

Quarantine Do's and Don'ts

If you have been exposed to COVID-19, the following information provided by the Department of Public Health and the Greenwich Public Schools will guide you through the quarantine process and outline what is safe to do and what is not.

- **Stay at home**

- Quarantine is the period following the exposure and last contact with the infected person. During that time, you should not be taking part in any activities, whether they are part of school or an extracurricular event. You should not leave your home unless it is for an essential medical appointment. You should not go out into the community. If you have a family member that is positive and you have close contact with them after quarantine begins, you will need to restart the quarantine period. Close contact is described as within 6 feet for a total of 15 minutes over the course of 24 hours.

- **Quarantine away from others**

- If you are under quarantine, you should stay in a separate room from others in your household when possible to prevent possible infection should you become ill. If you are unable to do so, maintain greater than a 6 foot distance while wearing a mask in common areas.
 - Use a separate bathroom when possible
 - Do not share utensils, dishes, cups/glasses, bedding, towels, and other personal items.

- **Monitor your health**

- Watch for fever (100.4 and greater), shortness of breath, loss of taste and/or smell, or new onset cough.

- **Testing**

- If you have been asked to quarantine you should call your healthcare provider for guidance regarding testing.

Updated Guidelines for COVID-19 Quarantine

With the recently updated CDC and State of Connecticut guidance, it is appropriate to begin reducing quarantine length for students and staff who have been exposed and remain symptom free from 14 days to 10 days. It is important that all other mitigation strategies remain in place and that community transmission continues to remain low.

Any individual identified as a close contact to a person(s) who tests positive for COVID-19 will quarantine for 10 days following the last exposure date as long as a negative PCR is obtained and submitted after day 8 of exposure.

Individuals who choose not to test after day 8 will need to remain in quarantine for 14 days from their last date of exposure.

Exceptions to quarantine are:

- [Per guidance from the Centers for Disease Control \(CDC\)](#), those who are considered fully vaccinated can “refrain from quarantine and testing following a known exposure, if asymptomatic.” (People are considered fully vaccinated for COVID-19 ≥ 2 weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or ≥ 2 weeks after they have received a single-dose vaccine (Johnson and Johnson (J&J)/Janssen).
- Individuals who have tested positive for COVID-19 within 90 days.

After stopping quarantine on day 10, for the remaining 3 days:

- Watch for symptoms until 14 days after exposure.
- If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.
- Wear a mask, stay at least 6 feet from others, wash your hands, avoid crowds, and take other steps to [prevent the spread of COVID-19](#).

CDC continues to endorse quarantine for 14 days and recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus. CDC will continue to evaluate new information and update recommendations as needed.