



COVID-19 SAFE RESPONSE

With practices in place to keep our students, team, and families safe, we follow planned protocols for students or staff who test positive for COVID-19, are 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 symptomatically positive case while at school, you will be notified.

STUDENTS AND STAFF SHOULD STAY HOME FROM SCHOOL IF:

- The answer to any of the basic [Health Screening questions](#) is "YES;"
- Anyone living in the household
 - is waiting for the results of a COVID-19 test;
 - tests positive for COVID-19;
 - has been notified of an exposure through close contact with an individual confirmed to have a positive case of COVID-19; or
 - is exhibiting COVID-19-like symptoms, which *MAY* include one or more of the following:
 - Fever (100.4 or higher)
 - 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

LCS WILL FOLLOW THESE QUARANTINE PROTOCOLS

A quarantine will be required 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.

In the absence of symptoms, the quarantine periods are:

- A 7-day period of quarantine accompanied by a negative test within 48 hours of scheduled discharge.
- A 10-day period of quarantine with no test required.
- *Special Note: After stopping quarantine, you should:
 - Watch for symptoms until 14 days after exposure.
 - Immediately self-isolate and contact their local public health authority or healthcare provider if symptoms develop. Also inform LCS and stay home from school.
 - Wear a mask, stay at least 6 feet from others, wash their hands, avoid crowds, and take other steps to prevent the spread of COVID-19.

WHY QUARANTINE AND ADJUSTMENTS?

Studies have shown the incubation period for COVID-19 is 2-14 days after exposure. The quarantine periods will work to ensure the virus is not unknowingly passing 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.)

Detailed data can be found on the CDC brief [here](#).



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If you test positive for COVID-19, you should isolate for 10 days from the date the symptoms started or the date of your 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. School personnel will make contact prior to return.

Face Coverings and PPE

- Per the [Tulsa City Council Mask Ordinance](#), all persons age 10 and up are required to wear a mask when physical distancing cannot be achieved. LCS will continue to do everything possible to maximize physical distancing to minimize time with face coverings.
 - There are exemptions to this Ordinance as outlined [here](#).
 - Please take note: *The ordinance does not require individuals to document or prove a reason for not wearing a face covering. Additionally, HIPAA laws regulate the release of personal health information; therefore, students will not be asked to provide a health condition, as defined by the CDC, as to why they are unable to wear a mask.*
 - As a preventative measure, we ask that everyone 10 and up not falling into the exemption's categories listed above have a cloth face covering in their daily possession that can be easily applied when physical distancing is not possible. (i.e., small groups, approaching staff for help, consultation, or proximity services)
 - Coverings should be message free and appropriate.
 - This would exclude athletics and activities classes where physical exertion and contact may occur in proximity.

Questions:

What if I (staff/student) have a positive COVID-19 test result, or I am showing COVID-19-like

- You should not come to school or attend/participate in school activities. Others living in the same house may not attend/participate until further information is gathered by school officials.
- You should contact LCS. We will help with dates and ensure a smooth transition to distance learning or make class arrangements for staff.
- At that time, you will be asked certain questions about "close contacts" that may have occurred. This is [Contact Tracing](#) and done in an effort to keep all LCS as safe as possible for all others.

Students and staff may return to school if/when:

- Ten days have passed since the positive test result or onset of symptoms; AND
- Your symptoms have improved; AND
- You have not had a fever for at least 24 hours without taking fever-reducing medicines.
- **Special Note:** An LCS representative will make contact before a return to school is possible. Every effort is made to do this the day before the scheduled return date.



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What if I (staff/student) am exposed to someone who tests positive for COVID-19 or have a member of my household who is showing COVID-19-like symptoms or tests positive for COVID-19?

- You should not come to school or attend/participate in school activities.
- You should contact LCS. We will help with dates and ensure a smooth transition to distance learning or make class arrangements for staff.
- You should contact your healthcare provider for guidance.
- You should monitor for symptoms and quarantine for 14 days.

Students and staff may return to school if/when:

- The 14-day quarantine period has been completed.
- *Special Note:* An LCS representative will make contact before a return to school is possible. Every effort is made to do this the day before schedule return date.

What if COVID-19-like symptoms begin during the school day?

- Report immediately to the nurse's office where an evaluation will be made to determine whether student/staff should go home or return to class.
- If the determination is made to go home, student will wait for pick-up in an isolated area under adult supervision and staff will leave immediately. When called, pick-up your child in the front office. You must wear a face covering before entering the building.
- If you seek a test, please notify the building nurse or administrator.

Definitions

- **Isolation:** Separates infected people with a contagious condition from people who are not sick.
- **Quarantine:** Separates and restricts the movement of people who were exposed to a contagious affliction to see if they become sick.
- **Close Contact:** Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period* starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.
- **Insignificant Exposure:** Being in contact with an infected person for less than 15 minutes at a distance greater than or equal to 6 feet.

Proactive Measures

TO HELP PREVENT THE SPREAD OF RESPIRATORY VIRUSES AT LINCOLN, INCLUDING THE COVID-19 VIRUS AND FLU, PLEASE FOLLOW THE SIMPLE MEASURES BELOW:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay at home when you are sick. Please remember, our standard sick protocol states that individuals must be fever-free (without the use of fever-reducing medications) and with symptoms improving for at least 24 hours before returning to school.
- Cover your cough or sneezes with a tissue, then throw the tissue in the trash and wash your hands.
- Clean and disinfect frequently touched objects and surfaces.
- If you have a fever, cough, or difficulty breathing, seek medical care.
- Individuals with chronic health issues and/or individuals experiencing severe symptoms should be evaluated by a