

# BERLIN PUBLIC SCHOOLS

## OFFICE OF THE SUPERINTENDENT OF SCHOOLS

### MEMORANDUM

To: All Staff

From: Brian J. Benigni  
Superintendent of Schools

Date: January 11, 2021

Subject: Updated Quarantine Guidelines

In keeping with our practice of following CDC guidelines regarding COVID-19, we are modifying the required quarantine time, effective immediately, from 14 days to 10 days and from 10 days to 7 days with a negative RT-PCR test result, based on the latest CDC recommendation.

**Self-Quarantine: Individual without symptoms stays home for 10 days since last exposure to someone who was diagnosed with COVID-19.**

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 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.
4. **Quarantine period for persons known to be close contacts of COVID-19 can end after Day 7 if:**
  - a. Daily self-monitoring for COVID-19 symptoms has been done and the person has had no symptoms of COVID-19 during the whole 7-day quarantine (day 0 is the day of exposure); AND
  - b. A negative RT-PCR test (a rapid test is not accepted) for coronavirus (SARS-CoV-2) is obtained on day 5 or later and a negative RTPCR test result has been received; AND

c. The quarantine period should not end before 7 days, even if a negative test result was obtained earlier.

d. If a test result is still pending at day 7, the person cannot end quarantine until that result is received and is negative.

e. Daily symptom monitoring continues after 7 days for an additional 7 days (days 8–14). If any symptoms develop, immediately self-isolate and contact your healthcare provider; AND

f. After 7 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 have medical conditions that place them at increased risk for COVID-19.

For more information, please see:

<https://portal.ct.gov/-/media/DPH/HAI/COVID19-CTquarantineguidance12-16-20v2.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

[https://www.berlinschools.org/UserFiles/Servers/Server\\_664795/File/News/District%20News/2020-21/BPS%20HEALTH%20ROOM%20PROTOCOL.pdf](https://www.berlinschools.org/UserFiles/Servers/Server_664795/File/News/District%20News/2020-21/BPS%20HEALTH%20ROOM%20PROTOCOL.pdf)

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