



Notification of Updates to COVID-19 Related Quarantine Periods  
Effective 01/11/2021

WHPS utilizes the Connecticut State Department of Education (CSDE) Addendum 5 as our protocol and guide for decision-making regarding who must stay home or be dismissed from school, as well as the parameters for returning to school.

On January 4, 2021, Addendum 5 (Guidance for Responding to COVID-19 Scenarios in Connecticut School Districts) was updated to reflect the recommendations from the Connecticut Department of Public Health (CT DPH) published on December 16, 2020, which was influenced by the December 2, 2020, new quarantine guidance from the Centers for Disease Control and Prevention (CDC).

Please find the updated [Addendum 5 here](#).

Summary of Changes to COVID-19 Quarantine Periods

Self-Quarantine Period for individuals who **had close contact to someone diagnosed with COVID-19**, but does not have COVID-19 symptoms.

Previous recommendation

Remain home in self-quarantine for the recommended 14 days from last exposure to the person diagnosed with COVID-19.

**Current Recommendation**

1. Remain home in self-quarantine for the recommended **10 days from last exposure** to the person diagnosed with COVID-19. Daily symptom monitoring must continue for an additional 4 days (day 11-14). May not resume athletics or extracurricular activities for full 14 days.

OR

2. Exit from quarantine after **7 days with a documented negative test result**. Test\* collection must be **no earlier than 5 days after last exposure**. Daily symptom monitoring must continue for an additional 7 days (day 8-14). May not resume athletics or extracurricular activities for full 14 days.

Additional Reminders

-For any length of quarantine, if symptoms develop, immediately self-isolate and contact healthcare provider or get tested.

-Maintaining attention to mitigation actions at all times is pertinent: **wearing masks, frequent handwashing**, and **social distancing**.

-\*COVID-19 test for school/work: **must be a viral test** (test for presence of the virus), NOT an antibody test (test for immune system reaction to a past viral infection). This can include a molecular test (often called PCR test) or an antigen test.