

# Rules for Return to School

## Quarantine (for exposure or travel)

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

Anyone who has been in close contact with individuals who are diagnosed with COVID-19 must undergo a **14 day quarantine period**. This is because it can take up to 14 days for the symptoms to appear in exposed individuals. *And, 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.*

**Individuals may not test out of a quarantine**; those who receive a negative COVID test while under quarantine must still complete the entire 14 day quarantine.

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*.

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

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

If a student or staff member has traveled beyond the immediate region (NY, CT, PA, DE), they must quarantine.

As per the [NJ DOH](#), all non-essential interstate travel is strongly discouraged at this time. If travel is unavoidable, travelers should quarantine after travel before returning to school.

**For fully vaccinated\* individuals:** *As of 4/5/2021: New Jersey is no longer advising fully vaccinated individuals who travel within the United States to self-quarantine after their trip or to get tested before or after travel.* [\\*Definition of fully vaccinated](#)

### **Travelers who have recovered from a documented case of COVID in the past 90 days:**

Individuals who have recovered from a documented case of COVID in the past 90 days are no longer required to quarantine after domestic or international travel.

**For individuals who are not fully vaccinated:** The NJDOH and our local health departments have approved an option for shortening a travel quarantine from 10 to 7 days with **PCR** (not rapid antigen) testing. Details are here: [Shortening a travel quarantine to 7 days with negative PCR testing.](#)

## **Isolation (for 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.

**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, students/staff should also stay home until the test result is received.*
- *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 14-day quarantine.)

#### Resources:

Centers for Disease Control. (2020e, July 20). *COVID-19: Quarantine vs. Isolation [Infographic]*. [www.cdc.gov](https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf)  
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf>

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)  
<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](https://www.state.nj.us/health/cd/documents/topics/NCOV/COVID_guidance_reopening_childcare.pdf)

NJ Department of Health. (2020, December 7). *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)