

ST ROSE SCHOOL HEALTH OFFICE

Clarification on guidelines for quarantine & travel during the Covid-19 Pandemic

Dear Parents,

I want to inform you that there are two new sets of guidelines that have come from the CDC and DPH regarding quarantine.

1. The first was regarding quarantine length following exposure to a positive case of COVID 19:

The CDC currently recommends a quarantine period of 14 days. However, based on local circumstances and resources, the following options to shorten quarantine are acceptable alternatives.

- The quarantine can end after Day 10 without testing and if no symptoms have been reported during daily monitoring. In this case, additional criteria (e.g., continued symptom monitoring and masking through Day 14) must be met.

2. The second was the updated Travel Advisory guidelines:

The new travel advisory guidelines are now in place and will continue to be regulated by the state.

- Pursuant to Governor Lamont's [Executive Order No. 9S](#), anyone traveling into Connecticut from a state or territory, other than New York, New Jersey, or Rhode Island, or from a country other than the United States, is directed to self-quarantine for a 10-day period or until a negative COVID-19 test result. For further information on the Travel Advisory, including an extensive list of frequently asked questions, visit [Revised Travel Advisory](#)

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

Sincerely,

Bonnie Nezvesky, RN
School Nurse

