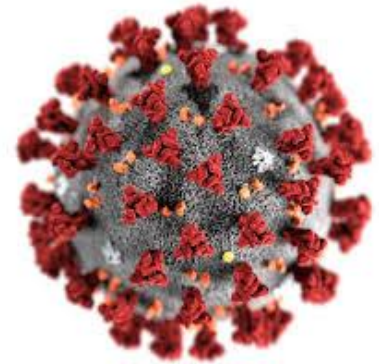


Covid 19

Quarantine and Isolation Guidelines



Monroe Township School Nurses
Updated 4/30/2021



On 4/29/2021 the COVID-19
Activity Level Report moved the
entire state of New Jersey into a
moderate (yellow) transmission level.



Highlights

A minimum of 3 feet between students should be maintained.

Contact tracing will continue to include people within 6 feet of distancing when determining close contacts and the need for quarantine.

Mask wearing in school remains mandatory.

Masks with valves, gaiters, or bandanas are not acceptable face coverings for school.

Although there are some shortened quarantine timeframes, the Department of Health continues to recommend a **full 14- day quarantine** after being exposed to Covid 19.

The Monroe Township School District requires a PCR covid test. Rapid tests are not acceptable due to possibility of false negative results.

Possible Symptoms of Covid 19

Fever (measured or subjective)

Diarrhea

Cough

Chills

Fatigue

Shortness of breath

Rigors (shivers)

Congestion or runny nose

Difficulty breathing

Myalgia (muscle aches)

Sore throat

New loss of smell

Headache

Nausea or vomiting

New loss of taste

Students who are sick (i.e. fever, vomiting, diarrhea) should not attend school in person. Being fever free does not mean that Covid infection is not a possibility. If your child has any of the symptoms listed, please do not send your child to school.

Contact your school nurse for further instructions.

What if I think the symptoms are due to something else?

Please call the school nurse to report any illness that may resemble Covid 19.

Your school nurse will consider baseline symptoms of any documented chronic illness.

We cannot accept an alternative diagnosis (such as strep throat, allergies or asthma) for Covid 19 symptoms without a **documented negative, PCR** Covid test.

The Covid test can be done after the onset of symptoms.

Please call your school nurse to discuss the details of your specific situation.

What is the Difference Between Isolation & Quarantine?

ISOLATION is for:

People who have tested positive for Covid 19.

People with symptoms of Covid 19.

If living in a household with family members, the sick individual must isolate in a separate “sick” room, with a separate bathroom, and have no contact with others for 10 days.

QUARANTINE is for:

People who are not sick, but have been exposed to/ identified as a close contact of a known case of Covid 19.

People that have traveled outside of the following states (NJ, NY, CT, PA, DE) for more than 24 hours

(If you travel within these 5 states you do not need to quarantine. If you pass through any other states and stay less than 24 hours, you do not need to quarantine.)

Quarantine means staying home and away from others as much as possible. This is true even if you are feeling well. This includes avoiding shopping, going out to eat, and attending school/work.

What if I am sick ?

Isolate at home for 10 days.

Get tested now.

Please call the school nurse to report your symptoms and the test results.

The nurse will discuss with you what to do next and when you may return to school.

You must be fever free for 24 hours (without fever reducing medications) and your symptoms must be improving before you may return to school.



What if I test positive ?

If you test positive (even if you feel well) you must complete the full 10 day isolation period.

You must be fever free for 24 hours (without fever reducing medications) and your symptoms must be **improving** before you may return to school



Siblings and Household Contacts

Siblings and household contacts must quarantine at home for 14 days if someone in the home is sick and does not get tested. The 14 day quarantine is in place for household members due to prolonged exposure.

Siblings and household contacts must quarantine at home for 14 days if someone in the home is sick and tests positive.

Siblings and household contacts must quarantine at home until the sick person tests negative. Please provide any negative test results to your school nurse to determine a return to school date.

Please call your school nurse to discuss the specific details of your situation.



What if I can't quarantine my children separately?



All siblings and household contacts should stay away from the family member that is isolating due to a positive Covid 19 test/Covid 19 symptoms.

If you are unable to keep the family members separated, the quarantine period will begin after the isolation period is completed.

This will result in a longer absence from school or work and may be up to 24 days.



What is Exposure?

You are considered exposed if you are in “close contact” with another person that is symptomatic or tested positive.

Close contact is defined as being within **6 feet of another person, with or without a mask, for at least 15 minutes over a 24 hour period.**

When tracing close contacts, the nurses will “look back” to the previous 48 hours to identify any close contacts.

The 48 hour timeline is to allow for the incubation period of illness. This is the time between exposure and becoming ill or testing positive. Incubation periods are variable and can be anywhere from 2-14 days.

Please be sure to wear your mask, wash your hands and maintain social distancing to avoid being identified as a close contact.



What if I am exposed to someone that tested positive?

Notify your school nurse.

The CDC and NJDOH continue to recommend a full 14-day quarantine period as the safest option. Since NJ has moved to a moderate activity level, there are two options to move to a reduced quarantine timeframe.

1. Stay home and quarantine for 10 days after the last date of contact even if you are not sick. (Household members must adhere to the 14 day quarantine period due to prolonged exposure).
2. If you get tested, please **do not test until 5 days after your last exposure**. Please report your test results to your nurse, but please be aware that you will need quarantine for 7 full days, even if your test is negative. You must also be symptom free to return.

