

*A new sample policy to consider.*

## **Students**

### **Self-Quarantine Policy/Regional Travel Advisory**

Out of an abundance of caution, the Board of Education (Board) asks District students, faculty, staff and visitors, who are traveling or who have traveled to an area impacted by Connecticut's travel advisory, as detailed in this policy, or whose household members are returning from those areas, even if asymptomatic, not to return to or to visit the District Office or school campus until a period of self-quarantine has elapsed.

The Board recognizes and supports the travel advisory in effect in Connecticut pursuant to Governor Lamont's Executive Order 7BBB, effective June 25, 2020, and the Department of Public Health's implementing order on such travel advisory. The advisory is to be communicated by the Department of Public Health (DPH) widely at all major points of entry into Connecticut, including on highway message boards and in Connecticut airports.

### **Travelers and Connecticut Residents Affected**

The travel advisory affects the following individuals:

1. Anyone traveling into Connecticut from a state that has either (a) a new daily COVID-19 positive test rate higher than 10 per 100,000 residents over a 7-day rolling average or (b) a 10% or higher test positivity rate over a 7-day rolling average. Such individuals are strongly advised to self-quarantine for a 14-day period from the time of last contact within the identified state.
2. This travel advisory also applies to Connecticut residents who are returning from a visit to the impacted states.
3. Travelers unable to quarantine for the required 14-day period should consider a testing alternative. Such tested travelers should have a negative test for COVID-19 in the 72 hours prior to arrival in Connecticut.
  - a. If a test was obtained in the 72 hours prior to travel but the result is still pending at the time of arrival in Connecticut, travelers should remain in quarantine in Connecticut until the test result is received.
  - b. If the test result is positive and the traveler is asymptomatic, the traveler should self-isolate for 10 days from the date of the test.
  - c. Travelers who test positive for COVID-19 prior to traveling to Connecticut should delay such travel and consult with a medical professional.

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#### Travelers and Connecticut Residents Affected (continued)

2. Travelers and Connecticut residents returning from impacted states should self-quarantine at their home, at a hotel or other temporary lodging.
3. Individual passing through impacted states for a limited duration through the course of travel are not subject to this advisory.
  - a. Examples of such brief passage include, but are not limited to, stopping at rest stops for vehicles, or layovers for air travel, bus travel or train travel.
  - b. Impacted states currently include Alabama, Arkansas, Arizona, California, Florida, Delaware, Florida, Georgia, Iowa, Idaho, Kansas, Louisiana, Mississippi, North Carolina, Nevada, Oklahoma, South Carolina, Tennessee, Texas, and Utah.
  - c. This list is fluid and will be updated on a weekly basis as the situation develops across the country on the Connecticut Travel Advisory webpage of Connecticut's COVID-19 Response website.
  - d. Workers traveling from impacted states to Connecticut who work in critical infrastructure, designated by the Cybersecurity and Infrastructure Security Agency, including students in exempt health care professions, are exempted from this travel advisory when such travel is work-related. This includes any state, local, and federal officials and employees traveling in their official capacities on government business.
    - i. The Board further recognizes that the Commissioner of Public Health may issue additional protocols for essential workers, or for other extraordinary circumstances, when a quarantine is not possible, provided such measures continue to safeguard the public health.
    - ii. Such criteria and protocols will be coordinated with New York and New Jersey in order to ensure that the tri-state area is protected from community transmission of COVID-19, while permitting free travel between and among the states.

## Definitions

**Quarantine** is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. Those in quarantine should stay home, separate themselves from others, and monitor their health.

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### Self-Quarantine Policy/Regional Travel Advisory

#### Definitions (continued)

**Self-Quarantine** is an agreement to remain at home or current lodging site and not go to school or work or visit a school campus, limit one's movements outside and monitor one's health for 14 days after returning from travel to a state impacted by Connecticut's travel advisory. A self-quarantined individual agrees to isolate oneself from others to limit any potential of transmission of the virus, even if symptoms of the virus were not experienced at the end of the travel period.

#### Implementation Protocol

1. In order to protect health and safety and limit the spread of COVID-19, The Board expects/urges travelers from impacted states to carefully follow Connecticut's Travel Advisory. It is the individual's decision to abide by the advisory.
2. This travel advisory applies to all travelers whose travel originates from the impacted states, and also applies to Connecticut residents who are returning from a visit to the impacted states.
3. The advisory requires visitors to Connecticut from the impacted states to quarantine and self-monitor for 14-days. Those travelers coming to Connecticut for shorter stays can quarantine and self-monitor for less than that if their stay is shorter.
4. Parents/guardians of students who have traveled to or are planning such travel to an area impacted by this travel advisory are asked to self-report, via email to the school nurse. Children meeting the travel advisory criteria should be kept home in quarantine by their parents, guardians.  
*(Alternate language: Parents/guardians are expected to voluntarily follow these guidelines and to notify school authorities if these situations described in this policy are applicable to them or to their children.)*
5. Connecticut, New York, and New Jersey are asking hotels to communicate the 14-day quarantine to guests who have traveled from one of the impacted states.
6. The quarantine does not apply to travelers who just have a layover in an impacted state.
7. Out-of-state visitors from impacted states are encouraged to postpone travel. If not possible to delay travel, individuals are encouraged to self-quarantine in the home they are returning to in Connecticut. If not possible to self-quarantine from other household members, those other household members who did not travel from an impacted state are not required to self-quarantine

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### **Self-Quarantine Policy/Regional Travel Advisory**

#### **Implementation Protocol (continued)**

8. Travelers from the impacted states may enter Connecticut if they have had a negative viral test (not an antibody test) for COVID-19 in the 72 hours prior to travel.
9. Due to the risk of contracting infection, and because of the need to self-quarantine on return, Connecticut residents are urged to avoid travel to the impacted states whenever possible.
10. Students needing to self-quarantine based on this policy shall explore with appropriate school personnel the possibility of participating in a remote/distance learning instructional format.
11. Staff needing to self-quarantine based on this policy shall explore with their immediate supervisor if any possibility exists to fulfill their assignment working from a remote location, depending on such individual's position, and/or alternately review applicable leave provisions.

