

Dear Regina Families,

Regina Catholic Education Center wants to update and remind families about our procedures as we are experiencing an increase of COVID-19 cases affecting Regina, the county, and the state. We appreciate all of your efforts in helping us to be successful this school year.

MASKS REQUIRED IF WEARING A FACE SHIELD

New evidence shows that face shields are far less effective than face masks at reducing the spread of the virus that causes COVID-19. The CDC **does not recommend face shields as a stand-alone face covering**. Therefore, face shields are only allowed at Regina when worn in combination with a mask or double layer gaiter. All students and staff in grade levels Pre-K through 12 must wear a face mask. A person can continue to wear a face shield, but must have a mask on as well. Face shields do a good job of protecting the wearer, but do not protect others in the room as effectively as a mask. This change was approved by Regina's Return-to-Learn Committee.

QUARANTINES

While quarantines have begun to affect the school, we still have had less than 6 students and less than 6 staff (we do not release exact numbers for <6 per the guidance from the IA Dept. of Education) test positive for the virus in each of our school levels - Preschool, Elementary, Jr/Sr High. Our procedures and your attention to our guidelines have helped us to be successful. We want that to continue and we ask your help in keeping us on track.

If you or a family member is feeling sick, please use extra caution in sending your sons or daughters to school. If you suspect that you or your student might have been exposed to COVID-19 or you are going to get a test for COVID-19, please self-isolate your family from school until you have more information. Students can switch to online learning for a day or two as you find out more about your exposure to COVID-19.

Anyone on quarantine should limit contact with any individuals, including family members, and stay at home. Any Regina student or staff on quarantine is not allowed to attend any Regina activities or events.

WHEN CAN PEOPLE PASS COVID-19 TO OTHERS

COVID-19 infected people can pass it to others from 48 hours before they get sick (symptomatic) until 10 days after they get sick - or longer if their fevers persist or other symptoms have not improved by 10 days, in which case they should contact their healthcare provider about when it is safe to return to school. If people test positive for COVID-19 infection and never get sick (asymptomatic), assume that they could pass it to others from 48 hours before they were tested until 10 days after they were tested.

EXPOSURES

Everyone is expected to fully cooperate with public health investigations of persons testing positive for COVID-19. All students, staff, and teachers who have been within 6 feet of the person testing positive for COVID-19 for more than 15 cumulative minutes, should self-quarantine for 14 days after their last exposure. Exposed students, staff, and teachers should stay home and away from others during the 14 day period of self-quarantine. These individuals should self-monitor for symptoms related to COVID-19, and they should contact their healthcare provider if they feel ill.

If a student or staff member has been exposed, the student and staff member should stay home for 14-days and keep a safe distance from other members of the household. However, the rest of the household doesn't have to quarantine, unless they too were exposed to the infected person.

WEBSITE UPDATE

In an effort to provide transparency and updated information regarding COVID-19 at Regina Catholic Education Center, the COVID-19 tab on the main www.regina.org site has been divided into three pages: COVID-19 Info, School Status & Update, COVID-19 Resources.

The COVID-19 Info page has all the information shared with parents regarding our COVID-19 communications and policies.

The School Status & Update page shows the current number of positive cases among students and staff, along with the number of current students and staff who are quarantined. In order to ensure privacy of our families per the Iowa Department of Education Guidance, Regina will report "<6" (less than 6) for the number of students or staff positive or quarantined. If there are more than 6 in any category that number will be reported.

The COVID-19 Resources includes links to information and guidance from the CDC, Iowa Department of Public Health, and other organizations related to COVID-19.

HOW TO ALERT REGINA ABOUT A POSITIVE COVID-19 TEST OR DIRECT EXPOSURE

During School Hours: You should email or call your school level administrator.

Regina Jr/Sr High Principal, Glenn Plummer: glenn.plummer@regina.org or 319-338-5436

Regina Elementary Principal, Celeste Vincent: celeste.vincent@regina.org or 319-337-5739

Regina Early Childhood Director, Barbara Meyer: barbara.meyer@regina.org or 319-337-6189

Before or After School Hours and over the Weekend:

Please fill out this [form](#) to alert Regina Catholic Education Center that your student has either tested positive for COVID-19 or has had a confirmed exposure to someone else who has

tested positive. (The information that you provide will only be used by school personnel to help us to do contact tracing and help to protect other children and staff in our school community.)