



January 5, 2021

We are so happy to be back in classes and starting a new semester full of training opportunities for our students and the communities we serve. We are continuing to follow all CDC protocols for a safe learning environment: wearing face coverings, social distancing, regularly washing hands, and sanitizing work areas. I want to remind everyone of the new guidance regarding quarantine from the Center for Disease Control (CDC) that came out in December. The Oklahoma State Health Department (OSHD) is implementing the ***changes from the previous standard quarantine of 14 days when exposed to COVID-19.***

The changes are as follows:

- A person can self-quarantine for seven days after exposure if they test negative and have not had symptoms. The test can be a PCR or Rapid Test and should be taken within 48 hours of the end of the quarantine period. This would be on day five of quarantine and the individual will continue to quarantine until the end of day 7.
- Without a test, a person should self-quarantine for 10 days and monitor symptoms for four more days.

Additional requirements for a shortened quarantine that affect the 14-day time period after exposure are:

- Daily symptom monitoring
- Mitigation strategies, including correctly and consistently wearing a face covering and social distancing.

The CDC has indicated the most infectious time after exposure is within the first five days.

For the entire text and supporting data from the CDC please follow this link.

<https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

WTC has done and will continue to vet all staff and student exposures through either the Custer County or Beckham County Health Departments. We have followed their guidance in each case. ***Please note that there are no changes to the isolation period for persons who test positive for COVID-19.***

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