



# RIDGEFIELD PUBLIC SCHOOLS

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Dear RPS Parents, Guardians, Students, Teachers, and Staff,

There have been a large number of questions about quarantine procedures from the community. This communication is intended to answer questions and clarify what a quarantine is. The below information is compiled from the CDC and the Connecticut Department of Public Health.

**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

RPS is following Connecticut Department of Public Health and State Department of Education [Addendum 9](#) Guidelines when determining who to place into quarantine after a potential exposure to COVID-19.

## Who needs to quarantine?

- People who have been in contact with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months.
- You were in a classroom with someone who has tested positive for COVID-19
- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You played on an athletic team with or against a team with someone who has tested positive for COVID-19
- You live in a home with someone who has tested positive for COVID-19
- They sneezed, coughed, or somehow got respiratory droplets on you

## Who does not need to quarantine?

- A contact of a contact of a person who has tested positive for COVID-19 does not need to quarantine.
- A sibling or parent of a person who was exposed to COVID-19 does not need to quarantine. Only the person **who was directly exposed** to COVID-19 needs to quarantine.

## 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
- Let your doctor know if you have been exposed to COVID-19 and request a PCR test or follow your doctor's advice.

In partnership,

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