



RESPONSE TO COVID-19 EXPOSURE*



While we have practices in place to keep our students, team, and families safe, we also have protocols to follow if a student or staff member tests positive for COVID-19, is exposed to COVID-19 through close contact with someone who has tested positive for COVID-19, or has symptoms of COVID-19.

If your child has been exposed through close contact with someone who has tested positive for COVID-19 or is presumed to be a positive case while at school, you will be notified by your child's school by phone and/or email. Please make sure that the school has an accurate phone number and email address for you.



YOU SHOULD KEEP YOUR CHILD HOME FROM SCHOOL IF:

- The answer to any of the Student Health Screening Questionnaire questions is "YES;"
- Your child or any member of your household is waiting for the results of a COVID-19 test;
- Your child or any member of your household tests positive for COVID-19;
- Your child or any member of your household has been notified of an exposure through close contact with an individual confirmed to have a positive case of COVID-19; or
- Your child or any member of your household is exhibiting COVID-19-like symptoms, including:
 - Fever (100.4 degrees Fahrenheit or higher) or feeling feverish (chills, sweating)
 - New cough
 - Shortness of breath or difficulty breathing
 - Muscle aches or body aches
 - New loss of taste or smell
 - Headache
 - Sore throat
 - Nausea
 - Vomiting or diarrhea
 - Fatigue
 - Congestion or runny nose



YOUR CHILD SHOULD QUARANTINE FOR 14 DAYS IF:

- Any member of your household tests positive for COVID-19;
- Any member of your household has been notified of an exposure through close contact with an individual confirmed to have a positive case of COVID-19; or
- Any member of your household is exhibiting COVID-19-like symptoms.

If your child tests positive for COVID-19, he or she should be isolated for 10 days from the date the symptoms started or the date of your child's COVID-19 test. Days should be counted as follows:

- **Day 0:** date that symptoms begin
- **Day 1:** isolation period (begins the day after symptoms begin)
- **Days 2-10:** isolation period
- **Day 11:** return to school (the day after the isolation period ends)

Students should only return to school if there is an overall improvement in their symptoms and the student has been fever-free for 24-hours without the use of fever-reducing medication.

WHY QUARANTINE FOR 14 DAYS?

Because the incubation period for COVID-19 is 2-14 days after exposure, you could receive a negative test result on day 5 and a positive test result on day 10. This 14-day quarantine will ensure that you are not unknowingly passing this virus to others.

During quarantine, you should continue to monitor for symptoms. If symptoms develop, you should shift from quarantine to isolation. (In isolation, the individual stays away from other people even within the home.)

FOR EXAMPLE:





WHAT DO I DO IF...

My child has a positive COVID-19 test result or is showing COVID-19-like symptoms.

- Your child should not come to school or participate in school activities.
- You should contact your child’s school to shift your child to distance learning.
- You should tell the school about “close contacts” your child may have had if applicable.

Your child may return to school if:

- Ten days have passed since the positive test result or onset of symptoms; AND
- Your child’s symptoms have improved; AND
- Your child has not had a fever for at least 24 hours without taking fever-reducing medicines.
- You must contact your child’s school before sending your child back to in-person classes.

My child is exposed to someone who tests positive for COVID-19 or has a member of the household who is showing COVID-19-like symptoms or tests positive for COVID-19.

- Your child should not come to school or participate in school activities.
- You should contact your child’s school to shift your child to distance learning.
- You should contact your healthcare provider for guidance.
- You should monitor your child for symptoms and quarantine him or her for 14 days.

Your child may return to school if:

- Your child has completed their 14-day quarantine period.
- You must contact your child’s school before sending your child back to in-person classes.

My child reports having COVID-19-like symptoms during the school day.

- Your child’s teacher will take your child to an isolated area and notify the school’s healthcare professional.
- Your school’s healthcare professional will complete an evaluation to determine whether your child should go home or return to class.
- If your child is to be sent home, he or she will wait for pick-up in an isolated area under adult supervision.
- Your child’s school will contact you to pick him or her up from school; you can pick-up your child in the front office.
- You must wear a face mask covering your nose and mouth before entering the building.
- You must notify your child’s school if your child tests positive for COVID-19, and the school will begin contact tracing procedures.

If an individual has tested positive for COVID-19, they should not take another COVID-19 test for 90 days. The individual can continue to test positive because of the antibodies present within their system. They are not actively spreading the virus, but their body is still producing a response.

**Developed in consultation with the Tulsa Health Department*



EXTENDED QUARANTINE FOR HOUSEHOLDS

If a member of a household tests positive for COVID-19, then all members of the household quarantine during the positive person’s isolation period.

EXAMPLE:

