

COVID IMPORTANT INFORMATION

Travel Guidance Out of State: The Connecticut Travel Advisory applies to all travelers who travel to Affected States or Affected Countries on the Travel Advisory Map. Affected Travelers are required to self-quarantine for a period of fourteen (14) days from the time he or she was last in the Affected State or the Affected Country, unless such traveler qualifies for an exemption from the requirement to self-quarantine. See the attached web site for traveling outside of Connecticut. An Affected Traveler is exempt from the self-quarantine requirement if the Affected Traveler (1) has had a test for COVID-19 in the seventy-two (72) hours prior to arrival in Connecticut or at any time following arrival in Connecticut, (2) the result of such COVID-19 test is negative, and (3) he or she has provided written proof of such negative test result to the Commissioner of Public Health via email to : DPH.COVID-Travel@ct.gov or via facsimile to: (860) 326-0529. Nucleic acid tests such as reverse transcriptase polymerase chain reaction (RT-PCR) tests are the only acceptable testing option. All Affected Travelers are required to complete the Travel Health Form. For additional information on the Travel Advisory, please see the following web site: <https://portal.ct.gov/Coronavirus/travel>.

Everyone should monitor their family during the Thanksgiving Break. Below is the list of COVID-19 symptoms for which everyone should monitor in their family members:

- Fever (100.4° Fahrenheit or higher)
- Chills or shaking chills
- Uncontrolled new cough (not due to other known cause, such as chronic cough)
- Difficulty breathing or shortness of breath
- New loss of taste or smell

For additional information on COVID-19 symptoms, please see:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Staff and students exhibiting any of the above symptoms, or feeling ill, should remain home and call their medical provider to report their symptoms and ask about testing prior to seeking in-person care at a clinic, physician's office, or hospital.

For more information on When to Quarantine, please see:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

For additional information on testing, please see: <https://www.cdc.gov/coronavirus/2019-ncov/testing/diagnostic-testing.html>

You can find a test by visiting ct.gov/coronavirus, typing your zip code into the box that says, "Find a Testing Site Near You" and clicking "Go".