

Dear Families,

I am sending this as a reminder of the Connecticut Respiratory Disease Prevention Strategies and Operational Strategies for the 2022-2023 school year. The goals are to get students in school, keep them here for in-person learning as much as possible, and to keep them healthy and learning. I am providing you with the highlights from those documents. Please understand that these guidelines may change over time and I will do my best to always keep you informed.

#### Start Healthy with Vaccination

Vaccination is still the best way to prevent serious illnesses from COVID-19 and influenza. We are hosting a COVID-19 and flu vaccine clinic at PCS on Thursday, October 13, 2022, from 4:00-6:00 PM. All COVID-19 vaccines will be provided free of charge and the flu vaccine is free for anyone age 18 or younger. Please note that flu vaccines administered between August 1st and December 31st are required for school attendance for all preschool students.

#### Maximize In-person Learning

We will be utilizing the Test-Mask-Go strategy this school year. This strategy gives students and staff with minor respiratory disease symptoms (infrequent cough, runny nose, sore throat etc.) and no known COVID-19 case in their household the option to continue participating in-person provided:

- they are fever free
- they feel well enough to participate
- they can wear a mask consistently and correctly
- they test negative for COVID-19 prior to reporting in-person on every day they have symptoms and one final test on the morning their symptoms have resolved

Students and staff are not eligible to Test-Mask-Go if:

- they have a fever of 100 degrees or higher (they may return once they are fever free for 24 hours without the use of medication)
- they live with a person who tested positive for COVID-19 within the past two weeks

We have a supply of free test kits and will be ordering more as needed.

#### Quarantine and Isolation Guidelines

Quarantining at home after exposure to a confirmed positive case of COVID-19 is no longer necessary regardless of the individual's vaccination status. However, we urge those individuals to wear a high-quality mask for 10 days after the date of exposure and get tested after five.

Isolation at home for five days is required for individuals who test positive for COVID-19.

If they have no symptoms:

Day 1 is the first full day following the day they were tested

If they develop symptoms within 10 days of when they were tested, the clock restarts at day 0 on the day of symptom onset  
Isolation may end after day 5, but the individual must wear a high-quality mask for days 6-10

If they have symptoms:

Day 1 is the first full day after the day their symptoms started

Isolation may end after day 5 if they are fever-free and symptoms are improving.

The individual must wear a high-quality mask for days 6-10

It has always been our practice that students or staff members with fever, vomiting or diarrhea stay home. They may return to school once they are symptom free for 24 hours without the use of medication.

Kind regards,  
Susan Imschweiler