



# City of Meriden, Connecticut

DEPARTMENT OF HEALTH & HUMAN SERVICES

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## City of Meriden – Frequently Asked Questions (FAQs) on COVID-19

**It is expected that more people in the United States and Connecticut will be diagnosed with COVID-19 in the coming weeks. This means that more people will be concerned that they have been exposed to COVID-19 or are sick with COVID-19 symptoms. The Meriden Department of Health and Human Services has developed answers to frequently asked questions to help you make decisions. These answers are based on guidance from the Center for Disease Control and Prevention (CDC) as of March 14, 2020. Please visit the CDC website at [www.cdc.gov](http://www.cdc.gov) for additional information.**

### **I THINK SOMEONE IN MY HOUSEHOLD HAS BEEN EXPOSED. SHOULD I QUARANTINE MYSELF OR MY HOUSEHOLD MEMBERS?**

Only individuals who are contacts of a person sick with [COVID-19 symptoms](#) and those who have traveled to [Level 3 countries](#) are advised to stay at home for 14 days and monitor symptoms. If you **have not** had contact with a sick individual or traveled, and you are feeling well, **you do not need to stay home.**

Learn more about [how the virus spreads](#) on the CDC website.

### **WHO IS CONSIDERED A COVID-19 PATIENT CONTACT?**

Individuals who have been in close contact with a person sick with COVID-19 symptoms while they were showing [symptoms](#) are considered contacts.

### **CAN MY CHILD ATTEND ACTIVITIES OUTSIDE OF SCHOOL (SPORTS, DANCE CLASS, KARATE, ETC.)?**

If your child is feeling well, has not come in contact with a person sick with COVID-19 symptoms, and has not been advised to stay home for 14 days, your child may attend extracurricular activities, if they have not been cancelled.

### **I WAS ADVISED TO STAY AT HOME AND MONITOR MY SYMPTOMS FOR 14 DAYS. WHAT SHOULD I DO? DOES EVERYONE IN MY HOUSEHOLD NEED TO STAY HOME?**

While you are home, monitor your health daily and follow [guidelines on how to correctly take your temperature.](#)



# City of Meriden, Connecticut

## DEPARTMENT OF HEALTH & HUMAN SERVICES

- Take your temperature two times a day, before taking any medications, to monitor for fever. Follow guidelines on how to correctly take your temperature. Please record temperatures in the 14-Day Symptom Log that will be given to you.
- Also remain alert for cough or difficulty breathing
- **Remain at home for 14 days.**

Your household members **do not need to stay home**, unless household members are also contacts of an individual with COVID-19 symptoms.

### I AM FEELING SICK OR MY CHILD IS SICK. WHAT DO I DO?

If someone in your household becomes sick with [COVID-19 symptoms](#), call your medical care provider to review your medical history, symptoms, and to determine if you should manage your care at home or seek care. **Do not just go to the office without calling.**

Symptoms of COVID-19 include:

- Fever over 100.4 degrees
- Cough
- Shortness of breath or difficulty breathing
- Chills, body aches, sore throat, headache, diarrhea, or vomiting

Should you or your household member experience an emergency while under 14-day self-monitoring at home, call 911. [Use this script to alert emergency response that you are self-monitoring for novel coronavirus \(COVID-19\).](#)

If you or your household member are going to the hospital emergency room by car, notify the emergency room that you or your household member are under 14-day self-monitoring for signs of novel coronavirus (COVID-19).

Most people who contract COVID-19 will develop mild illness. People who are mildly ill with COVID-19 are able to isolate at home during their illness and self-manage the illness at home. Restrict activities outside your home, except for getting necessary medical care. [There are steps you can take to prevent others from getting sick.](#)

If you or your household member develops COVID-19 symptoms, **all members of your household should stay home** and [monitor their health](#) and [temperature](#).

### I AM FEELING BETTER. WHEN CAN I GO BACK OUT INTO THE COMMUNITY? WHEN AM I "RECOVERED"?

If you were sick with COVID-19 symptoms, you should stay home for 7 days after the start of your symptoms **OR** until 72 hours after you become symptom free (no fever without the use of



# City of Meriden, Connecticut

## DEPARTMENT OF HEALTH & HUMAN SERVICES

medications), **whichever is longer**. For example, if you are sick for 4 days and become symptom free on the 5th day, you should stay home for an additional 3 days (72 hours).

### SHOULD I CLOSE MY PRIVATE BUSINESS, DAY CARE, ETC?

The Meriden Department of Health and Human Services does not order the closure of private businesses due to COVID-19 concerns. That decision should be made at the discretion of the business owner. Employees who develop COVID-19 symptoms should stay home until they have recovered. If an employee has symptoms at work and is diagnosed with COVID-19, those who had direct contact with the individual while they were symptomatic should stay home and monitor [symptoms](#) and [temperature](#) for 14 days.

We recommend that employers:

- Encourage employees to stay home when ill; do not require a healthcare provider note
- Ensure sick leave policy is flexible to allow staying home to care for a child or elder
- Start planning for continuity of business in the event of high absenteeism