



Public Health
Prevent. Promote. Protect.

PLAINVILLE-SOUTHINGTON REGIONAL HEALTH DISTRICT

Serving the communities of Middlefield, Plainville and Southington

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Covid Guidelines — as of 1/3/2022

If You Test Positive for COVID-19 (Isolate)

Everyone, regardless of vaccination status.

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.
- If you have a fever, continue to stay home until your fever resolves.

If You Were Exposed to Someone with COVID-19 (Quarantine)

If you:

Have been boosted

OR

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

OR

Completed the primary series of J&J vaccine within the last 2 months

You need to:

- Wear a mask around others for 10 days.
- Test on day 5, if possible.

If you develop symptoms, get a test and stay home.

If you:

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted

OR

Completed the primary series of J&J over 2 months ago and are not boosted

OR

Are unvaccinated

You need to:

- Stay home for 5 days. After that, continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5, if possible.

If you develop symptoms, get a test and stay home.

TOWN of MIDDLEFIELD, CONNECTICUT



Home Test Kit Availability

Middlefield received only a limited number of test kits from the State of Connecticut.

Additional kits are planned to be distributed by the state in the near term to school districts. Lastly, the Federal government has issued a request to purchase 500 million home test kits that potentially will be distributed to citizens in January.

Meanwhile, if you want home test kits, local pharmacies offer kits for sale - although availability is quite scarce. While stock may be currently out, pharmacies receive shipments periodically. We suggest calling pharmacies to determine if they have new stock available that particular day.

CVS

675 Washington Street
Middletown, CT
860-344-1320

Price Chopper Pharmacy

855 Washington St.
Middletown, CT
860-740-7700 x1 x5

Walgreens:

Washington and West Sts.
Middletown, CT
860-346-7628

CVS:

839 East Main Street
Meriden, CT
203-235-8285

WalMart Pharmacy

161 Berlin Rd.
Cromwell, CT
860-635-0458 x2 x1 x0

Walgreens:

825 East Main Street
Meriden, CT
203-238-0910