

## You've been identified as a close contact\* Basic Definitions, Action Steps and What to Expect

When you have been a close contact to a student or staff member of the school who tested positive for COVID-19, these are some action steps and other information to support you and your family.

### ACTION Steps:

1. Get Tested; if you have a positive test, **EXPECT** a **CONFIDENTIAL** call from the EHHD or CT DPH
2. Quarantine (or isolate if positive test)
3. Monitor symptoms
4. *and* Remember to



### CALL OR EMAIL US:

- To sign up for daily monitoring of your children who have been identified as a close contact
- If your employment or income is a concern while staying home with your child in quarantine
- If you are unable to get food while staying home with your child in quarantine

860-429-3325  
 EHHD@EHHD.org

*What we mean when we say...*

<b>Close Contact*</b>	The School or EHHD has identified and will contact individuals at school determined to be at risk (typically within 6' for 15 minutes cumulative throughout a day or closer contact for less time)
<b>Quarantine</b>	Stay home, avoid close contact with others (stay 6 feet away from others, as best as possible – even at home), practice careful hand hygiene and respiratory etiquette
<b>Isolate</b>	Quarantine <b>PLUS</b> stay in a room away from others; use a separate bathroom if possible; take care of own dirty dishes and laundry if possible. If caring for someone in isolation or sharing a bathroom take additional measures to create barriers and disinfect common use items. Notify care providers in advance of appointments that you have a positive test or COVID-like symptoms

**MEDICAL QUESTIONS? Contact your health care provider!**  
**MEDICAL EMERGENCY? Call 9-1-1**