

BERLIN PUBLIC SCHOOLS
OFFICE OF THE SUPERINTENDENT OF SCHOOLS

MEMORANDUM

To: All Staff

From: Brian J. Benigni
Superintendent of Schools

Date: February 19, 2021

Subject: Updated Quarantine Guidelines

In keeping with our practice of following CDC guidelines regarding COVID-19, we have updated our quarantine guidelines based on the latest CDC recommendation. Although the CDC still endorses quarantining for 14 days after close contact to a COVID-19 positive individual or someone diagnosed with COVID-19, there are allowable exceptions.

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 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, maintaining 6 feet of physical distance from those not in your household, 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 an individual diagnosed with or testing positive for 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 for coronavirus (SARS-CoV-2) is obtained on day 5 or later and a negative RT–PCR 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, maintaining 6 feet of physical distance from those not in your household 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.
5. People who have tested positive for COVID-19 ninety (90) days prior to travel and clinically recovered *do not have to quarantine* or get tested again as long as they *do not develop new symptoms*.
- a. People who develop symptoms again within ninety (90) days of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.
6. However, vaccinated persons with an exposure to someone with suspected or confirmed COVID-19 are ***not required*** to quarantine if they meet all of the following criteria:
- a. Are fully vaccinated (i.e., ≥ 2 weeks following receipt of the second dose in a 2-dose series, or ≥ 2 weeks following receipt of one dose of a single-dose vaccine)
 - b. Are within 3 months following receipt of the last dose in the series
 - c. Have remained asymptomatic since the current COVID-19 exposure

Persons who ***do not meet*** all three of the above criteria should continue to follow current quarantine guidance after exposure to someone with suspected or confirmed 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

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