



EAST LYME PUBLIC SCHOOLS

P.O. Box 220 • East Lyme, Connecticut 06333 • (860) 739-3966 • Fax (860) 739-1215

Jeffrey R. Newton
Superintendent of Schools

Amy Drowne
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April 14, 2021

Dear Staff, Parents, and/or Guardians,

Ledge Light Health District recently contacted the East Lyme Public Schools with updated COVID-19 quarantine requirements. To align with the quarantine recommendations that were issued by the Connecticut Department of Public Health and Connecticut Department of Education, LLHD has made adjustments from what has currently been a 14-day quarantine period. **As of Monday, April 19, 2021, the East Lyme Public Schools will move to a 10-day quarantine period for any student or staff member, implementing the new LLHD recommendation for close contacts of COVID-19.**

We will continue to ask that you take all necessary precautions to avoid COVID-19 infection and monitor your child(ren) for signs or symptoms of illness and/or exposure to COVID-19.

It is important to note that any close contacts continue to remain aware of the following points:

1. Close contacts must self-monitor daily for all symptoms of COVID-19. They may not leave quarantine if they have experienced any symptoms consistent with COVID-19.
2. Close contacts must continue to monitor for symptoms of COVID-19 from days 11-14. If any symptoms develop, individuals must contact the school nurse or administration, self-isolate immediately, and should contact their healthcare provider.
3. Close contacts must take measures to prevent transmission of COVID-19 and increase attention to mitigation strategies, including but not limited to: wearing a mask, avoiding gatherings, and practicing social distancing.
4. Household close contacts must quarantine for the entire 10-day isolation period of the positive case *plus* 10 days if the positive case is unable to isolate (private bedroom, private bathroom) and/or there is ongoing household contact.
5. Close contacts who are fully vaccinated (2 weeks past a 2nd dose of Moderna or Pfizer vaccine or 2 weeks past a single dose of the Johnson & Johnson vaccine) may refrain from quarantine and testing if they do not have symptoms of COVID-19.
6. Athletes, coaches, and team staff should not engage in athletic activities for a full 14 days after the start of their quarantine.

East Lyme Public Schools will inspire, engage and educate each student to become a contributing citizen and a responsible, independent, and critical thinker.



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For more information on what to do if you or a family member has possible symptoms, a diagnosis, or exposure to COVID-19, please see [Addendum 5](#): Interim Guidance for Responding to COVID-19 Scenarios in Connecticut School Districts.

If you have any questions, please feel free to reach out to my office at 860-739-3966 ext. 5602.

Sincerely,

Jeffrey R. Newton
Superintendent of Schools

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