



Common Questions and Answers for COVID-19

If you begin developing the following COVID-19 Symptoms:

Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea (symptoms may appear 2-14 days after exposure to the virus)

- Contact your health care provider by phone to find out if you should be evaluated/tested.
- Notify the Campus Life office through this [health notification form](#).
- Begin self-isolating immediately until further instructed.

If you have been in close contact with someone who has tested positive for COVID-19:

Close contact is defined as someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.

- Notify the Campus Life office by completing this [health contact notification form](#).
- Begin to quarantine immediately until further instructed.

When do I need to self-isolate?

- If you have symptoms of COVID-19 and are waiting to be tested.
- If you have COVID-19 and aren't sick enough to be hospitalized.

How long do I self-isolate?

- Until recovery, which is when all three things listed below have happened (unless you get different instructions from your medical provider):
 1. 24 hours of *no fever** without the use of a fever-reducing medication, and
 2. Other symptoms have improved, and
 3. At least 10 days have passed since your symptoms first appeared

**normal temperature range for adults may be a little higher or lower than the average normal temperature of 98.6 F*

- Or if you didn't have symptoms when you were tested (you were asymptomatic), recovery is when 10 days have passed since the date of your first positive test and you continued to have no symptoms.
- See the [CDC guidelines](#).
- Before returning to campus, you must contact the dean of students to establish your safe return date. A second test is not required to return to campus.

What does self-isolate really mean?

- Staying at home 24/7 in a separate room, using a separate bathroom when possible, and avoiding contact with others.
- Wearing a face covering if you need to be in room with other people, unless you have difficulty breathing.
- See [CDC guidelines](#) for a complete description.

When do I need to provide my list of close contacts?

- If you test positive for COVID-19, please provide a list of people you have been in close contact with. You should contact those people to inform them you have tested positive for COVID-19. We will begin contacting them as well.
- Close contact is defined as someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.

When do I need to quarantine?

- You don't have any COVID-19 symptoms, but you have been in close contact with someone who has tested positive for COVID-19.
- Close contact is defined as someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.

How long do I need to quarantine?

- If you have been in close contact with someone who has tested positive for COVID-19, the CDC continues to endorse quarantine for 14 days from the last date of possible exposure (or close contact) and recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus.
- Therefore, the CDC now recommends two additional options for how long quarantine should last. Based on local availability of viral testing, for people without symptoms quarantine can end:
 - After day 10 without testing
 - After day 7 and receiving a negative test result (the specimen may be collected and tested within 48 hours before the time of planned quarantine discontinuation)
 - Remember, your last date of close contact or potential exposure is considered day 0.
- After stopping quarantine, people should
 - Watch for symptoms until 14 days after exposure.

- If they have symptoms, immediately self-isolate and contact their local public health authority, healthcare provider and OBU COVID Response Team.
- Wear a mask, stay at least 6 feet from others, wash their hands, avoid crowds, and take other steps to [prevent the spread of COVID-19](#).
- Before returning to campus, you must contact the dean of students to establish your safe return date. A second test is not required to return to campus.

What does it mean to quarantine?

- Staying home 24/7, monitoring for symptoms, and practicing physical distancing.
- If possible, use a separate room and bathroom.
- For a full description see [CDC guidelines](#).

OBU's Self-Isolation and/or Quarantine Protocols

- OBU will require a student or faculty/staff member to self-isolate or quarantine at his/her permanent residence when at all possible. If a student's parents/guardians live within a 10-hour radius of OBU and the student is healthy enough to travel, they will be required to go home.
- If it is not feasible for a student to return to his/her permanent residence, OBU will provide appropriate housing for the student needing to self-isolate or quarantine.
- If a student is needing housing through OBU, OBU will ensure the student has meals and will be monitored regularly for his/her health status. Meal swipes will be assessed to each student requiring campus housing.
- Once the student meets the requirements for how long to stay in self-isolation or quarantine, they will be allowed to return to campus.
- The return date must be established and approved by the dean of students. To secure that date, please contact the dean of students either by email or phone.

How do I contact the Dean of Students to safely return to campus?

- Call the dean of students at 405-585-5250 during normal office hours.
- Email the dean of students at brandon.petersen@okbu.edu.