

Quarantine and Isolation

When Can I Go Back to School and Sports?

Quarantine if you have been in close contact (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19, unless you have been fully vaccinated. People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have [symptoms](#). However, fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative.

What to do if you are not vaccinated:

- Stay home for 10 days from school after your last contact with a person who has COVID-19. If you do not get a COVID test, you may return to school on Day 11.
- Watch for fever (100.4°F), cough, shortness of breath, loss of taste or smell, chills. There are other more subtle symptoms of COVID such as fatigue, muscle aches, headache, sore throat, congestion or runny nose, diarrhea. If you experience any type of symptom contact your healthcare provider.
- If possible, stay away from people you live with, especially people who are at risk for getting very sick from COVID-19.
- If you are not experiencing any symptoms, you can get a COVID PCR test done in 3-5 days. If you provide the school with a negative PCR test result copy, you may return to school on Day 8.
- Notify the school nurses at 860 379 8521. It is important for the school to know of any positive cases of COVID so they can do contact tracing.

If you do a sport: You have two options:

- Have another COVID PCR test done on Day 8. Provide a copy of that test to the school and you may return to sports on Day 11. You would need to wear a mask for sports from Day 11-14 (even if outdoor)

- OR you may choose not to do a sport for a full 14 days following the exposure and being able to return to sports on Day 15.

After quarantine:

- 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.

Isolation

Isolation is used to separate people infected with COVID-19 from those who are not infected.

People who are in isolation should stay home until it's safe for them to be around others. At home, anyone sick or infected should separate from others, stay in a specific "sick room" or area, and use a separate bathroom (if available).

What to do:

- Monitor your symptoms. If you have an [emergency warning sign](#) (including trouble breathing), seek emergency medical care immediately.
- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Avoid contact with other members of the household and pets.
- Don't share personal household items, like cups, towels, and utensils.
- [Wear a mask](#) when around other people at home.
- You can return to school 10 days from your first symptom or test date. No other testing is required to return to school.
- You must be fever free for 24 hours without the use of medication and free of active symptoms to return to school

If you are fully vaccinated you do not need to quarantine from school and sports. Consult your healthcare provider regarding questions about vaccination.

