

Iowa Gym-Nest has a protocol in place for sending and keeping children home from IGN when they are ill. We follow this protocol to make sure that children are given an adequate amount of time and rest to get well before returning to IGN, and to prevent the spread of germs to other children and staff. Please help to keep IGN a healthy environment by following these simple rules:

- Keep your child home from IGN when they have any symptoms of illness including, but not limited to cough, runny nose, rash, headache, or upset stomach.
- Keep your child home from IGN when they have a fever of 100 (F) or greater and for 24 hours after the fever has gone away, without fever-reducing medication.
- Keep your child home from IGN when he/she has diarrhea and/or vomiting and for 24 hours after these symptoms have occurred.

IGN will continue to follow the CDC guidelines for Covid-19. These are being updated frequently and IGN will update our policies to adhere to these policies. IGN’s policies as of January 2022 are:

<p>If your child was exposed to COVID-19 and are NOT up-to-date on COVID-19 vaccinations</p>	<p>Quarantine for at least 5 days</p> <p>Stay Home Stay home and quarantine for at least 5 full days. Do NOT come to the gym</p> <p>Get Tested Even if the child doesn’t develop symptoms, they should get tested at least 5 days after the last close contact with someone with COVID-19</p>	<p>After Quarantine</p> <p>Watch for symptoms Watch for symptoms until 10 days after the last close contact with someone with COVID-19</p> <p>If they develop symptoms Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others. Do NOT come to the gym</p>	<p>Take precautions until day 10</p> <p>Wear a mask Wear a well-fitted mask for 10 full days</p> <p>Avoid being around people who are at high risk</p>
<p>If your child was exposed to COVID-19 and IS up-to-date with COVID-19 vaccinations</p>	<p>No Quarantine</p> <p>The child can come to the gym unless they develop symptoms</p> <p>Get Tested Even if the child doesn’t develop symptoms, they should get tested 5 days after the last close contact</p>	<p>Watch for symptoms Watch the child for symptoms until 10 days after the last close contact with someone positive for COVID-19</p> <p>If they develop symptoms Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others. Do NOT come to the gym</p>	<p>Take precautions until day 10</p> <p>Wear a mask Wear a well-fitted mask for 10 full days</p> <p>Avoid being around people who are at high risk</p>

<p>If your child tested positive for COVID-19 or has symptoms, regardless of vaccination status</p>	<p>Stay home for at least 5 days Stay home for 5 days and isolate from others. Do NOT come to the gym.</p> <p>Wear a well-fitted mask if around others.</p>	<p>Ending isolation if the child had symptoms The child may end isolation and return to the gym after 5 full days, if they are fever-free for 24 hours (without fever-reducing medication) and symptoms are improving.</p> <p>Ending isolation if the child did NOT have symptoms The child may end isolation and return to the gym after a minimum of 5 full days after the positive test.</p> <p>If the child was severely ill with COVID-19 The child may not return to the gym until a minimum of 10 full days of isolation. A doctor's clearance must be obtained prior to returning to the gym.</p>	<p>Take precautions until day 10</p> <p>Wear a mask Wear a well-fitted mask for 10 full days</p> <p>Avoid being around people who are at high risk</p>
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Thank you for doing your part in keeping our students, staff, and customers healthy and happy!