

Some Helpful Information from Diane Raymond, your School Nurse:

As a follow up to our recent communication concerning a case of Covid-19 in our middle school, I want to provide some clarification and hopefully answer any questions that you may have. I have provided below some frequently used terms and some definitions and examples. I hope you will find the information helpful and that you will reach out to me with any further questions or concerns.

Close contact is defined by CDC as someone who was within 6 feet of an infected person for at least 15 minutes in the 48 hours prior to symptom onset (or, for asymptomatic clients, 2 days prior to positive specimen collection). For example, Mary woke up with symptoms of fever and a sore throat on Thursday. She tested and is positive. All the people she had contact with, within 6 feet and for at least 15 minutes, on Tuesday and Wednesday, are considered close contacts. Mary must now isolate for 10 days AND until she is fever free, for 24 hours, without use of medication AND improvement of any other symptoms. Isolation separates sick people with a contagious disease from people who are not sick.

All the close contacts must quarantine. Quarantine, by definition, separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. A quarantine lasts 14 days. During this 14 day period you are home. No errands. No outings. No gatherings. You are home to monitor for symptoms and stop the spread. If you develop symptoms, you would test. If you have no symptoms and want to test, you would wait at least 5 days from your last exposure to the covid positive person.

In the case of the Saint Paul student, all close contacts have been notified. Close contacts should quarantine for 14 days. As an extra layer of precaution, we have asked siblings of close contacts to remote learn as well. They are not in quarantine and are considered a contact of a contact. They should monitor for symptoms.

At any point should a close contact test positive, their quarantine now becomes an isolation and timeframes change so please reach out for clarification. I am always available by email. My email is [d.raymond@stpaulkensington.org](mailto:d.raymond@stpaulkensington.org)

You may receive a phone call from the Central Connecticut Health Department (CCHD). They are simply calling to clarify quarantine and isolation and answer any questions you may have.