

## COVID-19 Protocol

It's important that we all stay informed and exercise best practices regarding public health, so that we ensure the safety of ourselves, our families and our communities.

In response to COVID-19, or coronavirus, we have compiled the following common-sense guidelines based on official recommendations from the Center for Disease Control (CDC) based on the current COVID-19 conditions in our area.

In addition to the following information and guidelines, please continue to stay informed by visiting the CDC (<https://www.cdc.gov>).

### **Prioritize Hand Hygiene:**

- Clean your hands often with an alcohol-based hand sanitizer that contains at least 60-95% alcohol or wash your hands with soap and water for at least 20 seconds. Soap and water should be used preferentially if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Visit the CDC's [coughing and sneezing etiquette](#) and [clean hands webpage](#) for more information.

### **Face Coverings:**

As a result of Gov. Stitt's executive order, we will not be requiring masks but we encourage everyone to continue wearing masks in the classroom. If students are enrolled in a lab, they will be required to wear personal protective equipment as directed by science faculty. As stated in the order, nothing in the Executive Order should be interpreted to restrict a person's right to wear a mask in a state or public building. Individuals may voluntarily continue to wear a mask. We encourage everyone to get vaccinated, but vaccinations and masks are not required. Visit the [state vaccination portal](#) to find a location and make an appointment, or visit one of the local sites listed above.

<https://oklahoma.gov/covid19/vaccine-information.html>

## Stay Home When Sick:

- If you're not feeling well or have symptoms of acute respiratory illness, it is recommended that you stay home and not come to work until you are free of fever (100.4° F [37.8° C] or greater using an oral thermometer), signs of a fever, and any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines (e.g. cough suppressants). Please report an illness and subsequent absence from work or class to your immediate supervisor or instructor.
- Seek medical help if you have a fever, cough, or difficulty breathing. Information on COVID-19 symptoms can be found on the [CDC website](#).
- Employees or students who are well but who have a sick family member or roommate at home with COVID-19 should notify their supervisor or instructor and stay home in accordance to CDC guidelines.
- Exposure without symptoms does not require a quarantine period.
- Most importantly follow the guidelines of your health care professional.

## Student Housing:

All students testing positive for Covid-19 will be asked to return home for quarantine and isolation period according to current CDC guidelines or a return to school note from a health care provider. If availability exist some out of state students will be allowed to isolate in a designated dorm room.

## Quarantine and Isolation Recommendations/Calculator:

**Click the link below for the current CDC guidelines and to use the calculator to determine your quarantine/isolation recommendation. As always this does not replace the advice of a health care professional.**

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

**Leave:** Please submit a copy of a return to work note from your health care provider or print a copy of the recommendation from the CDC quarantine calculator and submit to your supervisor with your leave request. Tele-work will no longer be granted for Covid-19. All employees will need to use sick; vacation or convenience leave.