



LAWTON PUBLIC SCHOOLS

COVID CONTACT CHART For students and employees

I've been in close contact with someone...

- WHAT COUNTS AS "CLOSE CONTACT?"
- You spent 15 or more minutes at a distance of 6 feet or closer
- You had DIRECT PHYSICAL CONTACT with the person (e.g., handshake, hugging).
- You SHARED eating or drinking utensils with them.
- You came into contact with their RESPIRATORY SECRETIONS (e.g., they coughed on you)

...who has tested positive for COVID-19?

...who might have been exposed...

...who has been in close contact with someone ELSE who might have been exposed?

...and IS experiencing symptoms

...but IS NOT experiencing symptoms (yet)?

Self-quarantine, self-monitor, AND consider COVID testing

Self-monitor, practice social distancing, AND consider COVID testing

Practice social distancing

HOW DO I...

...Self-Quarantine?

- **Employees: notify your supervisor**
- **Students: notify the attendance office**
- **Notify your physician**
- **STAY HOME for 14 days**
- **AVOID CONTACT with other people**
- **DON'T SHARE household items**

...Self-Monitor?

- **BE ALERT for symptoms of COVID-19, especially a dry cough or shortness of breath.**
- **TAKE YOUR TEMPERATURE every morning and night, and write it down**
- **CALL your doctor if you have trouble breathing or a fever**
- **Call your doctor before seeking medical attention**

...Practice Social Distancing?

- **STAY HOME as much as possible**
- **DON'T physically get close to people; try to stay at least 6 feet away**
- **DON'T hug or shake hands**
- **AVOID groups of people and frequently touched surfaces**
- **Wear a mask**

AND PRACTICE GREAT HYGIENE!

Wash your hands frequently - Avoid touching your face - WIPE DOWN frequently touched surfaces regularly

ADAPTED FROM MIT MEDICAL