



Center for Pediatric Medicine

Our Family Caring For Yours

203-790-0822

COVID-19 Testing:

- **Anyone who is a close contact to a positive case needs testing with a PCR test.** Ideally between day 3 and 7 post-exposure, but testing can occur at any time. This is a public health mandate for contact tracing. Many children can be asymptomatic, and contagious.

Quarantine Means:

- WEAR A MASK— even when in shared spaces within your home
- Stay home and away from other people for 14 days (this includes school/work, all outside activities, sports and family events)
- Avoid shared space within your home as much as possible
- Physically distance by at least 6 (six) feet, as possible within your home
- Sleep in a separate bedroom
- Use a separate toilet if possible
- Use separate dishes and flatware
- Especially avoid anyone at high risk for complications of COVID 19
- Monitor temperature twice per day (Fever > 100.4 degrees F or 38 degrees C)
- Monitor for other COVID-19 symptoms daily (cough, body aches, loss of smell/taste, diarrhea)
- If any symptoms develop, contact CPM for further evaluation and testing information
- **Even if your child has already tested negative, but develops symptoms, they must be tested again.**
- Most infections are caught at home. Please quarantine all contacts in your home, and wear masks.

FAQ

1. How was the quarantine period for my child calculated?

- Close contacts must quarantine for 14 days from the last day of contact with a positive individual.
- For contact tracing purposes, we must do a 48 hour "look-back" from the positive individual's onset of symptom date or for an asymptomatic person, from the date of the test that produced a positive result.
- Your child's quarantine dates may be different from other children's as each individual's circumstances may be different.

2. Why is a 14 day quarantine necessary?

- According to the CDC, it can take as long as 14 days from exposure to an infected individual to develop symptoms of infection. If your child shows symptoms or tests positive for COVID

during the quarantine period, they will need to isolate for a 10-day period from the beginning of symptoms.

3. What if my child shows no symptoms?

- It is quite possible that your child will not show any symptoms, but the need to quarantine still applies for the full 14 days.

4. If my child gets a negative Covid-19 test result during the 14 day quarantine, can they return to school (before the 14 days is up)?

- NO. A negative test for your child during this 14 day period does not excuse them from quarantine. Due to an average length of time of 2-14 days from contact to symptom development an individual may not test out of quarantine. They may become ill as late as the 14th day.

5. Why is isolation for a positive individual only 10 days (vs 14 days for quarantine)?

- Once an individual has symptoms or has tested positive for COVID 19, they have already experienced the incubation period. After 10 days of isolation, the person is no longer contagious as long as their symptoms have resolved.

6. Is there a difference between isolation and quarantine?

- Yes, an individual with a **positive** test for COVID-19 is in isolation for 10 days after symptoms began.

- An individual who is a "close contact" (not a positive case) is told to quarantine for 14 days. This is the time period one is awaiting the possibility of developing illness when you can be contagious.

7. Does my child need a negative COVID test or do I need to take any other action before returning to school at the end of the quarantine period?

-As long as your child did not experience any symptoms of COVID-19 during the 14 day quarantine period, they may return to school on the date shared with you (date last exposure plus 14 days). No testing or any other action is required.

8. What does quarantine mean for my child and any other household members?

- Quarantine keeps someone who has been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are infected with the virus without feeling symptoms, or before they are sick . Family members who are not direct contacts are not expected to quarantine, but should WEAR A MASK when they are around the exposed person. It is very important for your own safety and for the safety of others that you monitor your child's health from the last possible exposure to COVID-19 throughout the entire quarantine period. Your child should remain at home, avoid congregate settings and public activities, and practice physical distancing and mask wearing.
- We are required to follow the protocols of the State Department of Health. These protocols can be found on the CDC website <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>

- and State of CT website. <https://portal.ct.gov/Coronavirus>
- How schools are to handle positive cases and close contacts can be found in Addendum 5 on the

State Department of Education website.

<https://portal.ct.gov/-/media/SDE/COVID-19/Addendum-5-Interim-Guidance-for-Responding-to-COVID-19-Scenarios-in-CT-School-Districts.pdf>