

LOSD Communication: Case of COVID-19 Date: 12/06/2021

We have been notified that there was a covid exposure at [Lake Oswego High School](#) on 11/30-12/03.

As members of the school community, we understand that this might raise concerns alongside a caring response. We are working closely with Clackamas County Public Health to respond to this news.

We are currently working on a list of the identified close contacts of the positive COVID-19 case. If you have been identified as a close contact, you will be contacted by LOSD and Clackamas County. A *close contact* is someone who has been within 6 feet of the person who is infected with Covid-19 for longer than 15 cumulative minutes in 24 hours.

Exemptions from Quarantine:

1. In the classroom, students 3 feet apart and engaged in consistent and correct use of well-fitting masks. This exemption does not apply to adults. 2. K-12 outdoor setting (e.g. recess, outdoor class), students who were within 6 feet of an infected student where both students were engaged in consistent and correct use of well-fitting masks. This exemption does not apply to exposure during school athletics. This exemption does not apply to adults. 3. Fully vaccinated individuals. 4. Individuals who had a positive COVID-19 test in the past 90 days.

If you TEST POSITIVE for COVID-19, you are ISOLATED:

Isolate at home for **at least** 10 days since the test date (or since symptoms started, whichever is first), and 24 hours fever free, and COVID-19 symptoms are improving.

[OHA How to Isolate](#)

If you have been identified as a close contact to someone who tested positive for COVID-19, and you are UNVACCINATED, you are QUARANTINED:

Quarantine starts from the last day you were exposed to the person who tested positive.

According to Clackamas County Public Health, close contacts are to be quarantined for:

1. 14 days after exposure (safest option), or
2. 10 days after exposure with no symptoms and no Covid-19 testing, or
3. 7 days after exposure with no symptoms, and a negative Covid-19 test done on day 5-7 after exposure.

Please watch closely for any illness symptoms (even mild symptoms like a runny nose, scratchy throat, headache, or stomachache). Stay home if you have any illness symptoms, contact your healthcare provider, and seek COVID-19 testing.

[OHA How to Quarantine](#)

If you have been identified as a close contact to someone who tested positive for COVID-19, and you are FULLY VACCINATED, you do not have to quarantine. If you have had a positive COVID-19 test in the past 90 days you do not have to quarantine.

Please watch closely for any illness symptoms (even mild symptoms like a runny nose, scratchy throat, headache, or stomachache). Stay home if you have any illness symptoms, contact your healthcare provider, and seek COVID-19 testing.

If you have general COVID-19 questions about LOSD protocols, please go to the School District Website under 'LOSD Covid-19 Information' [Health and Safety Protocols](#). To submit questions or concerns to LOSD about COVID-19 protocols, you may click on [LOSD COVID-19 Questions and Concerns Form](#).

For general COVID-19 questions, you may also contact:

Clackamas County Public Health COVIDschooliaison@clackamas.us

If you have a specific concern about this case, please contact a school district nurse:

Ann Nelson 503-534-2470 nelsona@loswego.k12.or.us, Lisa McBee 503-534-2466 mcbeel@loswego.k12.or.us

Jenny DeVine 503-534-2168 devinej@loswego.k12.or.us, Nikki Retzlaff 503-534-2491 retzlafn@loswego.k12.or.us