

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

Date: \_\_\_\_\_, 2021

Dear \_\_\_\_\_ staff, students, and families,

The \_\_\_\_\_ 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 without illness 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](#)), there is currently no movement restriction beyond physical distancing recommendations.

Although your risk of COVID-19 from this exposure is considered to be low, in the setting of a pandemic with widespread 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 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 (for testing site information please visit: <https://www.dupagehealth.org/601/COVID-19-Testing-in-DuPage-County>), and monitor your symptoms.

**STAY SAFE  
DUPAGE**



- Stay in touch with your healthcare provider; call ahead before you get medical care.
- If you are sick, wear a mask over your nose and mouth.
- Cover your coughs and sneezes.
- Clean your hands often.
- Avoid sharing personal household items.
- Clean all “high-touch” surfaces every day.

**If you have additional questions regarding this low-risk COVID-19 exposure, please contact your school health staff at \_\_\_\_\_.** 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](http://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 our COVID-19 prevention practices that protect our school community.

Sincerely,

DuPage County Health Department

