



COVID GUIDANCE

WHAT TO DO & WHEN | TOWN OF FAIRFIELD

If you are well and have not been exposed to someone who has tested positive for COVID and not experiencing any symptoms, you should:

- Stay home as much as possible. IF you become symptomatic, only leave your house to seek medical care or to get tested.
- Maintain a 6 foot distance from others outside of your household.
- Wear a mask.
- Wash your hands frequently, for at least 20 seconds. If soap and water are not readily available, use an alcohol based hand sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect high touch surfaces.
- Avoid contact with individuals who may be sick.

You should quarantine following close contact with a COVID positive individual.

A close contact is defined as being within 6 feet for 15 minutes or more cumulatively within a 24-hour period while an individual is infectious regardless of mask usage and if it was indoors or outdoors. The quarantine period is 14 days from the last known exposure to the COVID positive person.

During quarantine, you should:

- Stay home for 14 days, regardless if you receive a negative COVID test. Testing out of quarantine is not an option after an exposure to a positive case.
- If you do test while in quarantine, get a PCR and not a rapid test and wait at least 5 days after your known exposure before testing.
- Monitor for symptoms of COVID such as fever, cough, shortness of breath, body aches, headaches, congestion, and loss of taste and smell. If symptoms develop, get tested at that time.
- Stay away from others in your household as much as possible especially those who may be at a high risk for developing complications due to COVID. Try to have no "close contacts" during your quarantine.
- You can break quarantine after 14 days if no symptoms have developed and you have not tested positive for COVID.

If you are experiencing COVID like symptoms or have tested positive for COVID, you should isolate from others for 10 days since your symptoms first started or since your test date (if you are asymptomatic).

During isolation, you should:

- Monitor your symptoms. If you have an emergency or your symptoms worsen, seek medical care immediately.
- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Avoid contact with other household members and pets.
- Don't share personal household items like cups, towels, and utensils.
- Wear a mask if you have to be around other household members.

If you were positive for COVID, you can break isolation when:

- At least 10 days have passed since symptoms first appeared, or since you tested positive if you were asymptomatic.
- At least 24 hours without a fever without the use of fever-reducing medications
- Other COVID symptoms have improved. As always, if you are pending a COVID test, please stay home until you receive your results.

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