



Redding Health Department

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Redding Update April 15, 2022

The United Kingdom, which tends to precede the COVID-19 trends we experience here in the US, began seeing an increase in COVID-19 cases driven by the BA.2 subvariant in late February. BA.2 has been spreading faster than the original omicron variant and Connecticut's positivity rate has continued to increase over the past ten days.

With the current increase in COVID-19 cases, coupled with gatherings of friends and family, we'd like to remind residents of what to do if you test positive or have been exposed to a positive case, and mention a few protective measures to help contain the spread of the virus.

- 1) Test Positive Guidelines:** If you test positive, develop respiratory or other symptoms associated with COVID-19, isolate at home for 5 days or longer if symptoms persist, and a mask should be worn for at least 10 days starting from the day you tested positive. If deemed a close contact and fully vaccinated, monitor for symptoms and mask around others for 10 days and test on day 5 if possible. If deemed a close contact and not fully vaccinated or unvaccinated, stay home for 5 days and continue to wear a mask around others for 5 days and test on day 5 if possible.
- 2) Second Booster Doses:** In late March the CDC updated its recommendations regarding a second booster dose of either Pfizer or Moderna COVID-19 vaccines for those 50 and older or immunocompromised individuals who had their first booster 4 or more months ago. Those eligible are encouraged to visit <https://www.vaccines.gov/search/> to locate a site nearby to receive a second booster.
- 3) Test to Treat:** Residents can get tested for COVID-19, and if they are positive and treatments are appropriate for them, they can obtain a medication from a health care provider, all in one location. Three Test to Treat locations can be found nearby in Bethel, Ridgfield, and Newtown. To find locations visit <https://covid-19-test-to-treat-locator-dhhs.hub.arcgis.com/>.
- 4) COVID-19 Self-Test Kits:** COVID-19 home test kits are available at stores and pharmacies. You can also visit the federal website <https://www.covid.gov/tests> to order free kits. As of March 2022 households are eligible to order a total of eight kits. If you ordered four kits in January and/or February, you are eligible to order four more.

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