the link provided; <https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf>

2. Recommendations and guidance for COVID 19 close contact, positive cases and quarantine/isolation criteria as stated by the CDC and the Missoula Health Department;

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

<https://www.aamc.org/media/53711/download>

If a student is considered a close contact or is exhibiting signs of COVID 19 please contact the Missoula Health Department at 406-258-INFO for reporting, questions or help locating a COVID 19 testing site.

Administrators of DeSmet will work closely with the Missoula Health Department in regards to contact tracing and cases of COVID among students and staff.

3. Guidance on safely returning to school after a close contact or contracting COVID 19;
  - DeSmet school administration will be working closely with the Missoula Health Department to ensure students and staff who have tested positive for COVID 19 or have been determined a close contact return safely after completing the proper isolation/quarantine time and or a negative test.

Always feel free to call DeSmet administration should you have any questions; 406-549-4994.