



Black Hawk County Health Department
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(319) 291-2413 • www.BHCPublicHealth.org

Childcare Guidance

Protecting Yourself and Others

- The Black Hawk County Health Department recommends that face coverings be worn in indoor settings particularly in situations when social distancing of 6ft cannot be maintained
- Staff and children should be tested if they are experiencing **1 High Risk** symptom or **2 or more Low Risk** symptoms:
 - **High Risk Symptoms:** new cough, new loss of taste or smell, shortness of breath or difficulty breathing
 - **Low Risk Symptoms:** fever, headache, fatigue, muscle and body aches, sore throat, runny nose, nausea, vomiting, diarrhea
- Staff and children should Isolate at home if they tested positive for COVID-19 in the past 10 days or are experiencing **1 High Risk** symptom or **2 or more Low Risk** symptoms.
- Children are advised to quarantine at home after being exposed. However, parents may decide to have their child return to childcare after considering their child's risk of developing COVID-19.
- Fully vaccinated staff do not need to quarantine at home after being exposed, but they should be tested 3-5 days after exposure and continue to wear a mask in indoor public settings.
- Regular cleaning should be done in shared spaces and frequently touched surfaces. Staff should use cleaning products correctly and wear appropriate personal protective equipment during use.

Testing

There are 2 types of COVID-19 test, a **PCR** test and a **Rapid** test. A **PCR** test takes longer (1-3 days) but is more accurate. This type of test is needed if you are traveling out of the United States. A **Rapid** test takes less time (around 30 minutes), but should only be done on a symptomatic individual.

At-home **PCR** test kits can be picked up at the following locations. Go to testiowa.com for more information.

- **Hawkeye Student Health Clinic:** 1501 E Orange Road, Waterloo, IA, 50701
- **Peoples Community Health Clinic:** 905 Franklin St, Waterloo, IA, 50703
- **ACE-SAP Free Clinic:** 207 Logan Ave, Waterloo, IA, 50703

Retail pharmacies have **PCR** tests and some may also have **Rapid** tests. Retail pharmacies include: CVS, Hy-Vee, and Walgreens. Visit their website or call ahead to make an appointment.

Healthcare providers may also carry COVID-19 tests. Staff and parents can talk to their healthcare provider to see if they can get tested for COVID-19.