



Dear Parents,

In continued partnership with our parents we want to summarize the CDC and CT DPH recommendations for any student who is determined to be a close contact of an individual who tests positive for Covid-19. We understand that this can be a confusing and very frustrating situation and we want to provide you with as much clarity as possible.

We know this raises anxiety for members of our school community, but we want to assure you that we will be closely monitoring the health status of St Rose School on a regular basis. Implementing preventive measures, including social distancing, sanitization and wearing face masks, will continue to support the health and safety conditions across our school.

### **Quarantine**

We are often asked for more details about a 14-day quarantine for close contacts vs. 10-day isolation for positive cases of COVID-19. Below are answers to some of the frequently asked questions.

#### **How was the quarantine period for my child calculated?**

- Close contacts must quarantine for 14 days from the last day of contact with positive individual.
- For contact tracing purposes, we must do a 48 hour "look-back" from the positive individual's onset of symptom date or for an asymptomatic person, from the date of the test that produced a positive result.
- Your child's quarantine dates may be different from other children's as each individual's circumstances may be different.

#### **Why is a 14 day quarantine necessary?**

- According to the CDC, it can take as long as 14 days from exposure to an infected individual to develop symptoms of infection. If your child shows symptoms or tests positive for COVID during the quarantine period, they will need to isolate for a 10-day period from the beginning of symptoms.

### **What if my student shows no symptoms?**

- It is quite possible that your child will not show any symptoms, but the need to quarantine still applies for the full 14 days.

### **If my student gets a negative Covid-19 test result during the 14 day quarantine, can they return to school (before the 14 days is up)?**

- Unfortunately, a negative test for your child during this 14 day period does not excuse them from quarantine. Due to an average length of time of 2-14 days from contact to symptom development, an individual may not test out of quarantine.

### **Why is isolation for a positive individual only 10 days (vs 14 days for quarantine)?**

- Once an individual has symptoms or has tested positive for COVID 19, they have already experienced the incubation period. After 10 days of isolation, the person is no longer contagious as long as their symptoms have resolved.

### **Is there a difference between isolation and quarantine?**

- Yes, an individual with a positive test for COVID-19 is told to isolate themselves at home, away from other people as much as possible (separate room and bathroom).
- An individual who is a “close contact” (not a positive case) is told to quarantine for 14 days. Quarantine means stay at home, monitor for symptoms but may interact with other family members.

### **Does my child need a negative COVID test or do I need to take any other action before returning to school at the end of the quarantine period?**

We recommend you speak with your doctor about next steps and testing. As long as your child did not experience any symptoms of COVID-19 during the 14-day quarantine period, they may return to school on the date shared with you by the Covid Response Team. No testing or any other action is required.

### **What does quarantine mean for my child and any other household members?**

Quarantine keeps someone who has been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. Family members who are not direct contacts are not expected to quarantine. It is very important for your own safety and for the safety of others that you monitor your child's health from the last possible exposure to COVID-19 throughout the entire quarantine period. Your child should remain at home, avoid congregate settings and public activities, and practice physical distancing and mask wearing.

**Those in quarantine should:**

- **Stay home and away from other people for 14 days (this includes school/work, all outside activities and events)**
- **Avoid shared space within your home as much as possible**
  - **Physically distance by at least 6 (six) feet, as possible within your home**
  - **Wear a mask when in shared spaces within your home and six feet cannot be achieved**
  - **Sleep in a separate bedroom**
  - **Use a separate toilet if possible**
  - **Use separate dishes and flatware**
- **Especially avoid anyone at high risk for complications of COVID 19**
- **Monitor temperature twice per day**
- **Monitor for other COVID-19 symptoms daily**
- **Contact your medical provider for further evaluation and testing information**

**Testing**

We strongly encourage you to discuss testing (type and timing) with your pediatrician or primary care provider. Based on our consultations with public health experts, we understand individuals who are a close contact to a positive case should be tested with a PCR test between day 3 and 7 days post-exposure.

I hope this addresses some of your questions and concerns. Please know that the District is required to follow the protocols of the State Department of Health. These protocols can be found on the CDC website and State of CT website. Specifically, the scenarios and how we are required to handle positive cases and close contacts can be found in [Addendum 5](#) on the State Department of Education website.

If you have any further questions or concerns, please reach out to your School Nurse or to me. We are all in this together, and we will do our best to get accurate answers for you.

Sincerely,

Bonnie Nezvesky, RN  
[Nurse@sles.com](mailto:Nurse@sles.com)

