Housatonic Valley Health District

COVID-19 RECOMMENDATIONS: DAYCARES

August 1, 2022

HVHD
Housatonic Valley Health District

Housatonic Valley Health District

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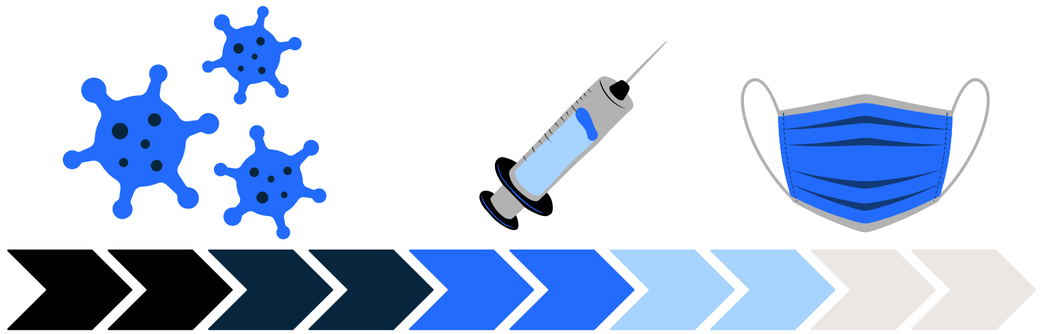
TABLE OF CONTENTS

OUTLINE



Housatonic Valley Health District COVID-19 Recommendations - p. 3 - 4
COVID-19 Vaccine Eligibility - p. 5
Definitions - p. 6
Quarantine and Self-Isolation Guidelines - p. 7 - 8

HOUSATONIC VALLEY HEALTH DISTRICT

COVID-19 Recommendations

Connecticut Office of Early Childhood (OEC) and HVHD strongly recommend daycare providers continue to follow best practices for children ages 5 and under, including mask-wearing. Special consideration should be given to those who cannot wear a mask (ages 2 and under).

Staff and children 3 years of age and older, regardless of their vaccination status, should **wear a mask** indoors when at daycare centers.

If your family member is younger than 2 years old or cannot wear a mask, **limit visits with people who are not vaccinated or whose vaccination status is unknown.** Keep distance between your child and other people in public.

Good ventilation can reduce the spread of COVID-19 and lower the risk of exposure.

Enhanced cleaning and **disinfection** is also recommended.

Plan activities to take place **outside** as much as possible.

Get tested if you are experiencing COVID-19 symptoms or have been notified of higher-risk close contact exposure (e.g. household exposures, crowded social gatherings).

Minimize the number of transitions between children & adults, establish **cohorts**, plan activities that enable social distancing.

Practice **proper hygiene** (wash hands regularly, cover your mouth/nose when coughing and sneezing) and stay home if you are not feel well.

Self-isolate for **5 days** if you test positive for COVID-19 & wear a mask around others for an additional 5 days.

Self-isolate for **10 days** if you are under the age of 3 or unable to wear a mask.

HOUSATONIC VALLEY HEALTH DISTRICT

COVID-19 Recommendations

Stay informed.
Check the CDC's Community Level and recommendations frequently.

What Prevention Steps Should You Take Based on Your COVID-19 Community Level?

Low	Medium	High
• Stay up to date with COVID-19 vaccines • Get tested if you have symptoms	• If you are at high risk for severe illness, talk to your healthcare provider about whether you need to wear a mask and take other precautions • Stay up to date with COVID-19 vaccines • Get tested if you have symptoms	• Wear a mask indoors in public • Stay up to date with COVID-19 vaccines • Get tested if you have symptoms • Additional precautions may be needed for people at high risk for severe illness

People may choose to mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask. Masks are recommended in indoor public transportation settings and may be required in other places by local or state authorities.

