



▶ QUARANTINE Q&A

CONTACT TRACING AND QUARANTINE

If it is determined that your child was in close contact and potentially exposed to an individual who tested positive for the COVID-19 virus, you will receive a phone call from Metro's COVID-19 Information Team. During the phone call, the COVID-19 Team will discuss the particulars of your child's potential exposure, a quarantine plan for your child and family, as well as, a return to school and activities date. Additionally, the team is prepared to answer your questions concerning the COVID-19 virus, quarantine protocols, class assignments, attendance, and pausing participation in extracurricular activities.

Please note, if school is currently in session, you will be asked to pick up your child within 30 minutes from the school as your child will have entered into Metro's Quarantine Protocol.

Contact Tracing at Metro Christian Academy is performed by the Johns Hopkins Certified COVID-19 Information Team with guidance from both the CDC and the Tulsa Health Department (THD). The team features an experienced Healthcare HR Communicator, a veteran healthcare professional, and a L.E.A.D. Team Administrator with multiple master's degrees--all pertinent to the complexities at hand who utilize a system of investigation of both adults and students, class and activity schedules, seating charts, Metro's SIS and Spotfire's software support systems providing real-time data and a holistic approach to risk assessment, contact-tracing, containment, and communication.

During the quarantine period, the CDC and THD suggest that your child should remain at home as much as possible. Your child should refrain from having contact with friends or attending any social gatherings.

Please take a moment to review the following questions and answers regarding Metro's quarantine protocols.



WHAT IS THE PURPOSE OF QUARANTINE?



Quarantine is used to keep someone who may have been exposed to the COVID-19 virus away from others. Quarantine can help prevent the spread of the virus occurring before an individual knows they are infected with the virus without exhibiting physical symptoms.



WHAT SHOULD PARENTS DO IF THEIR CHILD IS ASKED TO QUARANTINE?



Students asked to quarantine should stay home, separate themselves from others, monitor their health, and follow any other directions from their doctor or the THD.



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Q HOW LONG IS THE QUARANTINE PERIOD?

A Both CDC guidelines and the THD determine the length of the quarantine period. Generally, the quarantine period begins on the last date of known close contact with a person known to have the COVID-19 virus. The quarantine ends 14 days after the date of last known close contact. There are a few caveats:

1.) If, during quarantine, your child comes in close contact with another person who gets sick with the COVID-19 virus, your child will need to restart quarantine.

2.) If, the person in quarantine lives in a household where close contact with a person who is COVID-19 positive is unavoidable, the quarantine period begins on the date the person with COVID-19 ends home isolation and ends after 14 more days have passed.

Q IF A STUDENT IS IN QUARANTINE, MAY THE STUDENT'S SIBLINGS STILL ATTEND SCHOOL?

A Yes. Current CDC guidelines and THD guidance do not require a "contact of a close contact" to quarantine. If the student in quarantine tests positive and the sibling meets the definition of a close contact, Metro Christian Academy will require the sibling and other family members to quarantine.

Q CAN A STUDENT OR STAFF MEMBER IN QUARANTINE RETURN TO SCHOOL IF THEY TEST NEGATIVE FOR COVID-19 BEFORE THE QUARANTINE PERIOD IS COMPLETE?

A No. Students and employees must stay home for 14 days after their last contact with a person who is COVID-19 positive and continue to self-monitor their daily health per Metro's Daily Health Screening form. Even if an individual tests negative, symptoms can appear for up to 14 days after exposure to the virus.

Q IF A STUDENT OR STAFF MEMBER IS WAITING ON COVID-19 TEST RESULTS, SHOULD THEY ATTEND SCHOOL?

A No, the person being tested and their household contacts should quarantine at home and away from others and monitor their daily health.



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WHAT COUNTS AS CLOSE CONTACT?

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- 1.) You were within 6 feet for 15 minutes (or longer) or had physical contact with someone who has COVID-19.
- 2.) You provided care at home to someone who is sick with COVID-19
- 3.) You shared eating or drinking utensils with someone who has COVID-19
- 4.) You were exposed to respiratory droplets of someone with COVID-19 (i.e. sneezed, coughed, or yelled in your presence)

Q

AM I STILL CONSIDERED A CLOSE CONTACT IF I WAS WEARING A MASK?

A

Yes, you are still considered a close contact even if you were wearing a mask while you were around someone with COVID-19. Masks are meant to protect other people in case you are infected, and not to protect you from becoming infected.

Q

CAN A STUDENT OR STAFF MEMBER IN QUARANTINE RETURN TO SCHOOL BEFORE THE QUARANTINE PERIOD IS COMPLETE IF THEY HAVE NO SYMPTOMS?

A

No. Students and/or staff must stay home for 14 days after their last contact with a person who has COVID-19 and continue to monitor their health. Symptoms can appear for up to 14 days after exposure to the virus. Some students could contract the virus even if they have no symptoms so ending the quarantine early could expose others to the virus.

PLEASE NOTE: A STUDENT DOES NOT NEED TO QUARANTINE IF THEY HAVE TESTED POSITIVE FOR COVID-19 WITHIN THE LAST 90 DAYS. PROOF OF A POSITIVE TEST MUST BE SUBMITTED. IF THE POSITIVE TEST OCCURED BEYOND 90 DAYS FROM THE DATE OF CLOSE CONTACT, THE STUDENT MUST QUARANTINE FOR 14 DAYS.