

Wethersfield Public Schools

Health Protocols for Students and Staff

The health and safety of our students, staff and entire school community is our highest priority as we plan for the reopening of school. It is absolutely critical that students and staff who show any signs of illness stay home and not report to school. If you have questions about the health of your child/yourself, or the health of anyone in your family, please contact your school directly and speak with the school nurse or principal. In collaboration with the Central CT Health Department, the following information is provided as guidance for navigating the complexities of COVID-19.

COVID-19 SELF-CHECKLIST

Every morning before you go to school, please check the following:



A temperature greater than 100.4 without taking fever-reducing medications	<input type="checkbox"/> Yes	<input type="checkbox"/> No
New loss of taste or smell	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Shortness of breath	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Cough	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Sore throat	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Chills	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Headache	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Muscle Aches	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Nausea, vomiting, diarrhea, loss of appetite	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you tested positive for COVID-19 or been in close contact with any individuals who have tested positive for COVID-19?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you been asked to self-isolate or quarantine by your doctor or local public health officials?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

If the answer is YES to any of these questions, please continue to review the next sections.

If the answer is NO to all of these questions, your self-check indicates you can go to school or work.

If you have a fever or multiple symptoms →

Do Not Go to School

1. If you have a fever of 100.4 alone with NO other symptoms:
 - You may return to school 24 hours AFTER resolution of fever without the use of fever- reducing medications, provided no one else in the household is ill.
 - You must not have any possible or known COVID-19 exposure.
2. If you have a fever and symptoms WITH an alternate explanation (examples: strep, ear infection):
 - You may return to school 24 hours AFTER resolution of fever without the use of fever- reducing medications;
 - You must not have any possible or known COVID-19 exposure.
3. If you have **TWO (2)** or more of the symptoms listed on the COVID-19 Self-Checklist illustrated on page 1 **WITHOUT** an alternate explanation:
 - **Isolate at home for at least 10 days** from the first day of symptoms. You must be 24 hours fever-free without the use of fever-reducing medications AND have improvement in other symptoms.
 - You must complete a **14-day quarantine** if there was any close contact with a confirmed COVID-19 positive person.

Negative COVID-19 Antigen/PCR testing does not shorten the home **quarantine** period. The Local Department of Health will recommend testing for contact tracing in any case of close contact with a confirmed positive COVID-19 person.

If you have had **close contact** with a someone who has been confirmed positive with COVID-19 →

Do Not Go to School

This applies to ALL close contacts (regardless of whether you demonstrate any symptoms). The period of close contact occurred when the positive case had symptoms as well as the two (2) days prior to the symptoms.

If you had close contact with someone who has been confirmed positive with COVID-19:

- You must quarantine for 14 days after the last contact with the COVID-19 positive person, even if you have an alternate diagnosis for any symptoms.
- During the 14-day quarantine period, if you develop a fever or any of the symptoms identified on the checklist outlined on page 1, additional isolation may be necessary.
- COVID-19 Antigen/PCR testing is recommended. If the test is negative, you can return to school after the 14-day quarantine.

IMPORTANT NOTE: *Individuals who are identified as a “close contact” will be notified directly by the Central CT Health Department, and will be advised to quarantine for 14 days. If the number of close contacts exceeds the department’s capacity for communicating with close contacts, you may hear directly from school nursing staff.*

If you have a pending or positive COVID-19 test →

Do Not Go to School

You must isolate at home while awaiting COVID-19 test results.

- If the test is **negative**, and you are asymptomatic, you may return to school as long as you were not required to quarantine due to close contact with a confirmed positive COVID-19 case.
- If the test is **positive**, you must **isolate** at home for at least 10 days since the symptoms first appeared; if you don't have any symptoms, you must **isolate** at home for 10 days from the date of the COVID-19 test.

If you demonstrate COVID-19 symptoms while at school →

Go to Nurse

If you demonstrate symptoms consistent with COVID-19 while in school, the school nurse will evaluate:

- Was there potential COVID-19 exposure?
- Is there an existing condition or a history of symptoms that might mimic COVID-19 Symptoms?

No Test

Anyone who demonstrates symptoms without explanation will be sent home and encouraged to obtain a COVID-19 test. Once you are sent home:

A positive COVID-19 diagnosis will be assumed

You will be excluded from school until the following CDC clearance criteria are met:

- ten (10) days from the onset of symptoms;
- symptoms have improved; and
- you are fever-free with no fever-reducing medication for 24 hours.

A doctor's note must be submitted to the school nurse before you may return to school.

Positive (+) Test

You will be excluded from school until the following CDC clearance criteria are met:

- ten (10) days from the onset of symptoms;
- symptoms have improved; and
- you are fever-free with no fever-reducing medication for 24 hours.