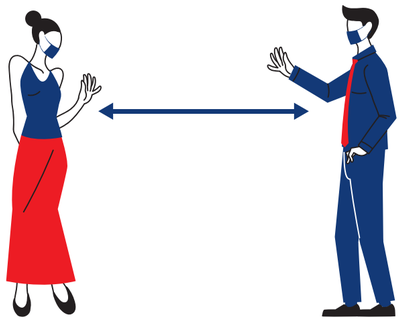
Source: CDC COVID-19 by County, Retrieved July 18, 2022

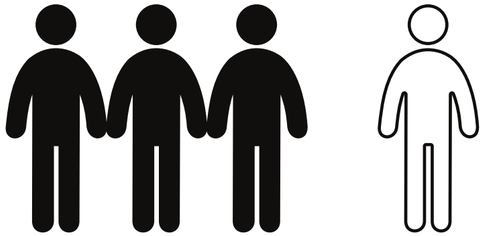
COVID-19 VACCINE ELIGIBILITY

	Pfizer	Moderna	Johnson & Johnson
Ages 18+	**Primary Series:** • 2 doses; 3-8 weeks apart **Booster:** • 1 booster; 5 months after the final dose in the primary series • Ages 50+ can choose to receive a 2nd booster	**Primary Series:** • 2 doses; 4-8 weeks apart **Booster:** • 1 booster; 5 months after the final dose in the primary series • Ages 50+ can choose to receive a 2nd booster	**Primary Series:** • 1 dose **Booster:** • 1 booster; 2 months after the final dose in the primary series • Anyone who received J&J may receive a 2nd dose of Pfizer or Moderna at least 4 months after their 1st booster • Ages 50+ can choose to receive a 2nd booster
Ages 12 - 17 years	**Primary Series:** • 2 doses; 3-8 weeks apart **Booster:** • 1 booster; 5 months after the final dose in the primary series	**Primary Series:** • 2 doses; 4-8 weeks apart Booster: • Not yet authorized	**N/A**
Ages 5 - 11 years	**Primary Series:** • 2 doses; 3 weeks apart **Booster:** • 1 booster; 5 months after the final dose in the primary series	**Primary Series:** • 2 doses; 4-8 weeks apart **Booster:** • Not yet authorized	**N/A**

Ages 6 months - 5 years	**Primary Series: (ages 6 mo. - 4 yrs)**
	• 3 doses
	  ◦ 3- 8 weeks apart between 1st & 2nd dose
	  ◦ At least 8 weeks between 2nd & 3rd dose
	Booster:
	• Not yet authorized
		Primary Series: (ages 6 mo. - 5 yrs)
		  ◦ 2 doses; 4 - 8 weeks apart
		Booster:
		• Not yet authorized
			N/A

DEFINITIONS





Close Contact

Someone who was less than 6 feet away from sick person for a cumulative total of 15 minutes or more over a 24-hour period.

Quarantine

Keeps someone who was in close contact with someone with COVID-19 away from others.

Isolation

Keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

QUARANTINE RECOMMENDATIONS

Source: CDC Quarantine and Isolation Guidelines (updated March 30, 2022)

UNVACCINATED:

- Quarantine for **5 days** following a COVID-19 exposure and wear a mask for an additional **5 days**.
- Monitor symptoms.
- Isolate if you develop COVID-19 symptoms or test positive.

VACCINATED:

- Fully vaccinated people do not need to quarantine if they are exposed to COVID-19.
- Get tested 3-5 days after exposure.
- Wear a mask when around others for 10 days.
- Isolate if you develop COVID-19 symptoms or test positive.

SELF-ISOLATION GUIDELINES

Source: CDC Quarantine and Isolation Guidelines (updated March 30, 2022)

IF YOU TEST POSITIVE OR HAVE SYMPTOMS:

REGARDLESS OF VACCINATION STATUS

- Self-isolate for **5 days** following a positive test or onset of symptoms. Wear a well fitting mask when around others in your home.
- Wear a mask around others for **5 additional days** post self-isolation.

OTHER CONSIDERATIONS

- Wear a mask for the full 10 days when around others.
- Do not travel until a full 10 days after your symptoms started or the date of your positive test was taken.
- Avoid being around people who are more likely to get very sick from COVID-19.

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