

Date: _____

Dear _____:

You have been identified as being in close contact with an individual who has tested positive for COVID-19 during his or her infectious period. Therefore, the Oklahoma State Department of Health (OSDH) and the Carter County Health Department are requesting you comply with the following measures to prevent the spread of COVID-19.

We recommend you quarantine or exclude yourself from all public and social settings, including place of employment, school, and/or daycare, as applicable. Exceptions to this include:

- 1) Individuals who completed a COVID-19 vaccination series at least 14 days before their first exposure. These individuals are considered fully vaccinated.
- 2) Individuals who have tested positive for COVID-19 in the last 90 days.

Quarantine options include:

- 1) 10-day quarantine without a negative test: In this case, the recommended quarantine would continue through the 10th day after exposure. As long as you do not develop symptoms, you may RETURN _____. You should continue to closely monitor for symptoms, practice physical distancing, and ensure a face covering is worn around others for at least the following four (4) days after release from quarantine.
- 2) 7-day quarantine with a negative test result: If *you* test negative from a sample that was collected on _____ or later and *you* remain symptom free, the quarantine may end on _____. You should continue to closely monitor for symptoms, practice physical distancing, and ensure a face covering is worn around others for at least the following seven (7) days.

Monitor for symptoms including fever, chills, headache, muscle aches, excessive tiredness, nausea/vomiting/diarrhea, sore throat, congestion, cough, difficulty breathing, and loss of sense of taste or smell. If symptoms develop, remain isolated at home, seek testing, and consult your primary care physician. Patients who have severe symptoms, such as difficulty breathing, should seek care immediately at an emergency room. Older patients and individuals who have underlying medical conditions or are immunocompromised should contact their physician early in the course of even mild illness. The CDC's recommendations for home care and guidance are available at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>. Throughout quarantine, avoid contact with individuals at high risk for severe COVID-19 infection.

If you have questions, please contact the Carter County Health Department at (580) 223-9705.

Sincerely,

Colonel Lance T. Frye, M.D.
Oklahoma Commissioner of Health