



EDMOND PUBLIC SCHOOLS

Empowering all students to succeed in a changing society

December 2, 2020

Dear EPS Families and Staff,

Today, the U.S. Centers for Disease Control and Prevention announced significant changes to its guidance regarding COVID-19 quarantines, lowering it from the previous standard of 14 days. [You can review the full guidelines here.](#)

- A person can end self-quarantine after 7 days post-exposure if they **test negative** and **have had no symptoms**. The test can be a PCR or rapid test and is required to be taken within 48 hours of the end of the quarantine period.
- A person can end self-quarantine after 10 days post-exposure without testing as long as no symptoms have developed.

The guidance says when a shortened quarantine is in place, the following also should be in place through 14 days after exposure:

- Daily symptom monitoring
- Mitigation strategies, including correctly and consistently wearing a face covering and social distancing
- Individuals should not use medication to minimize or mask symptoms of COVID-19 while continuing to attend class or school activities.

State health officials have advised us that we can immediately begin following the new guidance and can apply it to students and/or employees who may currently be in quarantine and are outside the new quarantine window/protocols.

We have communicated this new guidance to school administrators and they may be in touch with you regarding how these changes apply to you.

Until my next communication, please take care of yourself and your family.

Sincerely,
Bret Towne

