

PPS COVID-19 GUIDELINES

COVID-19 ISOLATION & QUARANTINE GUIDELINES & RECOMMENDATIONS

The following guidelines have been adopted in accordance to guidelines set forth by the CDC and Oklahoma State Department of Health.

COVID-19 STATUS

GUIDELINES

POSITIVE COVID-19 TEST & SHOWING SYMPTOMS

If you test positive for COVID-19, regardless of vaccination status, **ISOLATE**.

Stay home until ALL of the following criteria have been achieved:

1. Five days have passed since symptoms first appeared.
2. Symptoms are improving.
3. If fever is present, stay home until 24 hours have passed since fever has resolved without the use of fever-reducing medications.

Once you have met this criteria, you are released from isolation, but it is **recommended you wear a well-fitting mask for an additional 5 days when around other people.**

Wearing a mask is very important for this updated isolation guidance to prevent spread in the community.

Individuals who are unable to wear a mask should isolate for 10 days or can be exempt from the situations that prevent mask wearing (e.g., sports, choir, band, etc.). We recognize there are situations in which masks may not be worn: sports, choir, band, special needs classrooms, lunch time, and snack/break time. During these times it would be recommended to use other mitigation measures such as social distancing.

POSITIVE COVID-19 TEST & NOT SHOWING SYMPTOMS

If you test positive for COVID-19, regardless of vaccination status, **ISOLATE**.

Stay home until ALL of the following criteria have been achieved:

1. 5 days have passed since the date of your COVID-19 test was collected.
2. No COVID-19 symptoms have developed since you were tested.

If symptoms develop, it is recommended you follow the criteria for someone with COVID-19 symptoms.

Once you have met this criteria, you are released from isolation, but it is **recommended you wear a well-fitting mask for an additional 5 days when around other people.**

Wearing a mask is very important for this updated isolation guidance to prevent spread in the community.

Individuals who are unable to wear a mask should isolate for 10 days or can be exempt from the situations that prevent mask wearing (e.g., sports, choir, band, etc.). We recognize there are situations in which masks may not be worn: sports, choir, band, special needs classrooms, lunch time, and snack/break time. During these times it would be recommended to use other mitigation measures such as social distancing.



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EXPOSURE/CLOSE CONTACT TO COVID-19 & NOT SHOWING SYMPTOMS

If you have been in close contact with someone diagnosed with COVID-19 and are not having any symptoms, it is recommended to choose one of the following actions based on your vaccination or previous infection status.

Vaccination Status:

1. You have received your booster, OR...
2. You have completed the primary series of Pfizer or Moderna vaccine within the last 6 months, OR...
3. You have completed the primary series of J&J vaccine within the last 2 months, OR...
4. You were lab positive for COVID-19 within the last 90 days

You should:

- Wear a well-fitting mask around others for 10 days from your last date of exposure.
- Test on day 5 from your exposure, if possible.

If you develop symptoms, get tested and stay home.

Vaccination Status:

1. You completed the primary series of Pfizer or Moderna vaccine more than 6 months ago and are not boosted, OR...
2. You completed the primary series of J&J vaccine more than 2 months ago and are not boosted, OR...
3. You are unvaccinated or have not completed a primary vaccine series.

You should:

- It is recommended you stay home for 5 days from your last date of exposure. After that, wear a well-fitting mask around others for 5 additional days.
- If you can't quarantine, it is recommended you wear a well-fitting mask for 10 days from your last date of exposure.
- Test on day 5 from your exposure, if possible.

If you develop symptoms, get tested and stay home.

EXPOSURE/CLOSE CONTACT TO COVID-19 & SHOWING SYMPTOMS

If you have been in close contact with someone diagnosed with COVID-19 and develop symptoms, get tested and stay home.



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ASSESSING SYMPTOMATIC PERSONS FOR COVID-19

Checking students and staff for COVID-19 symptoms can pose challenges given the similarities between certain COVID-19 symptoms and seasonal allergies; challenges with younger persons recognizing when they are sick due to mild symptoms; and the fact that some persons may have COVID-19 and not have any symptoms at all.

PPS will utilize the following assessment tool provided by OSDH and OSDE to determine when someone should be kept home or sent home from school and/or tested for COVID-19:

"A" SYMPTOMS	"B" SYMPTOMS
Fever \geq 100° F	Nasal Congestion/Stuffy Nose
Sore Throat	Runny Nose
Cough	Muscle/Body Aches
Difficulty Breathing	Fatigue
New Loss of Taste or Smell	Chills
	Nausea
	Loss of Appetite
	Elevated Temperature $<$ 100° F
	New Onset of Severe Headache
	Diarrhea or Vomiting

RECOMMEND COVID-19 TESTING WHEN:

Person has 1 "A" Symptom OR

Person has 3 "B" Symptoms



Individuals exhibiting one symptom from List A or three or more symptoms from List B will not be permitted at school for five days from the onset of symptoms or with a negative COVID-19 test (performed by a medical professional) or medical doctor's statement clearing the student for return.

