



Stonington Community Center COVID-19 Quarantine Protocols (8/25/22)

A helpful Resource is the [CDC Isolation and Precautions w Quarantine Calculator](#)

Individuals with ANY COVID-19 Symptoms and NO Known Close Contact with a COVID-19 Symptoms:

- Isolate at home
- Test for COVID-19 (either self-test or at a testing site)
- If the test is negative:
 - Return to COMO when fever-free for at least 24 hours and other symptoms are significantly improved.
- If the test is positive:
 - Isolate for at least 5 days after symptoms began, returning to COMO on day 6 or later when fever-free for at least 24 hours, and other symptoms are significantly improved.
 - Wear a mask at all times when around others for an additional 5 days (i.e. through day 10).

Children with no COVID-19 Symptoms:

- If notified of close contact with a COVID-19 case:
 - Continue with COMO
 - Test 5 days after the exposure date (either self-test or at a testing site)