

Updated Quarantine and Isolation Recommendations for New Haven Public Schools Pre-K-12

New Haven Health Department

Updated: May 9th, 2022

The recommendations in this document have been revised to reflect the [CDC Update for Shortened Quarantine and Isolation Protocols](#) and are subject to change.

The Test and Stay program is a new testing initiative for NHPS Pre-Kindergarten through grade 12, intended for asymptomatic close contacts of individuals with confirmed COVID-19. This testing program will allow asymptomatic close contacts to remain in school if they receive an individual rapid antigen test (e.g. BinaxNOW) at **home** each day and test negative, as well as follow other guidelines as noted later in this document.

Please Note: The policies outlined in this document are amended from [DESE/DPH Protocols for Responding to COVID-19 Scenarios - SY 2021-22, August 13, 2021](#).

UPDATES TO PROTOCOL:

1/19/2022:

Test and Stay Clarification

- CDC “Test to Stay” Summary: “Test to Stay (TTS) is a practice comprised of contact tracing and serial testing (testing that is sequentially repeated) to allow school-associated close contacts who are not fully vaccinated to continue in-person learning during their quarantine period.”
- Only **MASKED IN-SCHOOL EXPOSURES** are eligible for “Test and Stay”
- Exposures that occurred in the community or within a household are considered higher risk and are NOT eligible for “Test and Stay”. These exposures must follow alternative quarantine options.
- Household exposures **must** follow Quarantine Protocol B: Option 4

Protocol C: Symptomatic Individuals

- A negative PCR test OR negative rapid antigen test is acceptable for return-to-work or return-to-school

2/20/2022

- Quarantine/Isolation Flowcharts
- Language addressing special needs students and others who cannot properly mask
- Include NHPS PreK schools as part of Test and Stay

5/9/2022

- Clarified Protocol B Asymptomatic close contacts who are unvaccinated or their primary series is outdated and no booster

SECTIONS:

[Section 1: Key Definitions](#)

[Section 2: Recommended testing and quarantine response protocols](#)

[Protocol A: For individuals who test positive for COVID-19](#)

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Section 1: Key definitions

This section outlines the list of COVID-19 symptoms, provides the definition of a close contact, and outlines situations where close contacts are exempt from COVID-19 testing and quarantine response protocols including isolation, quarantine, and Test and Stay.

COVID-19 symptoms

Below is the full list of symptoms for which caregivers should monitor their children, and staff should monitor themselves.¹

Unvaccinated individuals and any close contacts presenting these symptoms should follow testing and quarantine response protocols as outlined in Section 2 of this document.

Vaccinated and boosted individuals who are not close contacts should follow the testing and isolation response protocols if they are experiencing symptoms in bold. These individuals may also seek clinical guidance to assess the need for PCR testing if they have other symptoms on this list.

COVID-19 symptoms list:

- Fever (100.0° Fahrenheit or higher), chills, or shaking chills
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Muscle aches or body aches
- Cough (not due to other known cause, such as chronic cough)
- Sore throat, when in combination with other symptoms
- Nausea, vomiting, or diarrhea when in combination with other symptoms
- Headache when in combination with other symptoms
- Fatigue, when in combination with other symptoms
- Nasal congestion or runny nose (not due to other known causes, such as allergies) when in combination with other symptoms

Definition of a close contact

Close contacts are defined as individuals who have been within 6 feet of a COVID-19 positive individual while indoors, for at least 15 minutes during a 24-hour period or within 3 feet in the classroom while both parties are properly masked.

²Please note that the at-risk exposure time begins 48 hours prior to symptom onset (or time of positive test if asymptomatic) and continues until the time the COVID-19 positive individual is isolated.

In general, close contacts should follow the testing and quarantine response protocols in Section 2 of this document.

However, certain close contacts are exempted from testing and quarantine response protocols as noted below.

Close contacts who are exempt from testing and quarantine response protocols

The following close contacts are exempt from testing and quarantine response protocols:

- Asymptomatic AND boosted or fully vaccinated up to date (within 6 months of Moderna or Pfizer primary series or within 2 months of J&J shot close contacts): Individuals who are asymptomatic and boosted or fully vaccinated are exempt from testing and quarantine response protocols **BUT SHOULD CONTINUE STRICT MASK USE FOR 10 DAYS.**
- Close contacts who have had COVID-19 within the past 90 days: An individual who has been previously diagnosed with COVID-19 and then becomes a close contact of someone with COVID-19 is exempt from testing and quarantine response protocols if:
 - o The exposure occurred within 90 days of the onset of their own illness AND
 - o The exposed individual is recovered and remains without COVID-19 symptoms.

