

An Update on Quarantine Requirements from Diane Raymond, our School Nurse

In keeping with our practice of following CDC guidelines for individuals who have been in close contact with a confirmed case of the COVID virus, we are modifying the required self-quarantine time from 14 days to 10 days. When calculating quarantine, Day 0 is considered the day of exposure. During quarantine, daily self-monitoring for symptoms is done. If during your quarantine you develop symptoms, you should test. You would still remain in quarantine while you are awaiting results. If your results are positive, your quarantine is now an isolation.

Isolation is used to separate people infected with COVID from those who are not infected. An isolation period is 10 days from the start of symptoms. (Day 0 is the first day of symptoms.) Your isolation can end after 10 days AND you are fever free for 24 hours without the use of fever reducing medication AND there is an improvement in symptoms. The loss of sense of taste and smell should not be used as an indicator for improving symptoms, as that could take weeks or months to return.

The travel policy in Connecticut has been updated to reflect the above changes in self-quarantining. We continue to ask that you wait 5 days to test when you return to Connecticut from out of state travel. Day 0 is the day you return. You must provide a copy of all test results before your child can return to school.

While we continue to ask you to take your child's temperature each morning before school, please also monitor for new symptoms. In discussing symptoms with parents in our community, it was noted that symptoms widely varied. Some did not have temperatures, while some did but only for a few hours. Some had coughs, others had headaches, and one reported eye pain.