Continue to monitor for symptoms for 14 days.

What if I am exposed but vaccinated?

Notify the school nurse.

If you received the full vaccination series more than 2 weeks ago **AND** have no symptoms, there is no need to quarantine. Your school nurse will require documentation of vaccination.

Please monitor your symptoms for 14 days after exposure.

If at any time you become ill, begin isolation for 10 days and notify your nurse.

It is recommended that you double mask.

Please be mindful that although vaccination protects you, it is still possible to transmit the virus to others.

Be sure to follow all distancing and mask protocols.



What if I am exposed but already had Covid myself?

Notify your school nurse.

If you were diagnosed with covid by a positive test result within the past 3 months AND have no symptoms, there is no need to quarantine. Your school nurse will require documentation of positive test results.

Please monitor your symptoms for 14 days after exposure.

If at any time you become ill, begin isolation for 10 days and notify your school nurse.

It is recommended that you double mask.

Be sure to follow all distancing and mask protocols.



What do I do if I travel?

Notify your school nurse and administrator prior to travel.

If you traveled outside of the immediate area (NJ, NY, CT, PA, DE) for more than 24 hours, please quarantine at home upon your return.

If you would like to get tested, please wait 3-5 days after you return from your trip.

If you decide not to test, quarantine for 10 days.

If you test positive, isolate for 10 days.

If you test negative, quarantine for 7 days.

If at any time you develop symptoms, isolate for 10 days and notify your school nurse.

Please note that prior infection or vaccination may alter the quarantine timeframes. Please discuss specifics with your school nurse to advise of vaccination status or prior infection.





What do I do if I travel and...

Have been vaccinated?

Notify your school nurse.



If you are fully vaccinated, please contact your nurse or further instructions. The nurse will need to verify documentation of vaccination date(s).

If you have traveled out of the country, it is recommended that you test for Covid-19 3-5 days after you return.

Please be mindful that although vaccination protects you, it is still possible to transmit the virus to others.

Be sure to follow all distancing and mask protocols.

Have had prior covid infection?

Notify your school nurse.



If you have had a documented covid infection within the past 3 months, please contact your nurse or further instructions. The nurse will need to verify documentation of the date of your prior infection.

If you have traveled out of the country, it is recommended that you test for Covid-19 3-5 days after you return.

Be sure to follow all distancing and mask protocols.

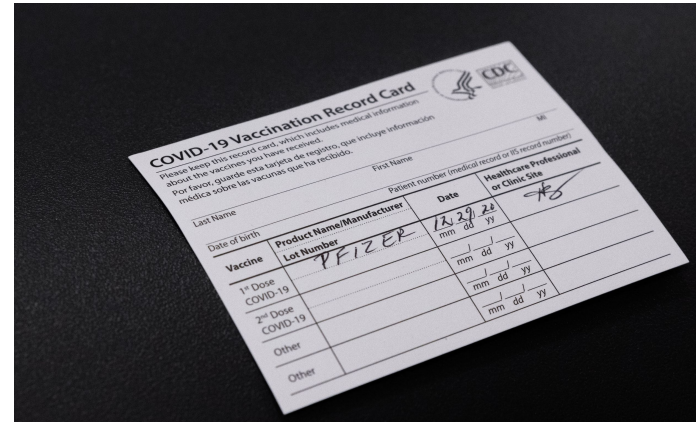
Please note

IF YOU ARE CONSIDERING PRIOR COVID INFECTION OR VACCINATION STATUS TO ALTER YOUR QUARANTINE PERIOD, THE SCHOOL NURSE **MUST** VERIFY DOCUMENTATION (POSITIVE LAB REPORT OR VACCINATION CARD).

IF YOU ARE A CONTACT OF SOMEONE THAT IS ILL, AND THAT PERSON LATER TESTS NEGATIVE, YOU WILL NEED TO SHOW DOCUMENTATION OF THE ILL PERSON'S NEGATIVE TEST RESULT.

THE NURSE WILL NOT KEEP A COPY OF THE DOCUMENT.

MONROE TOWNSHIP SCHOOL DISTRICT WILL ONLY CONSIDER PCR TEST RESULTS. NO RAPID TEST RESULTS PLEASE.



Final thoughts



We understand that this information can be confusing at times and often causes frustration. We are constantly reviewing our procedures as new information becomes available. Please be patient with us, and the process, as guidelines change frequently. Our priority is to keep all of our students, staff, and the community safe.

If you have questions, please feel free to reach out to your school nurse.

Respectfully,

The Monroe Township School Nurses

School Nurses

Mill Lake	Mrs. Cauda	732-251-5336
Woodland	Mrs. Procopio	732-251-1177
Barclay Brook	Mrs. Beaton	732-521-1000
Brookside	Mrs. DeBellis	732-521-1101
Oak Tree	Mrs. McNutt	609-655-7642
Applegarth	Mrs. Essig	609-655-0604
MTMS	Mrs. Force and Mrs. Realmuto	732-521-6042
MTHS	Mrs. Lestingi, Mrs. Nicholas and Mrs. LeMunyon	732-521-2882