Section 2: Recommended testing and quarantine response protocols

This section outlines testing and quarantine response protocols for individuals – students and staff – who test positive for COVID-19, close contacts who are not exempt from testing and quarantine response protocols, and symptomatic individuals. Each scenario outlines the duration of any recommended quarantine or isolation, the conditions to be met for the individual to return to school, and any additional considerations.

Overview of Protocol Categories:

- **Protocol A: For individuals who test positive for COVID-19**
 - UPDATE: Rapid antigen test day 5 of isolation, return to school day 6
- **Protocol B: Protocol for asymptomatic close contacts who are unvaccinated or their primary series is outdated and no booster**
 - **Option 1: “Test to Stay” (only for school-associated exposures)**
 - **Option 2: Traditional Quarantine**
 - **Option 3: Individuals who choose not to test**
 - **Option 4: Individuals with a positive household member**
- **Protocol C: Protocol for all symptomatic individuals (unvaccinated and vaccinated)**
 - **Option 1: Return to school post-symptoms with test**
 - **Option 2: Not close contacts and choose not to test to return to school**

Protocol A: For individuals who test positive for COVID-19

Protocol A: For individuals who test positive for COVID-19

- **Duration:** Self-isolation for COVID-19 positive cases is a minimum of 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, as below.

- **Requirements:** All students who have tested positive for COVID-19 will be sent home with a **rapid antigen test** for subsequent testing. **PCR tests are not recommended to exit isolation early.**
- **Return to school:** On day 6 and if they have met the following criteria:
 - Taken a rapid antigen test on day 5 of isolation and tested negative for COVID-19
 - Been without fever for 24 hours (and without taking fever-reducing medications); and
 - Experienced improvement in other symptoms
 - **If a student has taken a rapid antigen test on day 5 and tested positive for COVID-19, they must continue to isolate until day 10.**
 - If the student is not able to take a rapid test on day 5 of isolation, they should isolate for 10 days.
 - If student remains symptomatic or febrile, isolation should contain until fever-free for 24 hours (without fever-reducing medications) and symptom improvement

Note: Return to school should be based on time and symptoms improving. **Repeat PCR testing prior to return is not recommended. Special needs individuals and other individuals who cannot adhere to strict mask use upon return to school cannot exit isolation early and must isolate for the full 10 days. See [Section 3: COVID-19 Quarantine/Isolation Flowcharts](#)**

Protocol B: Asymptomatic close contacts who are unvaccinated or their primary series is outdated and no booster

The following individuals **MUST** follow quarantine protocols or “Test and Stay” if they have met the following conditions:

- Are asymptomatic
- AND
- Primary series of vaccine is outdated (completed Pfizer or Moderna vaccine over 6 months ago or J&J over 2 months ago) AND are not boosted
- OR
- Are unvaccinated

Close contacts who are not exempt from testing and quarantine response protocols and are asymptomatic should follow the guidelines in Protocol B below.

The following individuals are **EXEMPT** from quarantine protocols if they have met the following conditions:

- Are asymptomatic
- AND
- Have been boosted
- OR
- Primary series of vaccine is up to date (completed the primary series of Pfizer or Moderna vaccine within the last 6 months or J&J vaccine within the last 2 months)

Please note that individuals who are exempt from quarantine protocols must adhere to strict mask use for 10 days and are recommended to undergo testing on Day 5.

Individuals exempt from quarantine are expected to monitor for symptoms and stay home and get tested if they experience symptoms, in alignment with CDC guidance³ and Protocol C.

Note: In some cases, individuals may be asked to follow specific testing and quarantine response protocols (including durations for quarantine/isolation) provided by contact tracers or local health officials which may differ from the recommended protocols below.

