

# Rules for Return to School

## **Quarantine (for exposure or travel)**

### **Required Quarantine after [exposure](#)**

Any unvaccinated person who has been in close contact with individuals with COVID-19 must quarantine. *This is because individuals can spread the disease to others for several days before they know they are sick.*

*Anyone who is in quarantine must stay home--from school and all other outside activities.*

Minimum quarantine timeframes are set by the New Jersey Department of Health and are based on [COVID regional risk levels](#).

According to current local DOH guidance, the following quarantine timeframes are effective as long as our region remains at "Moderate" or "Low" risk.

- 10 days without a test (return on day 11 without symptoms) or
- 7 days with a negative test on days 5-7 (return on day 8).

All students/staff should monitor symptoms for a full 14 days. Students/Staff should not attend school if they have [symptoms of COVID 19](#).

The school nurse must be notified if a student becomes sick during the quarantine period. Individuals who become sick during quarantine must begin a *10 day isolation period (see below)*.

**Exceptions to quarantine.** The NJDOH and our local health departments have approved exceptions to quarantine for exposure based on (1) a history of a documented case of COVID within the past 90 days and (2) full vaccination. [Additional Information can be accessed here](#).

### **Required Quarantine after [travel](#)**

As of May 17, 2021, New Jersey's Travel Advisory is no longer in effect. New Jersey residents returning home and travelers visiting New Jersey should follow travel guidance from the CDC, the NJ Department of Health, and all local health and safety protocols of their travel destination.

If a parent determines that a quarantine is necessary for their unvaccinated child, they should inform their child's school nurse. Staff members should contact Human Resources.

## **Isolation (for illness)**

**Vaccine status has no impact on isolation rules for symptoms of illness.**

If a student or staff member is sick with these [symptoms of illness](#), they must ISOLATE

*Anyone who is sick should stay home--from school and all other outside activities.  
Anyone who suspects they are ill and received a COVID-19 test should not attend or visit school while awaiting test results.*

## **Required 10 day isolation**

Staff and students who have been sick with [symptoms of illness](#) must isolate for at least 10 days and cannot return to school or other activities outside their home until:

1. They have completed at least 10 days of isolation, **and**
2. They have had no fever for at least 24 hours (without use of fever reducing medication), **and**
3. Their symptoms are improving

### **Exclusions to 10 day isolation**

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

- a. Present a medical note from a physician that documents a negative Covid test (rapid antigen or PCR) **and**
- b. Verify that the staff member or student has been fever free for at least 24 hours (without the use of fever-reducing medication) **and**
- c. Verify that all prerequisites for return to school [on this document](#) have been met.

**When regional risk is “high” or “moderate”, proof of alternate diagnoses will not be accepted as an exclusion to the 10 day isolation period for illness.**

*Prior to a student’s return to school after a period of illness, their parent/guardian must be interviewed by the school nurse (or other designated person) for clearance to return.*

### **Reminders:**

- *Anyone who suspects they are ill and has received a COVID-19 test, or who is waiting to consult their medical provider, should not attend or visit school while awaiting test results or a final diagnosis.*
- *If someone in their household is being tested for COVID-19 due to illness, unvaccinated students/staff should also stay home until the test result is received.*
- *Unvaccinated students/staff who live with someone who [is sick with these symptoms](#) must stay home from school (and all other activities) until the sick individual receives a negative test result. (If the sick individual tests positive, all members of the household must begin a quarantine.)*
- *Fully vaccinated studentst/staff who live with someone who is sick with these symptoms do not have to quarantine, but should test 3-5 days after exposure.*

### **Resources:**

*Centers for Disease Control. (2020c, May 20). Symptoms of Coronavirus. [www.cdc.gov. https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)*

*Centers for Disease Control. (2020i, August 16). When can you be around others when you have likely had COVID-19? [www.cdc.gov. https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html)*

Centers for Disease Control. (2020h, August 16). *When to Quarantine*. www.cdc.gov.  
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

New Jersey Department of Health. (2020, November 19). *Recommendations for Local Health Departments for K-12 Schools*. State of New Jersey.  
[https://www.state.nj.us/health/cd/documents/topics/NCOV/RecommendationsForLocalHealthDepts\\_K12Schools.pdf](https://www.state.nj.us/health/cd/documents/topics/NCOV/RecommendationsForLocalHealthDepts_K12Schools.pdf)

New Jersey Department of Health. (2020, November 20). *New Jersey Department of Health COVID-19 Public Health Recommendations for Reopening Childcare*.  
www.state.nj.us.gov.  
[https://www.state.nj.us/health/cd/documents/topics/NCOV/COVID\\_guidance\\_reopening\\_childcare.pdf](https://www.state.nj.us/health/cd/documents/topics/NCOV/COVID_guidance_reopening_childcare.pdf)

New Jersey Department of Health. (2021, May 20). *Are there travel restrictions to or from New Jersey?* <https://covid19.nj.gov>.  
<https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/are-there-travel-restrictions-to-or-from-new-jersey#:~:text=New%20Jersey%20strongly%20discourages%20all,interstate%20travel%20at%20this%20time>

New Jersey Department of Health. (2021, February). *Recommended minimum quarantine timeframes*.  
[https://www.nj.gov/health/cd/documents/topics/NCOV/COVID\\_updated\\_quarantine\\_timeframes.pdf](https://www.nj.gov/health/cd/documents/topics/NCOV/COVID_updated_quarantine_timeframes.pdf)

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