

December 22, 2020

Dear School Community:

Please accept my appreciation for your flexibility during this pandemic. We are proud that Lisbon Central School has been successful in returning most of our students to the classroom four days a week, with no evidence of in-school transmission of COVID-19 due to our commitment to mitigating strategies and good fortune.

On December 2, 2020, the Centers for Disease Control and Prevention (CDC) published **new COVID quarantine guidance**: [Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing | CDC](#). On December 16, 2020, the Connecticut State Department of Public Health (CT DPH) published **updated guidance** that aligns with the CDC quarantine guidance. This new guidance says that quarantine can be shorter than 14 days.

I am sending this letter to you to tell you how this new approach to quarantine length applies in our school. After talking to our local health department, Lisbon Central School will be adopting the CDC and DPH recommendations, as described in this letter, which means most individuals will be able to return to school after 10 days of quarantine. Please ensure you read the guidance carefully, as there are a number of steps you must take even after 10 days to continue monitoring your symptoms and carefully continuing your mitigating strategies, such as mask wearing and hand washing.

You will notice that DPH and CDC recommendations allow for an even shorter quarantine (7 days long), with a negative test. You need to be tested at least 5 days after you were exposed, and have a negative test result taken no more than 2 days before you get out of quarantine. This will require coordination to secure a testing date, and confirmation of results before any return to school. Just like when you quarantine for 10 days, you must check for symptoms daily and be careful to wear masks and wash hands and stay out of crowds after the quarantine is done.

When you are notified of being a close contact, you will get more information about quarantine options from the school and/or the local public health department. More detailed information and updated protocols will be provided after the holidays

Please feel free to call the COVID Liaison, Superintendent Sally Keating, for any questions about this. Thank you very much for your understanding and patience during this difficult time.

Sincerely yours,

Sally Keating

Superintendent of Schools