Protocol B: Asymptomatic close contacts - unvaccinated or outdated vaccination (only for MASKED IN-SCHOOL exposures)

Option 1 : “Test and Stay”

- **Duration of Test and Stay:** 7 days from the date of exposure
- **Return to School:** Close contacts can remain in school and do not have to quarantine, as long as they:
 - Are asymptomatic
 - Wear masks in school at all times, other than when eating or drinking. When these individuals cannot be masked (i.e., when eating or drinking) they should maintain 6 feet of distance from other individuals to the extent feasible.
 - **Please note: Special needs students and other individuals who cannot adhere to strict mask use during “Test and Stay” are not eligible for the program and must complete an alternative quarantine option.**
 - Take a rapid antigen test (e.g., BinaxNOW) at home for five consecutive days and receive a negative test result. Results will be collected and verified by identified NHPS staff. If the individual remains both negative and asymptomatic, they can stay in school.
 - When 5-day interval testing is not feasible, interval testing should be on days 1, 3, and 5 following exposure.
 - Conduct active monitoring for symptoms through day 14, and self-isolate at home if symptoms develop (Follow Protocol C).

Note: If an individual has symptoms at the time they are designated as a close contact or develops symptoms during the Test and Stay period or the 14 days following initial exposure, they should follow the protocol for symptomatic individuals (Protocol C). If an individual tests positive at any time, they should follow the protocol for individuals who test positive for COVID-19 (Protocol A) [See Section 3: COVID-19 Quarantine/Isolation Flowcharts](#)

Protocol B: Asymptomatic close contacts - unvaccinated or outdated vaccination

Option2: Traditional Quarantine

(If community or household exposure or close contacts don't have access to daily rapid testing or family or chooses not to participate in Test and Stay)

- **Duration:** Quarantine is at least 5 days from the date of exposure
- **Return to School:** Day 6, if they:
 - Remain asymptomatic
 - Receive a COVID-19 test (either PCR or rapid antigen test is accepted) on day 5 or later and receive a **negative** result
 - Conduct active monitoring for symptoms through day 14, and self-isolate if symptoms develop. (Follow Protocol C)
 - Adhere to strict mask use for an additional 5 days. **If an individual cannot properly mask for these 5 days, they must complete Protocol B: Option 3.**

Note: If an individual has symptoms at the time they are designated as a close contact or within the 14 days following initial exposure, they follow the protocol for symptomatic individuals (Protocol C). If an individual tests positive at any time, they follow the protocol for symptomatic individuals (Protocol C). If an individual tests positive at any time, they follow the protocol for individuals who test positive for COVID-19 (Protocol A). [See Section 3: COVID-19 Quarantine/Isolation Flowcharts](#)

Protocol B: Asymptomatic close contacts - - unvaccinated or outdated vaccination

Option 3: Individuals who choose not to receive a COVID test – At least 10 day Quarantine

- **Duration:** Quarantine is at least 10 days from the date of exposure⁴
- **Return to School:** Day 11, if they:
 - Have not experienced symptoms up to this point
 - Conduct active monitoring for symptoms through day 14 and self-isolate if symptoms develop. (Follow Protocol C)

Note: If an individual has symptoms at the time they are designated as a close contact or within the 14 days following initial exposure, they follow the protocol for symptomatic individuals (Protocol C). If an individual tests positive at any time, they follow the protocol for individuals who test positive for COVID-19 (Protocol A). See [Section 3: COVID-19 Quarantine/Isolation Flowcharts](#)

Protocol B: Asymptomatic close contacts - unvaccinated or outdated vaccination

Option 4: Individuals with a positive household member – At least 10 day Quarantine

- **Duration:** Quarantine is at least 10 days from the date of household member’s positive test or date of symptom onset. Quarantine period may be longer if positive household member must isolate for longer than 5 days.
- **Return to School:** Day 11, if they:
 - Have not experienced symptoms up to this point
 - Household contact’s quarantine period begins at the end of positive family member’s isolation period. If positive family member meets criteria to exit isolation on day 5, household contact begins 5-day quarantine period on day 6. If positive family member does not meet criteria to exit isolate on day 5 and instead must isolate until day 10, household contact begins quarantine 5-day period on day 11.
 - Conduct active monitoring for symptoms through day 14 and self-isolate if symptoms develop. (Follow Protocol C)

