

# STATE OF CONNECTICUT

## DEPARTMENT OF PUBLIC HEALTH



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### Updated Considerations for Quarantine, Isolation, Testing, and Contact Tracing Policies and Procedures in PreK-12 Schools

*This update outlines a set of optional policy and procedural changes related to quarantine/isolation, testing, contact tracing, and return to school activities that school districts may choose to implement at this time. These options are being offered to Connecticut school districts to refocus the resources currently available to PreK-12 schools for COVID-19 prevention toward those activities most likely to reduce the risk of transmission and in consideration of recent changes in CDC guidance for quarantine and isolation for individuals testing positive for, or exposed to someone with, COVID-19.*

#### Quarantine, Isolation, Testing, and Return to Activities

On December 27, 2021, the Centers for Disease Control and Prevention (CDC) released updated guidance regarding the appropriate duration of quarantine and isolation for COVID-19. Based on this updated guidance and the science supporting it, the Connecticut Department of Public Health (DPH) advises at this time that it is appropriate to allow school districts the choice to make changes in their operating rules regarding quarantine, isolation, testing, and return to in-school activities. These suggested changes are designed to focus on the increased risk from individuals reporting for school-related activities with active symptoms of illness and the decreased risk for and from individuals who are fully vaccinated against COVID-19. In brief:

- Individuals who are even mildly symptomatic with any of the symptoms associated with COVID-19 should immediately isolate at home, test for the virus that causes COVID-19 (SARS-CoV-2) with a PCR, antigen, or self-test, and remain away from activities outside of the home until they are fever-free for at least 24 hours and other symptoms are significantly improved.
- Individuals who test positive for COVID-19 should isolate at home for at least 5 days, or longer if symptoms develop and persist. A mask should continue to be worn for an additional 5 days at all times when around others.
- Unvaccinated or partially vaccinated individuals who are notified that they have had a close contact with an individual who has confirmed or suspected COVID-19 should immediately quarantine at home and test for the virus 5 days after their last exposure to the COVID-19 case. This is especially important in situations where extended high-intensity exposure may have occurred, such as with household contacts, in unmasked social settings (e.g., sleepovers, parties), and/or during athletic activities.

The table below outlines different scenarios that may occur in school settings, considerations for each individual situation, and appropriate actions for individuals and schools to take in response.

	Student/Staff with <b>any COVID-19 symptoms</b>		Student/Staff with <b>no COVID-19 symptoms</b>
<p><b>If fully vaccinated</b> against COVID-19 <i>(defined as two weeks after second dose of Pfizer or Moderna vaccines or first dose of Johnson &amp; Johnson vaccine)</i></p>	<p><b>Isolate</b> at home.</p> <p><b>Test</b> for COVID-19 (either self-test or at a testing site).</p> <p>If test result is <b>negative</b>, return to activities when fever-free for at least 24 hrs. and other symptoms are significantly improved.</p> <p>If test result is <b>positive</b>, isolate for at least 5 days, return to activities on day 6 or later when fever-free for at least 24 hrs. and other symptoms are significantly improved.</p> <p><b>Wear a mask</b> at all times when around others for an additional 5 days (i.e., through day 10).</p>		<p><i>If notified of a close contact with a COVID-19 case outside of the school day:</i></p> <p><b>Continue</b> with in-person learning.</p> <p><b>Test</b> for COVID-19 (either self-test or at a testing site) 5 days after the exposure.</p> <p><b>Consider quarantining</b> for 5-days from other activities outside of school, especially if notified of an extended high-intensity exposure (e.g., household contact, unmasked social contact, contact during athletic activities).</p> <p><b>Wear a mask</b> at all times during any activities when around others for 10 days.</p>
<p>If only <b>partially vaccinated</b> <i>(one dose of a two dose COVID-19 vaccine or within two weeks of final dose)</i></p> <p><b>Unvaccinated</b></p> <p>or</p> <p>Vaccination status is <b>unknown</b></p>	<p><i>If notified of a close contact with a COVID-19 case outside of the school day:</i></p> <p><b>Isolate</b> at home for a minimum of 5 days since last exposure to the COVID-19 case.</p> <p><b>Test</b> for COVID-19 (either self-test or at a testing site).</p> <p>Return to activities on day 6 or later when fever-free for at least 24 hrs. and other symptoms are significantly improved.</p> <p><b>Wear a mask</b> at all times during any activities when around others for an additional 5 days (i.e., through day 10).</p>	<p><i>If no known close contact with a COVID-19 case outside of the school day:</i></p> <p><b>Isolate</b> at home.</p> <p><b>Test</b> for COVID-19 (either self-test or at a testing site).</p> <p>If test result is <b>negative</b>, return to activities when fever-free for at least 24 hrs. and other symptoms are significantly improved.</p> <p>If test result is <b>positive</b>, isolate for at least 5 days after symptoms began, return to activities on day 6 or later when fever-free for at least 24 hrs. and other symptoms are significantly improved, and <b>wear a mask</b> at all times during any activities when around others for an additional 5 days (i.e., through day 10).</p>	<p><i>If notified of a close contact with a COVID-19 case outside of the school day:</i></p> <p><b>Quarantine</b> at home from school, extracurricular activities, and other activities for 5 days from the last exposure to the COVID-19 case.</p> <p><b>Test</b> for COVID-19 (either self-test or at a testing site) 5 days after the exposure.</p> <p><b>Wear a mask</b> at all times during any activities when around others for an additional 5 days (i.e., through day 10).</p>