

MEMO TO NHPS FAMILIES

This update outlines policy changes related to quarantine/isolation, testing, and return to school activities in consideration of [recent changes](#) in CDC guidance for the general population.

COVID-19 GENERAL INFORMATION FOR PARENTS/GUARDIANS

- Check your child for symptoms each morning before school!
- If your child has one or more symptoms of Covid-19, as listed below, do **NOT** send them to school.
 - They should immediately get a test for Covid-19.
 - Call and notify your school.
- Continue masking on the bus and at school, Masks should only be removed for snacks and mealtimes or with an approved medical exemption.
- **Get your child vaccinated for Covid-19. All children ages 5 years and older are eligible for a Covid-19 vaccine. Everyone over the age of 16 is eligible for a Pfizer Covid-19 Booster. For Covid-19 vaccination sites, please click [here](#).**
- Bus windows will remain open through the winter months, safety permitting. Please ensure that your child is wearing appropriate winter clothing for the bus.

WHAT TO DO IF YOU THINK YOUR CHILD HAS COVID-19

If your child has any of the signs and symptoms of Covid-19 as listed below or has been exposed to someone diagnosed with and/or suspected to have Covid-19, you should **NOT** send your child to school.

- Notify your school administration. They will inform you of your school's protocol and the return date for your child. Please refer to the [NHPS website](#) for more information.
- Take your child for a Covid-19 test. For a list of all testing sites in Connecticut, please click [here](#).
- If your child should develop trouble breathing, persistent pain or pressure in the chest new confusion, inability to wake or stay awake, or pale, gray, or blue-colored skin, lips, or nail beds, please call 911 and seek emergency medical care.

SIGNS AND SYMPTOMS OF COVID-19

If your child has one or more of the following symptoms, they may have Covid-19 and should immediately get tested:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

QUARANTINE, ISOLATION, TESTING, AND RETURN TO ACTIVITIES

If your child tests positive for COVID-19, they may return to school after 5 days if they:

- Isolate for 5 days after symptom onset or 5 days after positive COVID-19 test (PCR or rapid antigen), if asymptomatic
 - Those with severe symptoms may have to isolate longer
- Take a rapid antigen test on day 5. **The test will be provided by NHPS upon confirmation of your child's Covid-19 diagnosis.**
 - If the test is **negative**, your child can return to school on day 6. If the test is positive, please contact your child's school administration for next steps.
 - If your child cannot take a Covid-19 test on day 5, please contact your child's school administration.
- Are without fever for 24 hours (and without taking fever-reducing medications); and
- Experience improvement in other symptoms

If your child has been exposed to someone with COVID-19, is asymptomatic, they may return to school after quarantining for 5 days if they:

- Complete the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted **OR** Completed the primary series of J&J over 2 months ago and are not boosted **OR** Are unvaccinated
- Quarantine at home for 5 days following the exposure.
- Receive a COVID-19 test (either PCR or rapid antigen test is accepted) on day 5 or later and receive a **negative** result.
 - **A rapid antigen test will be provided by NHPS to each child following an exposure.** If your child cannot be tested for Covid-19, please contact your child's school administration.

If your child has been exposed to someone with COVID-19, is asymptomatic, they do not have to quarantine if they:

- Have been boosted **OR**
- Completed the primary series of Pfizer or Moderna vaccine within the last 6 months **OR**
- Completed the primary series of J&J vaccine within the last 2 months

All individuals, regardless of vaccination status, should monitor themselves for symptoms and continue to mask in school following their isolation, quarantine period, or exposure.

For Questions/Concerns, contact the New Haven Health Department be reached at (203) 946-6999