

MEMO TO NHPS FAMILIES

Please see below for a summary of the *Updated Considerations for Quarantine, Isolation, Testing, and Contact Tracing Policies and Procedures in PreK-12 Schools* issued from CT Department of Health, effective 12/31/21.

This update outlines policy and procedural changes related to quarantine/isolation, testing, contact tracing, and return to school activities. These changes will allow NHPS to refocus resources 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. 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. See guidance below for Vaccinated and Partially/Not Vaccinated students and staff.

Quarantine and Isolation Guidance for Schools

for students/staff who are **VACCINATED**

(defined as 2 weeks after 2nd dose of Pfizer/Moderna vaccines or 1st dose of Johnson & Johnson vaccine)

Students/Staff WITH COVID Symptoms	Students/Staff WITHOUT COVID Symptoms (who are close contacts)
<ul style="list-style-type: none"> Isolate at home Test for COVID-19 (either self-test or at a testing site). <ul style="list-style-type: none"> If negative, return to activities when fever free for at least 24 hrs. and other symptoms are significantly improved. If positive, 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. Wear a mask at all times when around others for an additional 5 days (i.e., through day 10). 	<ul style="list-style-type: none"> Continue with in-person learning. Consider quarantining 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). Test for COVID-19 (either self test or at a testing site) 5 days after the exposure. Wear a mask at all times when around others for 10 days.

Source: CT DPH Updated Considerations for Quarantine, Isolation, Testing, and Contact Tracing Policies and Procedures in PreK-12 Schools - 12/31/21

Quarantine and Isolation Guidance for Schools

for students/staff who are **PARTIALLY OR NOT VACCINATED OR HAVE UNKNOWN VACCINATION STATUS**
(partially vaccinated is defined as one dose of a two dose COVID-19 vaccine or within two weeks of final dose)

Students/Staff with COVID Symptoms	Students/Staff without COVID Symptoms (who are close contacts)
<ul style="list-style-type: none">• Isolate at home<ul style="list-style-type: none">• If a close contact → minimum of 5 days since last exposure• Test for COVID-19 (either self-test or at a testing site).<ul style="list-style-type: none">• If negative, return to activities when fever free for at least 24 hrs. and other symptoms are significantly improved.<ul style="list-style-type: none">• If a close contact, on day 6 or later• If positive, 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.• Wear a mask at all times when around others for an additional 5 days (i.e., through day 10).	<ul style="list-style-type: none">• Quarantine at home from school, extracurricular activities, and other activities for 5 days from the last exposure to the COVID-19 case.• Test for COVID-19 (either self test or at a testing site) 5 days after the exposure.• Wear a mask at all times during any activities when around others for an additional 5 days (i.e., through day 10).

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CONTACT TRACING

At this time, given:

- 1) the current very high level of community transmission throughout our state;
- 2) the experience of Connecticut school districts that have conducted in-person learning throughout the past two years of the pandemic, even in the setting of very high community transmission;
- 3) the infrequent conversion of close contacts; and
- 4) the need to prioritize available resources in PreK-12 schools,

CT DPH recommends that routine contact tracing of individual exposures that occur inside schools or during school-organized and supervised activities be discontinued (subject to the conditions and provisions indicated below) without posing a significant increased risk of negative impact on in-school transmission of COVID-19 or access to in-person learning.

NHPS will continue to:

- Enforce universal masking rules inside schools (including appropriate exemptions allowed for those individuals who cannot consistently and correctly wear a mask due to medical, developmental, or other appropriate reasons).
- Take steps to ensure that periods of unmasking inside the school (e.g., meal periods) are as brief and as distanced as possible.
- Appropriately notify staff and parents/guardians of students regarding positive cases occurring in the school population.

COVID-19 GENERAL INFORMATION FOR PARENTS/GUARDIANS

- Check your child for symptoms of Covid-19 each morning before school.
- If your child has one or more symptoms of Covid-19, as listed below, do **NOT** send them to school. They should immediately get a test for Covid-19. Call and notify your school.
- Proper-fitting masks should be worn at all times on the bus and at school, and should only be removed for snacks and mealtimes or with an approved medical exemption.
- **Consider getting your child vaccinated for Covid-19. All children ages 5 years and older are eligible for a Covid-19 vaccine. Everyone over the age of 16 is eligible for a Pfizer Covid-19 Booster. For Covid-19 vaccination sites, please click [here](#).**
- Bus windows will remain open through the winter months, safety permitting. Please ensure that your child is wearing appropriate winter clothing for the bus.

WHAT TO DO IF YOU THINK YOUR CHILD HAS COVID-19

If your child has any of the signs and symptoms of Covid-19 as listed below or has been exposed to someone diagnosed with and/or suspected to have Covid-19, you should **NOT** send your child to school.

- Notify your school administration. They will inform you of your school's protocol and the return date for your child. Please refer to the [NHPS website](#) for more information.
- Take your child for a Covid-19 test. For a list of all testing sites in Connecticut, please click [here](#).
- If your child should develop trouble breathing, persistent pain or pressure in the chest new confusion, inability to wake or stay awake, or pale, gray, or blue-colored skin, lips, or nail beds, please call 911 and seek emergency medical care.

SIGNS AND SYMPTOMS OF COVID-19

If your child has one or more of the following symptoms, they may have Covid-19 and should immediately get tested:

- 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

For Questions/Concerns, the New Haven Health Department be reached at the following phone number: (203) 946-6999