

Launching Into Healthy Learning

The CT Department of Public Health, the State Department of Education, and Office of Early Childhood have announced the Launching into Healthy Learning initiative for the 2022-2023 school year. The goal of this initiative is to keep students in school as much as possible during the school year recognizing that in-person attendance provides the greatest benefit to children for both social/emotional/ physical wellbeing, and academic achievement. The number one prevention strategy is vaccination. Please consider vaccinations for all children 6 months and older. Mask wearing will be supported by those who choose to mask and will be required when there is HIGH community levels or outbreaks of Covid. Students and staff with mild respiratory disease symptoms (e.g. infrequent cough, congestion, runny nose, sore throat, etc.) may continue to participate in-person provided:

- they are fever free and feel well enough to participate
- they do not live with anyone who has had Covid-19 in the past two weeks
- they can wear a mask consistently and correctly
- they test negative for Covid-19 prior to reporting in-person on every day that they have symptoms, as well as one final test on the morning their symptoms have completely resolved.

Individuals who have any respiratory disease **should not** use the Test-Mask-Go strategy if

- they have a fever or feel feverish (fever must be resolved for 24 hours without the use of medication)
- they live with a person who recently tested positive for Covid-19 (within the last 2 weeks)

These individuals should stay home until their symptoms resolve and test for Covid-19.

If you have been exposed to Covid-19 wear a high-quality mask (e.g. N95) as soon as you find out that you were exposed. Start counting from the **first full day** after your exposure and continue precautions for 10 full day. Watch for symptoms (e.g. fever, cough, shortness of breath, etc.). If you develop symptoms, isolate immediately and get tested.

If you test positive for Covid-19, stay home for at least 5 days. Wear a high-quality mask (e.g. N95) if you must be around others at home. If you are symptom free, you may end isolation after 5 days. If you have symptoms, you may end isolation after 5 days if you are fever free without medication for 24 hours and your symptoms are improving. If you have moderate illness (e.g. shortness of breath, difficulty breathing) or severe illness (e.g. hospitalized or a weakened immune system) you will need to isolate through day 10. If you have two sequential negative antigen tests at least 48 hours apart, you may remove your mask.

Self-test kits will be available free of charge to all Connecticut schools.