Additionally:

- Contact tracing will be initiated; school and local health department personnel will work to identify contacts within 48 hours prior to symptom onset
- Close contacts will be directed to quarantine for 14 days
- Situation will be monitored by the Central CT Health Department

Negative (-) Test

You may return to school once symptoms have improved

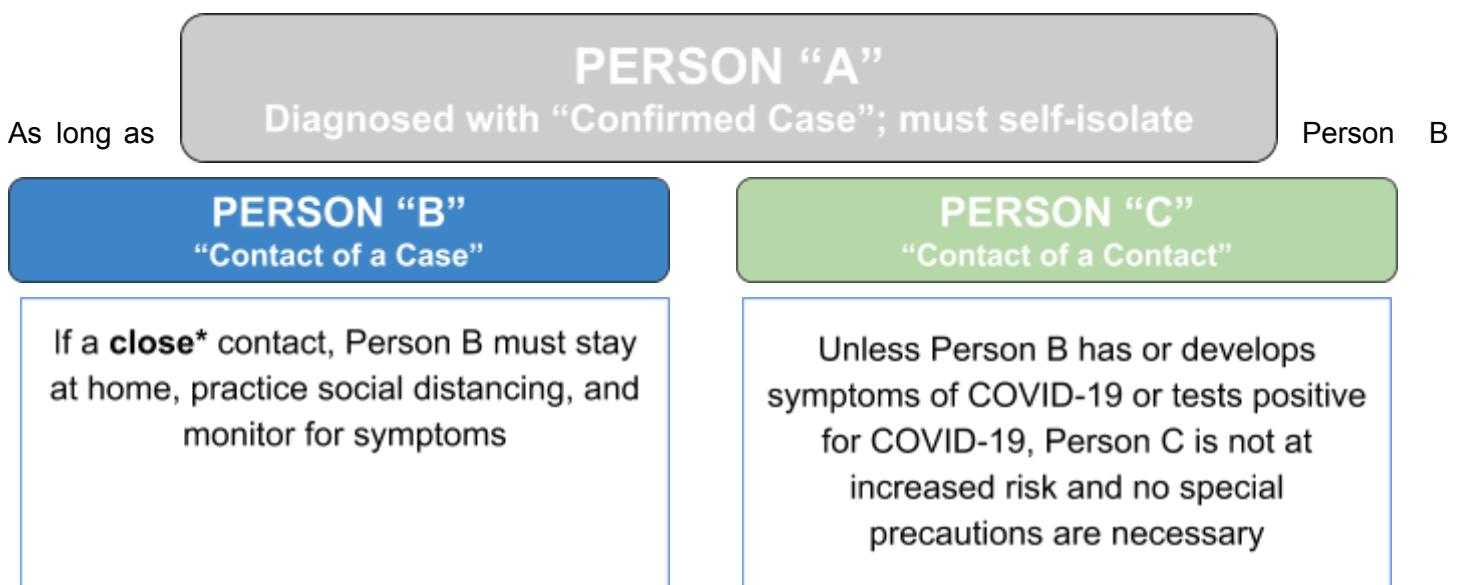
A comprehensive, up-to-date list of testing centers is available at <http://www.211CT.org>. Enter “COVID Diagnostic Tests” and your zip code in the yellow search box to map to testing centers closest to your location.

GUIDANCE ON CLOSE CONTACT WITH A CONFIRMED CASE OF COVID-19

The Central CT Health Department has issued the following guidance to help address confusion regarding who is likely to come down with COVID-19, especially about whether “contacts of contacts” of suspected or confirmed cases of COVID-19 are at risk.

Guidance

Scenario: Person A is diagnosed with a laboratory-confirmed COVID-19. If Person B had close contact with Person A, then Person B would be considered “medium risk” and should quarantine for 14 days, and monitor for symptoms.



remains well, any individual (such as Person C) who is a contact of Person B (i.e., child, spouse, co-worker, etc.) is considered a “contact of a contact.” Person C is not at risk for infection and would not be subject to self-isolation unless Person B had or developed symptoms or tested positive for COVID-19.

* **Close contacts** are individuals who were within 6 feet of a confirmed COVID-19 case for a cumulative time of 15 minutes or more over a 24 hour period, regardless of wearing a mask, or who had direct contact with the infectious secretions of a COVID-19 case (e.g., were coughed on). Rev.10/23/2020

Household Members

- If an asymptomatic person (i.e., someone with no symptoms) is contacted by a local health department and notified that they are a close contact of a confirmed COVID-19 case, they will quarantine for 14 days.
- Any child, spouse, or other household members of this asymptomatic contact become a “contact of a contact” and therefore are not required to take any special precautions. They can go to work and engage in other activities.

Co-Workers

If an **asymptomatic** employee calls their supervisor and notifies them that they are required to stay home because they were a close contact of a confirmed case, the contacts they had at work are considered “contacts of a contact” and are not required to take any special precautions. They should be permitted to continue to work.

How long should close/household contacts of a confirmed COVID-19 case remain home while monitoring themselves?

- **Symptomatic contacts:** Must self-isolate at home until they are fever-free for a full day (24 hours with no fever without the use of a fever reducing medicine) AND other symptoms (such as cough and shortness of breath) have improved AND at least 10 days have passed since symptoms first appeared. After self-isolation ends, the person may return to normal activities, including work.
- **Asymptomatic contacts:** If the confirmed case remains a close contact after symptoms develop, the asymptomatic contact would self-isolate for 14 days AFTER the COVID-19 case is no longer required to self-isolate. If the symptomatic contact no longer has close contact with the confirmed case, they would self-isolate for 14 days AFTER they last came into contact with the confirmed case.

Do “contacts of contacts” need to take any special precautions?

No. A person who is a contact of a contact does not have any restrictions and can continue with normal activities such as going to work. However, if this person later develops symptoms, see instructions listed above for symptomatic contacts.

**A special thank you to South Windsor Public Schools for sharing*