

## **COVID contact/diagnosis information**

### **If your cadet is diagnosed with COVID:**

First, please send the test result/link to the school nurse, Paige Dolan, RN. She will email you with some questions and some other information. A few days after the positive test result, DPH will (should) end up calling you about your cadet testing positive. The number could be (302) 446-4262, or may say DE PUBLICHEALTH on your caller ID. It is a lengthy call, but, if you can, please complete the call. At the end they will ask you if you want the "every 3 days" follow up to be text or email. You may choose whatever you wish, but text is easy. They should also ask you about a **clearance letter**. Please say **yes**. If they do not ask about the letter, then **please ask them**. Once your cadet is cleared to discontinue isolation, you should get a link for a clearance letter. Please **send that link** to me once you have it. This letter is **important** for your cadet to return to in-person learning. This is strictly to return to school, not for sports. Please contact the Athletic Trainer to get the Return to Sports after COVID protocol. If you do not get a call within 5 days after the test, please let the school nurse know so she can get in contact with DPH.

### **If your cadet was in close contact with someone who tested positive for COVID:**

Whether someone in the cadet's household tested positive, or they were around someone who tested positive, please contact the school nurse to discuss whether or not your cadet will need to quarantine. Your cadet may need to quarantine for 10 days after the last date of exposure. On day 6 or 7 after exposure, it is suggested to get tested for COVID. If the test is negative and no symptoms appeared over the 10 days, they may return to school and sports on day 11.

If you have any questions, please contact the school nurse.