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April 2022 Guidance for COVID-19

Recommendations for People with COVID-19- You Have tested positive for COVID-19 or have mild symptoms and are waiting for test results?

Here's What To Do:

- Isolate. Stay at home for at least 5 days. *
- To keep others safe in your home, wear a mask, stay in a separate room, and use a separate bathroom if you can.
- Do not travel for 10 days.
- If you can't wear a mask, stay home and away from other people for 10 days.
- To calculate the recommended time frames, day 0 is the day you were tested if you don't have symptoms, or the date your symptoms started.
- Contact your healthcare provider to discuss your test results and available treatment options. Watch for symptoms, especially fever. If you have an emergency warning sign, such as trouble breathing or persistent chest pain or pressure, seek emergency medical care immediately.

Day 6: Do a self-check. How are you feeling?

- No symptoms or symptoms improving
- No fever without fever-reducing medication for 24 hours: You can leave isolation. Keep wearing a mask around other people at home and in public for 5 more days (days 6-10).
- *You could have loss of taste or smell for weeks or months after you feel better. These symptoms should not delay the end of isolation.*

Symptoms not improving and/or still have fever: Continue to stay home until 24 hours after your fever stops without using fever-reducing medication and your symptoms have improved.

- After you feel completely better, keep wearing a mask around other people at home and in public through day 10.

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Recommendations for COVID-19 Close Contacts

Have you been in close contact with someone who has COVID-19? You were a close contact if you were less than 6 feet away from someone with COVID-19 for a total of 15 minutes or more over a 24-hour period (excluding K-12 settings).

Here's What To Do:

- Protect Others
- Take these steps to keep others safe.
- **Quarantine** if you are not up to date with COVID-19 vaccines or didn't have COVID-19 in the past 90 days. Stay home and away from other people for at least **5 days**. If you are up to date or had COVID-19 in the past 90 days you do not have to quarantine.
- Avoid travel through **day 10**.

- **Wear a mask** around other people for **10 days**.

Watch for symptoms of COVID-19 for 10 days.

Up to date means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible.

Get Tested

- Get a COVID-19 test on or after **day 5** or if you have **symptoms**.
- *People who had COVID-19 in the past 90 days should only get tested if they develop symptoms.*
- You tested **negative**. You can leave your home.
- Keep **wearing a mask** in public and when traveling through **day 10**.
- You tested **positive** or have **symptoms**.
- **Isolate** away from other people. Stay home for at least **5 days** and follow steps for isolation.
- Do not travel for **10 days**.
- If you are unable to get tested, you can leave your home after **day 5** if you have not had symptoms. Keep wearing a mask in public and avoid travel through **day 10**.
- To calculate the recommended time frames, **day 0** is the date you last had close contact to someone with COVID-19.
- If you can't wear a mask, **stay home** (quarantine) and away from other people, and do not travel for **10 days**.

Make an appointment for your COVID-19 Vaccination at www.chesprocott.org. Residents can now report there at home test through this confidential form: <https://forms.office.com/r/P6mU1ssKjz>