

COVID-19

When Can I Be Around Others?

<p style="text-align: center;">I KNOW/THINK I HAVE COVID-19 WITH SYMPTOMS (ISOLATION)</p>	<p style="text-align: center;">I TESTED POSITIVE BUT HAVE NO SYMPTOMS (ISOLATION)</p>	<p style="text-align: center;">I WAS A "CLOSE CONTACT" OF SOMEONE WITH COVID-19 (QUARANTINE)</p>
<p>You can be around others after:</p> <p><u>10 days</u> have passed since your symptoms first appeared AND</p> <p>Symptoms have dramatically improved (cough, shortness of breath) AND</p> <p>You have been fever free for at least 24 hours (without use of fever reducing medication)</p>	<p>If you continue to have no symptoms, you can be around others after:</p> <p><u>10 days</u> have passed since you were tested</p> <p>If you develop symptoms after testing positive, follow the guidance for "I know or think I have COVID-19 AND I had symptoms"</p>	<p>You should quarantine (stay at home, monitor for symptoms) for 14 days.</p> <p>AFTER LAST EXPOSURE. This is based on the time it takes to develop illness.</p> <p>Close contact means with 6 feet of the individual for at least 15 minutes.</p>

Other Information

If a staff member or student begins exhibiting symptoms of COVID-19 during the school day, they should be isolated, sent home immediately and encouraged to be tested. These individuals should not return until they have met the “When Can I Be Around Others Guidelines.”

This quarantine period is required regardless of whether the individuals exposed were wearing a face mask. Anyone who develops symptoms during quarantine should contact their health care provider and be tested.

If a staff member or student **tests positive**, schools should follow these steps:

- Immediately isolate the individual if they are at school. Send the ill staff member home and call families to pick up sick children as quickly as possible. Plan now for a room or area where an individual can be isolated if they cannot immediately leave the premises.
- School nurses and other healthcare providers should use [Standard and Transmission-Based Precautions](#) when caring for sick people.
- Establish procedures for safely transporting anyone with severe symptoms from COVID-19 to a healthcare facility in case of an emergency. If calling an ambulance or taking someone to the hospital, try to call ahead to alert hospital staff that the person may have COVID-19.
- Contact the local county health department to report the case. If you have trouble reaching someone, phone the Oklahoma State Department of Health on-call epidemiologist at (405) 271-4060.
- Identify and close areas of the school building where the individual spent more than 30 minutes. Wait for at least 24 hours, or as long as possible, before staff disinfect the area with **approved cleaners** in accordance with CDC and Oklahoma State Department of Health guidelines.
- Work with health officials to determine if school closure is warranted and for additional measures the school must take to contain exposure.
- **Source: Above information from the Health Department and State Department of Education**
- *A negative test will only be accepted at Prague Schools if it is taken after the average incubation period of 5-6 days (the 7th day) and the person did not have direct, physical, consistent contact for more than 15 minutes with the positive person.*

All cases will be evaluated on an individual basis

Key Terms

Incubation Period	The time from exposure to a disease to development of illness. For COVID-19, this can range from 2 - 14 days, with an average of 5 - 6 days.
Isolation Period	The time an ill person is recommended to isolate while they are infectious. For COVID-19, this is a minimum of 10 days from the date symptoms start (or the date a person is tested if they don't have any symptoms).
Self-Quarantine	<p>For people without symptoms of COVID-19, but who have a higher potential of developing illness due to having close contact (≥ 15 minutes of contact in < 6 feet of space) with a confirmed case of COVID-19.</p> <ul style="list-style-type: none">*Stay home 24/7 and self-monitor for 14 days after last exposure to COVID-19 case.* Family and roommates should practice social distancing within the home.* If symptoms develop, self-isolate and seek testing to confirm COVID-19 illness.