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Dear Mid-Del Families:

I hope your Winter Break was relaxing and that you're recharged as we get ready for the second semester of school. We are excited to see our students when school resumes Tuesday, January 4, 2022.

Over the break, we have been monitoring the current spike in Covid-19 cases that is sweeping across the nation. Our state and community are seeing steep increases as well. The Oklahoma City/County Health Department (OCCHD) has told us to expect this current spike to continue for at least the next two weeks.

You may have also seen that the Centers for Disease Control (CDC) has issued new isolation guidelines for individuals who test positive. Here's what this means for our students and staff:

- Any person testing positive for Covid-19 will have to isolate for five days from the beginning of symptoms (such as a fever or a persistent cough) or the day of the positive test (whichever is earlier).
- If symptoms have improved and the individual remains fever free for 24 hours (without use of medication), they may return to school/work on day six. Mid-Del Schools and the CDC recommend wearing a mask for days six through ten.
- Any person still symptomatic following the five-day period should continue to isolate.

For information about where you and your family can find Covid-19 testing, visit www.testokc.com. For information about the availability of vaccines, visit www.vaxokc.com.

As always, the best mitigation strategy is to pay attention to your own health. If you are symptomatic for Covid-19, flu, strep throat, or any other contagious illness, please stay home - even if you have not tested positive. You will recover more quickly and will be less likely to spread what you have to others.

Just as we have for the last 22 months, we continue to work closely with state and local health officials to remain current with both information and best practice. We are planning for and hopeful about having a great semester with as few interruptions as possible.

Respectfully,

Dr. Rick Cobb