
Youth Sports Quarantine Period

St. Louis, Thomas <Thomas.St.Louis@ct.gov>
To: "Anthony W. Giusto" <anthony@llgresearch.com>
Cc: Amy Landino <Amylandsk8@gmail.com>

Fri, Feb 19, 2021 at 3:36 PM

Good afternoon Anthony and Amy,

The short answer is that known cases must isolate but can return 10 days after symptoms began (or their test date if they are asymptomatic), assuming their symptoms have completely resolved for 24 hours or more. Individuals quarantined because of close contact with a known case need to stay away from close contact activities (including sports) for 14 days and there is no test out option to shorten that quarantine. Here's why:

The risk of individuals exposed to a known case of COVID-19 developing COVID-19 symptoms and/or testing positive for SARS-CoV-2 remains significant enough throughout a 14-day period after last exposure to warrant quarantine of those individuals for a full 14 days. The current recommendations from the Centers for Disease Control and Prevention (CDC), and adopted by DPH, to allow for reduced quarantine of less than 14 days is dependent on a person's ability to continue with daily COVID-19 symptom screening and continuous mask use when outside of the home, as well as the necessity to avoiding gatherings with people who are not in their immediate household, who are over 65 years old, or who have medical conditions that place them at increased risk for COVID-19. This would preclude gathering with other athletes for engagement in team sports prior to completion of a full 14-day quarantine period. As such, regardless of whether a shortened quarantine period allows individuals to engage in daily activities prior to completing a full 14-day post-contact period of separation, athletes, coaches, and other participants are precluded from engaging in athletic activities involving close contact (within 6 feet) with other individuals until at least 14 days after their quarantine period begins.

Let me know if you have any other questions. And definitely remind everyone that the less they do in their social lives outside of hockey, the more likely they are to be able to complete the hockey season without repeated quarantines of the whole team and opponents. As we have been telling high school kids/parents, you can have a social life or a sports season, but it is unlikely you will be able to have both right now.

Thanks,

Tom

****currently working remotely****

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From: Anthony W. Giusto
Sent: Friday, February 19, 2021 2:40 PM
To: St. Louis, Thomas
Cc: Amy Landino
Subject: Youth Sports Quarantine Period

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Hi Tom,

I am cc'ing Amy Landino on here. She is the CT Hockey Conference Covid reporting rep. We have been working on a set guideline to go to the youth hockey programs in the state regarding the quarantine period. There is a lot of information out there and we are looking for clarity

For a player that tests positive, the quarantine is 14 days before return to sports.

For a player that has direct contact with a Covid positive person within 48 hours of positive test or first sign of symptom, it is my understanding that quarantine from sports is also 14 days.

Many people we deal with reference the 10 day quarantine for those that have direct contact.

Could you clarify the difference?

Also could you clarify if a negative test reduces the quarantine from sports for person that had direct contact

Regards,

Anthony



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