

Key Definitions

Close Contacts are people that were within six feet for 15 minutes or more, or had more intimate contact such as hugging and sports. Close contacts are tracked from two days prior to the onset of symptoms of the positive case. School of the Osage utilizes seating charts, camera footage, and interviews with staff and students to assess.

Exclusion from School and School Activities: As directed by processes defined by local health authorities, the school notifies close contacts of persons with positive COVID-19 cases that they are excluded from school and school activities pending quarantine ruling from the governing county. If the Local County Health authority deems fit, the exclusion from school can be ended or converted to a quarantine from the county. This step serves to mitigate spread throughout the entire school population.

Quarantine means that your child must stay home and can't go to school, games/practice, shopping, or anywhere except to their health care provider or pharmacist. Only the county health department issues quarantines. Other household members or contacts to your child are not quarantined unless specifically notified by the Local County Health Director or the school. Only your child must stay home. Your child may return to school after quarantine expires unless he/she develops symptoms. Anyone with symptoms should stay home and call his/her health care provider.

Symptoms of COVID-19 vary widely between people but may include fever, cough, or difficulty breathing. The most common symptoms we are seeing at this time mimic allergy symptoms, headache, sinus pressure, runny nose, fatigue. Some report occasional cough, and low-grade fever along with loss of taste and smell, some report nausea, vomiting and diarrhea.

Prevention: The virus spreads person-to-person mainly through close contact with someone who is infected. Some people without symptoms may still be able to spread the virus. The best way to prevent illness is to avoid exposure to the virus. Practice social distancing, cover nose and mouth when coughing/sneezing, wash hands frequently, wear a mask, and clean commonly touched surfaces routinely with an EPA approved disinfectant.

Masks: Masks are an important tool to reduce the spread of the virus. Wearing masks does not eliminate responsibility to quarantine, but reduces chances of getting infected. It is important for your child to wear a mask during quarantine if they must be near household members with a higher risk of complications to COVID-19. The consistent use of a face mask by the case and close contacts may be considered in determining the need for quarantine (PAGE 13 DESE Sept. 4).

Testing: If anyone develops symptoms, please contact your health care provider and consider getting tested. If one tests negative, it does not necessarily exclude responsibility to quarantine. The maximum incubation period for the virus is 14 days (hence quarantine period), so one could still have a positive test even on the 14th day after exposure. Many health care providers in our community offer testing.