Note: If an individual has symptoms at the time they are designated as a close contact or within the 14 days following initial exposure, they follow the protocol for symptomatic individuals (Protocol C). If an individual tests positive at any time, they follow the protocol for individuals who test positive for COVID-19 (Protocol A). See [Section 3: COVID-19 Quarantine/Isolation Flowcharts](#)

Protocol C: Symptomatic individuals

Protocol C applies to **both vaccinated and non-vaccinated individuals** who experience the COVID-19 symptoms listed in Section 1 applicable to their status. See [Section 3: COVID-19 Quarantine/Isolation Flowcharts](#)

Protocol C: Symptomatic individuals:

Option 1: Return to school post-symptoms with test – Isolation Varies

- **Duration:** Dependent on symptom resolution
- **Return to School:** Individuals may return to school after they:
 - Have received a negative PCR **or** negative rapid antigen test result for COVID-19. Note: So long as the individual is not a close contact, if a medical professional makes an alternative diagnosis for the COVID-19-like symptoms, the individual may use this recommendation (e.g., for influenza or strep pharyngitis) in lieu of a PCR test.
 - Have improvement in symptoms
 - Have been without fever for at least 24 hours without the use of fever-reducing medications.

Protocol C: Symptomatic individuals

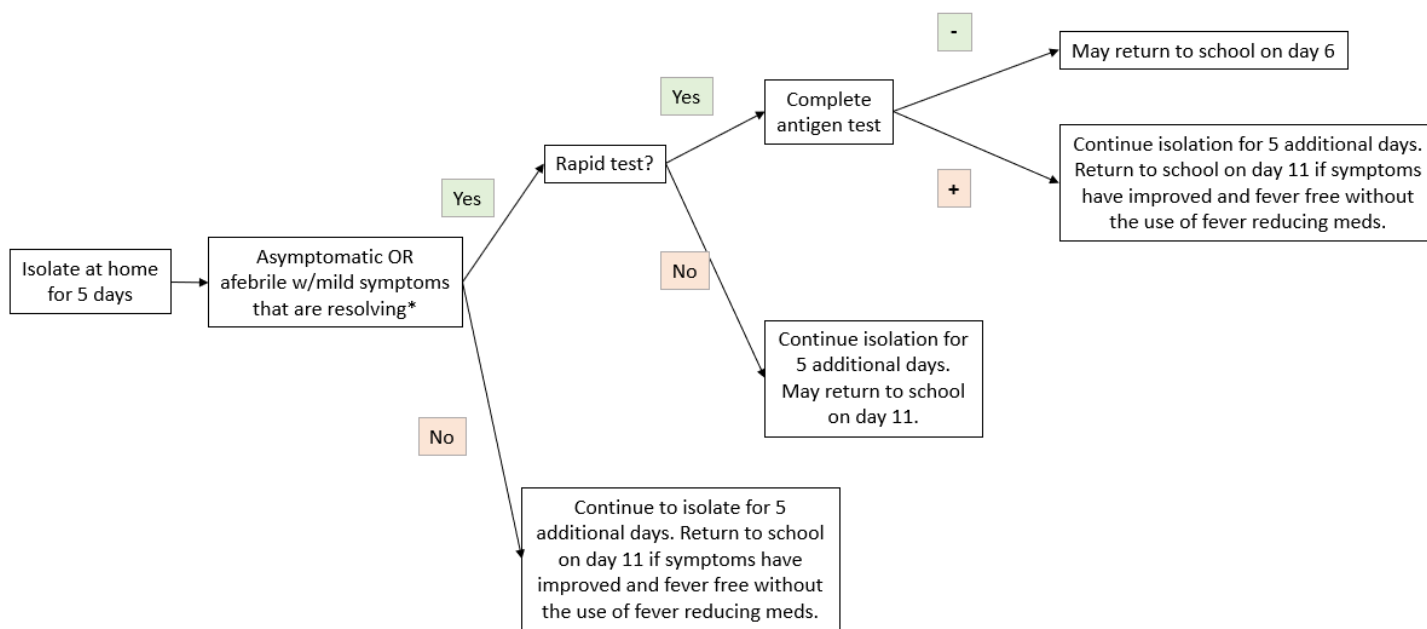
Option 2: Symptomatic individuals who are not close contacts and choose not to receive a COVID test to return to school - Isolation

- **Duration:** Isolation is at least 10 days from symptom onset⁵
- **Return to School:** Day 11, assuming they:
 - Have improvement in symptoms
 - Have been without fever for at least 24 hours without the use of fever-reducing medication.

