

## QUARANTINE, ISOLATION, & RETURN TO SCHOOL

Your safety, and that of the school community, is a priority.

### 1 REQUIRED 14-DAY QUARANTINE (EXPOSURE)

If a student or staff member is exposed to a person who tested positive COVID-19, they must self-quarantine and monitor symptoms **for fourteen (14) days from the last date of exposure.**

- Exposure (close contact) is defined as someone who has spent (15 minutes of continuous exposure at less than 6 feet apart **OR** 15 minutes of **cumulative** exposure at less than 6 feet apart over a 24-hour period) This exposure must occur during the infectious period which begins 2 days prior to symptom onset, or specimen collection for asymptomatic cases, and extends for most people for 10 days after onset of symptoms and 1 day after fever has resolved.
- The 14-day quarantine period is necessary because it can take up to 14 days for the symptoms to appear in exposed individuals. **For that reason, even if you test negative for COVID-19 or feel healthy, you must remain quarantined for 14 days before returning to school/work.**
- Individuals can spread the disease to others for several days before they know they are sick.
- The school nurse must be notified if a student or staff member becomes sick during the quarantine period. ***Individuals who become sick during quarantine must begin a 10-day isolation period.***
- The exposed student or staff member must maintain careful self- quarantine at home from other family members. Family members are only considered “contacts of a contact”. They have never been exposed to a positive person. Family members of an exposed person do not need to quarantine. ***If the exposed person tests positive, the family members would then be considered exposed and must quarantine for 14 days.***

### 2 REQUIRED 10-DAY ISOLATION (COVID POSITIVE AND/OR COVID SYMPTOMS)

If a student or staff member is diagnosed with COVID-19 or has been sick with COVID-19 symptoms, the individual must isolate **for at least 10 days** and cannot return to school until:

- A minimum of 10 days has passed since the start of the symptoms, and
- The student/staff member has been fever-free (less than 100.0 F) for at least 24 hours without taking fever reducing medication **and** symptoms have improved.

### 3 EXCLUSIONS TO 10-DAY ISOLATION/RETURN TO SCHOOL

A student or staff member may return to school before the end of the 10-day isolation period, if they can:

- Present either a medical note from a physician that documents a negative COVID test (rapid antigen or PCR) or a signed note from a medical provider which documents an alternate diagnosis and clears return to school, **AND**
- Verify that the student or staff member has been fever free (less than 100.0 F) for at least 24 hours (without the use of fever-reducing medication).

### 4 ADDITIONAL REQUIREMENTS

- Prior to a student returning to school after a period of illness or exposure, the parent/guardian must contact the school nurse and provide proper documentation. In addition, those who tested positive with COVID-19 will receive guidelines from the school nurse on how to complete the return to school survey.
- Anyone who suspects they are ill and has not received a COVID-19 test, or who is waiting to consult their medical provider, must **NOT** attend or visit school or participate in school activities while awaiting test results or final diagnosis.

**Resources: New Jersey Department of Health, Centers for Disease Control and Prevention (CDC), Westfield Regional Health Department, Rahway Health Department**