#### **Communication of Policy**

1. This policy shall be posted on the District website and on all school websites.
2. This policy shall be brought to the attention of parents via: *(those applicable to district)*
  - Notification by e-mail
  - Listing in material distributed to parents/guardians
  - Article in the local news outlets
  - Use of district's emergency notification calling system
3. This policy shall be made available to the local health department.
4. At the time of initial enrollment of a student, parents/guardians will be asked if any of the conditions described in this policy are applicable.
5. A copy of this policy will be emailed to all district employees, with a confirmation email required.
6. Visitors to any school building, prior to entry, shall be asked whether the conditions of this travel advisory are applicable.

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### **Self-Quarantine Policy/Regional Travel Advisory**

#### **Source of information:**

<https://portal.ct.gov/Coronavirus/Covid-19-Knowledge-Base/Travel-In-or-Out-of-CT>.

#### **Self-Quarantine Protocol** (also see Appendix with CDC guidelines)

1. Stay at home with immediate family as much as possible, except to get medical care.
2. Do not return to school or work or participate in any campus activities.
3. Do not go out for social events, gatherings.
4. Do not have social gatherings in your own home.
5. Separate yourself from other people or animals in your home.
6. If the need exists to go out of the house for medical appointments or groceries for example, follow social distancing (6ft) and wear a face covering.
7. Wash and sanitize hands frequently throughout the day.
8. Avoid sharing personal household items.
9. If traveling through an airport train or bus station, wear a face covering at all times and use extra sanitizing precautions (wipe down seats, seatbelts, tray tables, etc.).
10. When traveling by car and stopping at public rest areas, wear a face covering and use extra sanitizing precautions.

The Board reserves the right to interpret the provisions of this policy and to modify any or all matters contained in this policy at any time, subject to applicable law and information from the local, state and federal health authorities, the Governor, and the Connecticut Office of Early Childhood.

This policy shall be in effect to coincide with the travel advisory or until Executive Order 7BBB expires.

(cf. 5141.22 – Communicable/Infectious Diseases)

(cf. 5141.8/4118.237/4218.237 – Face Masks)

(cf. 5141.6 – Crisis Management Plan)

(cf. 6114 – Emergencies and Disaster Preparedness)

(cf. 6114.6 – Emergency Closings)

(cf. 6114.8 – Pandemic/Epidemic Emergencies)

(cf. 6114.81 – Emergency Suspension of Policy During Pandemic)

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Legal Reference: Connecticut General Statutes  
10-154a Professional communications between teacher or nurse and student.  
10-207 Duties of medical advisors.  
10-221 Boards of education to prescribe rules.  
19a-221 Quarantine of certain persons.  
Executive Order No. 7BBB – Tri State Travel Advisory  
Coronavirus Memo #26 “Child Care Guidance Regarding State of Connecticut Travel Advisories” by Beth Bye, Commissioner  
The Family Educational Rights and Privacy Act of 1974, (FERPA), 20 U.S.C. 1232g, 45 C.F.R. 99.  
Adapt, Advance, Achieve: Connecticut’s Plan to Learn and Grow Together  
Connecticut LEA School Reopening Template  
CDC Considerations for Schools  
CDC Symptoms of Coronavirus  
CDC Quarantine & Isolation  
CDC Use of Cloth Face Coverings to Help Slow the Spread of COVID-19  
CDC Interim Guidance for Administrators of US K-12 Schools and Child Care Programs  
CDC Schools Decision Tree for Schools Reopening

Policy adopted:  
cps 7/20

### **Self-Quarantine Guidelines**

- **Stay home or at place of lodging except to get medical care.** Do not go to work, school or public areas. Avoid using public transportation, ride-sharing or taxis. Call ahead before visiting your doctor. If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19.
- **Monitor your symptoms.** Seek prompt medical attention if your illness is worsening. Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility.
- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.
- **Separate yourself from other people and pets in your home. As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.** You should restrict contact with pets. If you must care for your pet while sick, wash your hands before and after you interact with pets and wear a facemask.
- **Prohibit visitors** who do not have an essential need to be in the home.
- **Wear a facemask.** You should wear a facemask when around other people or pets. If you are unable to wear a facemask, people who live with you should not stay in the same room or they should wear a facemask if they enter your room. Throw out disposable facemasks and gloves after using them. Do not reuse them.
- **Cover your coughs and sneezes.** Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can. Immediately wash your hands with soap and water for at least 20 seconds.
- **Wash your hands often.** Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Avoid touching your eyes, nose and mouth with unwashed hands.**
- **Avoid sharing personal household items.** You should not share dishes, drinking cups, utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

### **Self-Quarantine Guidelines**

- **Clean all “high-touch” surfaces every day.** High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Wear gloves and make sure you have good ventilation during the use of the product.
- **Immediately remove and wash clothes or bedding that have body fluids on them.** Wear disposable gloves while handling soiled items.

*The decision to discontinue self-quarantine or home isolation precautions should be made on a case-by-case basis, in consultation with health care providers and state and local health departments.*

### **Information from CDC**

7/2020