

Redding Update

7.30.20

Mandatory Quarantine for Travelers

Anyone traveling into Connecticut who has spent 24 hours or longer in one of the currently affected 34 states is directed to self-quarantine for 14-days from the time of their last contact within the identified state. For a list of the current states listed see link: <https://portal.ct.gov/Coronavirus/travel>. In addition, anyone entering from one of the identified states must fill out a travel health form upon arrival. Travelers can fill out the form at <https://appengine.egov.com/apps/ct/DPH/Connecticut-Travel-Health-Form>. Failure to self-quarantine or fill out the form may result in a \$1,000 penalty for each violation. The required self-quarantine does not include individuals remaining in Connecticut for less than 24 hours.

Can I Get Tested in Place of Going Through the 14-Day Quarantine?

The Connecticut Department of Public Health stated the following: “The Governor’s Executive Order requires that most returning travelers quarantine for 14 days. People considered “unable to quarantine” have serious personal circumstances such as a family emergency or caring for a sick relative or friend. In these situations, people can be tested within 72 hours of their travel to Connecticut.

The rationale for requiring most people to quarantine is based on the 14-day incubation period for COVID19. Testing is a point-in-time snapshot and may not detect infection early on in the incubation period. Quarantining for 14 days ensures that you are not exposing others during the time period that you could be potentially infected.

Quarantining means that you social distance as much as possible and minimize your time in public places, shopping only for food and essential items like medications. Monitoring your own health is important during this time period. Paying extra attention to disinfection of high-touch surfaces and hand-washing is also important.”

Cases Among Teens and Young Adults

Data has indicated that a substantial number of recent COVID-19 cases were among teens and young adults. This happened recently in a nearby town. This demonstrates that we all, including the young, must adhere to the governor's requirements. Keep a social distance, even from your best friends. When socializing within 6ft. of others wear a mask. It's safest to gather outside in small groups. Remember that as many as 40 percent of cases are asymptomatic. If you party with a crowd without a mask, even if you feel well you can spread COVID to others who may become very ill.

The Health Department continues to receive calls informing us of young adults gathered in tight groups with no masks. Redding Director of Health Dr. Leibowitz encourages all parents to be "much more diligent with respect to monitoring our kids' behavior and reinforcing the need for consistent physical distancing at all times when outside the household." Everyone is susceptible to disease, and everyone can spread it to someone else.

COVID-19 Testing

The following is a list of locations in the Redding area where we can be tested:

https://www.211ct.org/search?terms=COVID-19%20Diagnostic%20Tests&page=1&location=06896&taxonomy_code=11048&service_area=redding

The nearest locations are:

Community Health Center, 8 Delay Street, Danbury CT 203-797-8330

CVS Pharmacy 7 Durant Ave, Bethel, CT 203-794-9500

DOCS Medical Group 6 stony Hill Rd Bethel, CT 860-717-0335

We are still in a pandemic and taking all precautions must be continued. Let's keep Connecticut off the "affected state" list.

The Redding Health Department