



December 13, 2021

The East Shore District Health Department is working together with Branford Parks and Rec and determined your child to be a contact to someone who tested positive for Covid-19. The day of exposure was **December 11, 2021**. We want to ensure your child can safely stay at home while they may become contagious or sick.

**If your child is fully vaccinated for Covid-19,**

- No need to stay home (quarantine) unless they develop symptoms.
- Have a negative rapid or PCR test 5-7 days after the last exposure. Test between **12/16/21 – 12/18/21**. Home tests are not accepted.
- Wear a mask in all public settings for 14 days. If any symptoms develop immediately self-isolate, get tested, and contact your health care provider.

**Individuals are considered fully vaccinated two weeks after their second dose in a two-dose series or two weeks after a single-dose vaccine.**

**If your child is not vaccinated,**

- They need to quarantine and maintain a social distance of at least 6 feet from others at all times to the best of their ability.
- They can return to regular activity on day 8 (**12/19/21**) if they receive a negative test 5-7 days after the last exposure (**12/16/21-12/18/21**). They can return to school on Monday, December 20th since day 8 falls on a Sunday. If they do not test between these dates, they need to quarantine for 10 full days and can return to school on **12/22/21**.
- They do not qualify for Screen and Stay at this time.

Monitor your child for symptoms (see below) and check your child's temperature twice a day. If your child develops symptoms of COVID-19, your child should be tested.

Below is a list of symptoms your child may have:

- Fever
- Fatigue
- Congestion
- Sore throat
- Muscle or Body aches
- Cough
- Runny Nose
- Headache
- New loss of taste or smell
- Nausea/vomiting or diarrhea
- Shortness of breath or difficulty breathing

If you have any questions, please contact East Shore District Health Department at 203-481-4233.

Helpful websites:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

[www.cdc.gov](http://www.cdc.gov)

[www.esdhd.org](http://www.esdhd.org)

Thank you,

East Shore District Health Department