

FAMILY CHILD CARE HEALTH & SAFETY BULLETIN

...a newsletter for family child care providers and FCC Network Leaders

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Office of Early Childhood Update List of Reportable Diseases - Coronavirus Disease 2019 (COVID-19)

In February 2020, COVID-19 was added to the List of Reportable Diseases. Those required to report such diseases must report cases of COVID-19 infection immediately to the DPH Epidemiology and Emerging Infection Program (860-509-7994) and the local department of health in the town of residence of the case-patient by telephone on the day of recognition or strong suspicion of the disease. For weekend and after-hours reports to DPH, dial 860-509-8000. Contact information for the local health department can be found at <https://portal.ct.gov/DPH/Local-Health-Admin/LHA/Local-Health-Administration---Site-Map>

Centers for Disease Control and Prevention Guidance to Support FCC COVID-19 Sick and Quarantine Policies

For Anyone Who Has Been Around a Person with COVID-19

- ◆ It is important to remember that anyone who has close contact with someone with COVID-19 should stay home for 14 days after exposure based on the time it takes to develop illness. [CDC Webpage July 16, 2020](#)

Quarantine If You Might Be Sick:

- ◆ 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.
- ◆ People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

Who Needs to Quarantine?

- ◆ Anyone who has been in close contact with someone who has COVID-19.
- ◆ This includes people who previously had COVID-19 and people who have taken a serologic (antibody) test and have antibodies to the virus.

What counts as close contact?

- ◆ You were within 6 feet of someone who has COVID-19 for at least 15 minutes
- ◆ You provided care at home to someone who is sick with COVID-19
- ◆ You had direct physical contact with the person (touched, hugged, or kissed them)
- ◆ You shared eating or drinking utensils
- ◆ They sneezed, coughed, or somehow got respiratory droplets on you

Steps to take

- ◆ Stay home and monitor your health. Stay home for 14 days after your last contact with a person who has COVID-19
- ◆ Watch for fever (100.4° F), cough, shortness of breath, or other symptoms of COVID-19
- ◆ If possible, stay away from others, especially [people who are at higher risk](#) for getting very sick from COVID-19

Stay home and monitor your health

- ◆ Stay home for 14 days after your last contact with a person who has COVID-19
- ◆ Watch for fever (100.4° F), cough, shortness of breath, or other symptoms of COVID-19
- ◆ If possible, stay away from others, especially [people who are at higher risk](#) for getting very sick from COVID-19



When to start and end quarantine?

You should stay home for 14 days after your last contact with a person who has COVID-19.

NOTE:

The following scenarios from the CDC may help you better understand when you can end quarantine. The scenarios are located on the CDC website. Click [HERE](#).

Scenario 1:

I had close contact with someone who has COVID-19 and will not have further contact or interactions with the person while they are sick (e.g., co-worker, neighbor, or friend).

Quarantine:
Your last day of quarantine is 14 days from the date you had close contact.

	MON	TUE	WED	THU	FRI	SAT	SUN
Last date I had contact with someone who has COVID-19			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	NO QUARANTINE	

Photo credit: Centers for Disease Control and Prevention. You should remain in isolation.

Scenario 2:

I live with someone who has COVID-19 (e.g., roommate, partner, family member), and that person has isolated by staying in a separate bedroom. I have had no close contact with the person since they isolated.

Quarantine:
Your last day of quarantine is 14 days from when the person with COVID-19 began home isolation.

	MON	TUE	WED	THU	FRI	SAT	SUN
When did COVID-19 start home isolation			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	NO QUARANTINE	

Photo credit: Centers for Disease Control and Prevention. You should remain in isolation.

Scenario 3:

I live with someone who has COVID-19 and started my 14-day quarantine period because we had close contact. What if I ended up having close contact with the person who is sick during my quarantine? What if another household member gets sick with COVID-19? Do I need to restart my quarantine?

Quarantine:
Yes. You will have to restart your quarantine from the last day you had close contact with anyone in your house who has COVID-19.
***Any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine.**

	MON	TUE	WED	THU	FRI	SAT	SUN
Start of first quarantine			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	NO QUARANTINE	

Photo credit: Centers for Disease Control and Prevention. If you had close contact with someone who gets sick during your quarantine, you will need to restart your quarantine.

Scenario 4:

I live in a household where I cannot avoid close contact with the person who has COVID-19. I am providing direct care to the person who is sick, don't have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet.

Quarantine:
You should avoid contact with others outside the home while the person is sick, and quarantine for 14 days after the person who has COVID-19 meets the [criteria to end home isolation](#).

	MON	TUE	WED	THU	FRI	SAT	SUN
When did COVID-19 start home isolation	30	31	1	2	3	4	5
	6	7	8	9	10	11	12
When did COVID-19 end home isolation	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	NO QUARANTINE	

Photo credit: Centers for Disease Control and Prevention. You should remain in isolation.