

# Rules for Return to School

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

### **Required Quarantine for 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). \*\*Note that home tests are not acceptable for shortening exposure quarantines.

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](#).

### **Quarantine after Travel**

CDC guidelines for travel continually evolve based on destination, vaccination status, and so forth. Parents should consult the CDC travel guidance before and after [domestic](#) or [international](#) travel, and notify the school when their child will quarantine as a result of travel. 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 diagnosed with COVID-19 or who are 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 documentation of a negative Covid test (rapid antigen or PCR from a physician's office or other testing site. Home tests are not accepted for shortening the isolation period) **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 alone 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 watch for symptoms and test 3-5 days after exposure.*
- *Staff members should report positive results to Human Resources; Student positive results should be reported to school nurses.*

## 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](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. [www.state.nj.us.  
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*. [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)