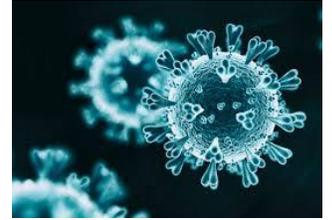


COVID-19 Protocols



This guidance is for:

- People with who have been in contact with a person who tested positive for COVID-19
- Household members, intimate partners, close contacts, and caregivers of a person with COVID-19 symptoms who is awaiting test results

These recommendations are based on what is currently known about [COVID-19](#). The Farmington Valley Health District will update this guidance as needed and as additional information becomes available. This guidance will help prevent the virus from spreading among people in homes and in other residential communities. Self-Quarantine is an effective precautionary measure to protect those around you – your family, friends, colleagues – from contracting COVID-19. Be aware that [individuals over the age of 60 and/or individuals with chronic conditions as well as those not vaccinated are at a greater risk of experiencing serious complications](#) from COVID-19.

Quarantine refers to the separation and restriction of movement of persons who, while not yet ill, have been exposed to an individual with confirmed or suspect COVID-19 and MAY develop the disease. Quarantine of exposed persons is a public health strategy, that is intended to stop the spread of infectious disease. This guidance is to help you closely monitor your health for up to 14 days because you may have been exposed to a coronavirus patient. This does NOT mean that you will get sick with COVID-19.

Quarantine Guidelines: Please note, these guidelines differ based on vaccination status.

If You:

- 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

Then:

1. Wear a well-fitting mask around others for 10 days from exposure.
2. Test on day 5 from exposure, if possible.
3. If you develop symptoms, stay home, isolate, and get a test as soon as possible.

If You:

- Completed the primary series of Pfizer or Moderna vaccine more than 6 months ago **OR**
- Completed the primary series of J & J vaccine more than 6 months ago **OR**
- Are unvaccinated

Then:

1. Quarantine for 5 days from exposure. After this, wear a well-fitting mask around others for 5 additional days.
2. Test on day 5 from exposure, if possible.
3. If you develop symptoms, stay home, isolate, and get a test as soon as possible.
4. *****Children attending school or daycare must quarantine for a full 10 days from exposure before returning to school or daycare.**

Continue to monitor for symptoms for up to 14 days as this is referred to as the “latency” period for the disease—the time between exposure and the potential development of the disease.

A person’s residence is generally the preferred setting for quarantine. It is important to ensure that the home environment meets the ongoing physical, mental, and medical needs of the individual.

You Should Consider the Following:

- **Wash hands often:** Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Clean all “high-touch” surfaces frequently.** Use a household cleaning spray or wipe, following label instructions.
- All household members should wash hands often.
- **Limit visitors who do not have an essential need to be in the home.**

IF you develop symptoms--quickly isolate yourself. Separate yourself physically from others in the household, stay in a separate room, if possible use a separate bathroom, regularly wipe down surfaces you touch, have household members bring food and beverage to you and encourage all families members to wash their hands immediately after touching anything that you have touched.

If you develop [emergency warning signs for COVID-19](#) get medical attention immediately. Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Call ahead and notify first responders and medical providers that you are experiencing symptom of COVID-19. This is critical to protect our health care and emergency services.

Visit our website www.fvhd.org for more guidance and information on COVID-19.

Additional Resources:

[CDC Guidance for Isolated/Self-Quarantined Individuals](#)

[Signs and Symptoms of COVID-19](#)

[Connecticut State Health Department](#)

<https://portal.ct.gov/coronavirus>