

Immediate Isolation

For those exhibiting key COVID-19 symptoms¹ at School

Isolation Room protocols will be followed and instructions will be given to parents and staff

Parents: Check your child daily prior to coming to school

Staff: Check yourself daily prior to coming to work for key COVID-19 signs and symptoms¹

Child/staff should stay home and get tested for COVID-19 if they exhibit one or more of the following symptoms:

- Feeling feverish (Fever of 100.4° or more), or chills
- Uncontrolled new cough
- Shortness of breath or difficulty breathing
- Loss of taste or smell

Please notify school immediately at (860) 295-6225 if after hours, leave a message

Seek Immediate Treatment

- Trouble breathing
- Persistent pain or pressure in chest
- New confusion
- Inability to wake or stay awake
- Blueish lips or face
- Any other severe or concerning symptoms

When Can My Child Return to School? (these criteria also apply to staff)

Symptomatic Child/Staff¹

With no close contact² with an individual diagnosed with COVID-19

Individuals who test positive^{3*} or who are not tested should stay home in self isolation⁵ for:**

At least 24 hours fever-free without fever-reducing medication	AND	At least 10 days since first symptoms appeared	AND	Improvement in other symptoms
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*Individuals who test positive should remain home (except to get medical care), monitor symptoms, notify the school immediately, notify personal close contacts, assist public health and the school in contact tracing efforts

**Individuals who have not been tested for COVID-19 may return to school earlier than the above criteria with a healthcare provider note containing an alternative diagnosis. A diagnosis of viral illness will not be acceptable.

Individuals who test negative³ should stay home until they are symptom free for 24 hours

Symptomatic Child/Staff¹

With close contact² with an individual diagnosed with COVID-19

Individuals who test positive^{3*}, negative³ or who are not tested should stay home in self isolation⁵ for:

At least 24 hours fever-free without fever-reducing medication	AND	At least 10 days since first symptoms appeared	AND	Improvement in other symptoms
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Non-Symptomatic Child/Staff¹

With known **Close Contact²** with individual with COVID-19

Individuals who test positive^{3*} should stay home in self isolation⁵ for:

At least 10 days since date of the positive COVID-19 test

Individuals who test negative or are not tested should stay home in self quarantine⁶

Stay at home for 14 days from last date of exposure

End-notes

1. **Key COVID-19 signs and symptoms are feeling feverish, measured temp of 100.4 or more, chills, uncontrolled new cough, shortness of breath, difficulty breathing, loss of taste or smell.** There are other more nonspecific signs and symptoms (fatigue, muscle or body aches, headache, sore throat, congestion or runny nose, nausea, vomiting or diarrhea). For a full list see the CDC Web page at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
2. **Close contact:** Spending at least 15 minutes within 6 feet of a person with confirmed COVID-19, or a direct exposure to possibly infected droplets of saliva or nasal mucus (e.g., being sneezed or coughed on in the face). See CDC web page at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>
3. **COVID-19 test for school/work attendance:** This is a viral test, NOT an antibody test. (see CDC information on COVID-19 tests at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>)
4. **Contact tracing:** A public health intervention in which the contacts of a person with a communicable disease are identified, and possibly tested, quarantined or isolated to interrupt the transmission of the virus in a population. <https://portal.ct.gov/Coronavirus/ContaCT>
5. **Self-Isolation:** Individual with signs or symptoms of COVID-19, or a positive test, stays home until no longer infectious for at least 10 days since the onset of symptoms **and** until at least 24 hours have passed with no fever (without fever-reducing medications) **and** with improvement in other COVID-19 symptoms. See CDC web page at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>
6. **Self-Quarantine:** Individual without symptoms stays home for 14 days since last exposure to someone who was diagnosed with COVID-19 (the incubation period of the virus). See CDC web page <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html> or <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html?CDC%20AA%20refVal%20=https%20%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%20%2F2019-ncov%2Fif-you-are%2FADsick%2Fquarantine%20-isolation.html>