Section 3: COVID-19 Quarantine/Isolation Flowcharts

Protocol A: For Individuals Who Test Positive for COVID-19

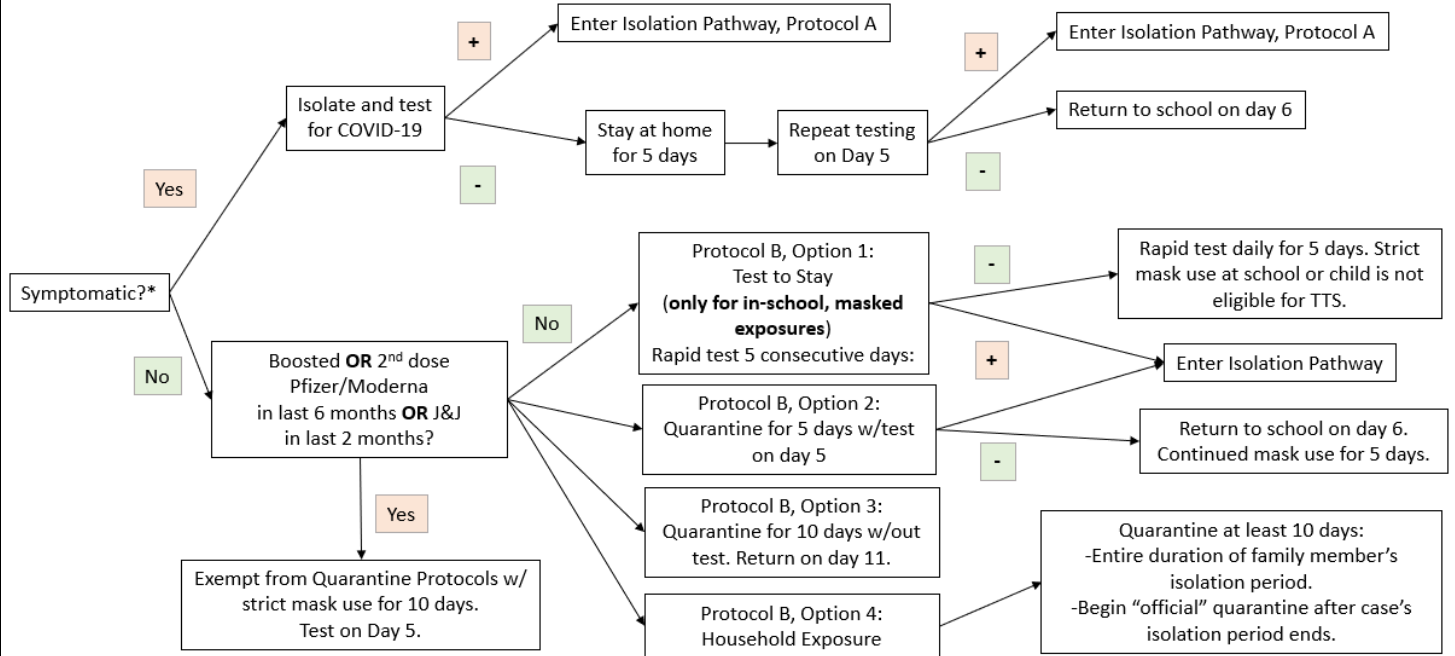
Updated 02/01/2022



*Symptoms include fever/chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea

Protocol B & C: Updated COVID-19 Quarantine Guidance for Individuals Exposed to COVID-19

Updated 02/01/2022



*Symptoms include fever/chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.

References

1. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
2. CDC definition of Close Contact. Available at: <https://www.cdc.gov/coronavirus/2019-ncov/community/schoolschildcare/operation-strategy.html>.
3. CDC: Interim Public Health Recommendations for Fully Vaccinated People. Nov 19, 2021. Available at: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>
4. CDC Science Brief: Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing. Dec 2, 2020. Available at: <https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/scientific-brief-options-to-reduce-quarantine.html>.
5. CDC Interim Guidance on Ending Isolation and Precautions for Adults with COVID-19. Mar 16, 2021. Available at: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>.