



December 22, 2020: New COVID Quarantine Guidance:

Dear FPS Parents, Guardians and Staff:

Effective December 23, 2020, close contacts of a known positive case who are asymptomatic will quarantine for 10 days (instead of 14). This reflects new guidance from the Centers for Disease Control and Prevention (CDC) and the Connecticut State Department of Public Health (DPH), as described below, and is in addition to the new [Travel Advisory](#) guidance already shared.

On December 2, 2020, the CDC published new COVID quarantine guidance: [Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing | CDC](#). On December 16, 2020, DPH published [updated guidance](#) that aligns with the CDC.

In consultation with the Fairfield Health Department, we are adopting the recommendations described in this letter, which means most individuals will be able to return to school after 10 days of quarantine. Our own district data shows that 96% of those in quarantine who subsequently test positive, do so within 10 days, with 77% testing positive in 1-5 days. Please read the guidance carefully, as you must continue monitoring symptoms and following mitigation strategies beyond the 10 day quarantine period.

Based on the updated guidance from CDC, DPH recommends changing the quarantine period for persons known to be close contacts of cases of COVID-19 to 10 days if:

1. Daily self-monitoring for COVID-19 symptoms has been done and the person has had no symptoms of COVID-19 during the whole 10-day quarantine (day 0 is the is the day of exposure); AND
2. Daily symptom monitoring continues after 10 days for an additional 4 days (days 11–14). If any symptoms develop, immediately self-isolate and contact your school nurse, and your healthcare provider; AND
3. After 10 days, persons need to continue to take the measures needed to prevent COVID-19, including but not limited to: wearing a mask when out in public and avoiding gatherings with people who are not in your immediate household, are over 65 years old or who have medical conditions that place them at increased risk for COVID-19. These are also summarized here: [How to Protect Yourself & Others | CDC](#)

You may notice that DPH and CDC recommendations provide an option for an even shorter quarantine (7 days), with a negative test. We are not allowing this option, as it requires extensive coordination to secure a testing date after day 5, and confirmation of results before any return to school.

If you are notified of being a close contact, you will get more information about quarantine from the school nurse and/or a member of the Fairfield Health Department Contact Tracing Team. We have updated the [FPS COVID-19 Family and Staff Protocols](#), which includes information about travel and return to school following Winter Break.

Please call your school nurse with any questions. We appreciate your continued understanding and patience during this difficult time.

Respectfully,

Mike Cummings
Superintendent of Schools

Angelus Papageorge
COVID-19 Health and Safety Compliance Liaison