



# Town of Darien

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## Health Department

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### COVID FAQs What you should know about testing, returning to work, & out-of-state travel

In response to many reoccurring questions, the following has been assembled based on current guidance from CDC and the State Department of Public Health.

#### *What should be done if an employee or student has tested positive for COVID? Who should be notified?*

**Answer:** Contact your local health department

- Determine the date of symptom onset for the child/staff member.
- Determine if the child/staff member attended/worked or attended school while symptomatic or during the two days before symptoms began.
- Identify what days the child/staff member attended/worked during that time.
- Determine who had **close contact** with the child/staff member at the program during those days (staff and other children)
- Exclude (quarantine) the children and staff members who are determined to have had close contact with the affected child/staff member for 14 days after the last day they had contact with the affected child/staff member.
- Conduct appropriate cleaning and disinfection
- The Health Department is available to assist in decisions regarding notifying others.

#### *What is meant by “close contact”?*

**Answer:** Close contact is defined as being within six (6) feet of another person for more than 15 minutes over a 24 hour period, regardless of mask use.

<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>

NOTE: The use of facial masks **and** greater than 6 feet distancing for more than 15 minutes provides the greatest risk reduction.

#### *What should be done when a student, staff member or employee presents with symptoms listed as COVID likely, but the parent/staff member says they have allergies or a cold? Is this person excluded until a doctor's note is provided?*

**Answer:** At a minimum, anyone with possible symptoms of COVID-19 should be excluded until evaluated by a medical provider. Health screening and exclusion of ill campers are discussed the CDC guidance on youth and summer camps recently provided:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/summer-camps.html>

***If someone has been diagnosed with COVID, when can they be cleared to return to normal activities such as sports, work or school?***

**Answer:** Symptom-based return criteria are the basis currently being used to clear an individual to return to normal activities:

- at least 24 hours have passed *since last* fever without the use of fever-reducing medications.
- symptom free for at least 24 hours.  
For spouses, or family members, if the household members were ill around the same time, the person who has recovered and meets the discontinuation of transmission protocols may return to work even if the spouse is still within their isolation period. The rationale is that they have already recovered and are not capable of continuing to spread the virus.
- For a list of symptoms, please go to: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>:
- For persons who never develop symptoms, isolation and other precautions can be discontinued 10 days after the date of their first positive RT-PCR test for SARS-CoV-2 RNA.
- For patients with severe illness, duration of isolation for up to 20 days after symptom onset may be warranted. Consider consultation with infection control experts.
- **Negative test results are no longer recommended as a basis for allowing someone to return to normal activities.**

***If an individual goes to a travel restricted state (Florida, for example), upon their return, will they have to quarantine for 14 days? Or, can they come to work if they have a Covid-19 negative test?***

**Answer from DPH:** If a person was in an affected state, that person must self-quarantine and complete the Travel Health Form that can be downloaded from <https://appengine.egov.com/apps/ct/DPH/Connecticut-Travel-Health-Form>. PCR tests conducted within 72 hours of departing the affected states are accepted to exempt persons from the travel quarantine. If unable to test before leaving, persons can be tested upon returning to Connecticut but must remain home until a negative result is obtained.

- **Parents helping their children move into college are excluded *only* for the actual moving process. Overnight stays or going out to dinner would necessitate quarantine.**
- Non-essential travel to impacted states is not recommended at this time.
- Quarantine applies to international travelers also. All international travelers should stay home for 14 days after returning from travel, monitor their health, and practice social distancing.

For a list of states on the quarantine list please see: <https://portal.ct.gov/Coronavirus/travel>. This list is updated once a week so check the site frequently if you plan to travel.

We will do our best to provide updates as they occur. If you have any questions, please contact me.

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