



Community and Tribal Nation Guidance for COVID-19 Self Tests and Masks:

Testing is critically important to help reduce the spread of the virus that causes COVID-19. Self-testing is also useful for screening for COVID-19 immediately before an activity to see if you are positive for COVID-19. Self-testing offers fast results and is one of several options for testing available.

Testing is only one of many risk-reduction measures. Vaccination & getting a booster shot, masking and social distancing are also essential risk-reduction actions people should take to stop the spread of COVID-19. Whenever possible, municipal officials and tribal nation elders should promote vaccination, masking and social distancing in their communities.

Here are some guidelines for the community-based distribution of COVID-19 self-tests:

- The majority of COVID-19 self-tests are being distributed through cities and towns:
 - Cities and towns have discretion to develop the distribution model that best fits their community
 - Distribution should prioritize vulnerable populations and provide access to self-test kits after traditional work hours
 - Cities and towns may use a portion of the tests to ensure the availability of their essential workforce (e.g., emergency responders)
- Please encourage people to take only what they need for immediate use; limit distribution to a maximum of four self-test kits per household
- Directions in English and Spanish are enclosed in test kits. Additional languages will be posted online in the upcoming day(s)
- It's important that the self-test kits are stored between 36 – 86 degrees Fahrenheit
- All towns/tribal nations can pick up test kits at the designated DEMHS regional sites on Thursday, December 30th

Here are some guidelines for the community-based distribution of masks:

- In the upcoming week, the state of Connecticut will also be working with communities to distribute masks to residents
- There will be no limit on N95 masks being requested from communities
- DEMHS regional coordinators will provide guidance to communities and partner agencies on submitting WebEOC resource requests for N95 masks
- The following schedule reflects the distribution plan for requested N95 masks:
 - Wednesday, January 5th: Regions 1 and 2 can pick up masks at designated DEMHS regional sites
 - Thursday, January 6th: Regions 3, 4, and 5 can pick up masks at designated DEMHS regional sites

Please reach out to your regional DEMHS coordinator if you have any questions about the locations or logistics
Thank you for your participation in this initiative!