



Claremore Public Schools COVID-19 PROTOCOLS - **STAFF**

UPDATE: 1.13.22

The [CDC](#) has shortened the recommended time for isolation for people diagnosed with COVID-19 and the recommended quarantine period for those exposed.

	Isolation / Quarantine Length	Masking Recommended	Testing	Other
POSITIVE Symptomatic	ISOLATE for 5 days <i>Days 0-5 from the date of symptoms</i>	Days 6-10 from the date of the ¹ symptoms if symptoms resolving after 5 days		Monitor symptoms throughout the 10 days; if symptoms <u>are not</u> resolving, continue to isolate.
POSITIVE asymptomatic	ISOLATE for 5 days <i>Days 0-5 from the date of the positive test</i>	Days 6-10 from the date of the positive test		Monitor symptoms 10 days from a positive test. If you become symptomatic at any point, isolate for 5 additional days from the onset of symptoms.
EXPOSED ² vaccinated	None	10 days from the date of exposure	Test on day 5	Monitor symptoms for 10 days from exposure. If you become symptomatic at any point, get tested and stay at home.
EXPOSED ³ unvaccinated	QUARANTINE for 5 days <i>Days 0-5 from the date of the last exposure</i>	Days 6-10 from the date of the exposure	Test on day 5	Monitor symptoms for 10 days from exposure. If you become symptomatic at any point, get tested and stay at home.

According to the CDC/OSDH, a vaccine remains the best option to protect people from COVID-19, reduce the possibility of new variants forming and reduce the likelihood of severe illness should a breakthrough infection occur. Here is where you can get a vaccine or booster in [Claremore?](#)

¹ Symptoms resolving: Overall symptom improvement AND 24-hours fever-free without using fever-reducing medication.

² Vaccinated: Vaccine within 6 months of initial series of Pfizer/Moderna OR two months from J&J AND a booster.

³ Unvaccinated: Not vaccinated OR six months from initial series of Pfizer/Moderna OR two months from J&J AND no booster.