

January 14, 2022

Good afternoon, Parents and Guardians,

We have received several questions regarding the updated Covid quarantine protocols and remote learning access. Nurse Marissa is in constant contact with the Middlesex County Health Department regarding quarantine guidelines specific to our immediate area. Their current recommendations are below. There is a lot of information, so please read to the end. This information will also be posted on the front page of the school website.

## **Quarantine Guidelines**

### **Students who test positive for Covid 19 and are experiencing symptoms, or students who are experiencing symptoms of Covid 19 and are awaiting test results:**

- Stay home and isolate from other people for at least 10 full days (day 0 is the first day of symptoms).
  - If symptoms resolve (fever-free for 24 hours without fever reducing medication and other symptoms improve), isolation can end after 10 full days (i.e. on day 11).
  - If symptoms persist (fever or if other symptoms have not improved), continue to isolate until fever-free for 24 hours without the help of fever-reducing medications and other symptoms have improved.

### **Students who test positive for COVID-19 but have no symptoms:**

- Stay home and isolate from other people for at least 10 full days (day 0 is the day of the positive viral test).
  - If no symptoms develop, isolation can end after 10 full days (i.e., on day 11)
  - If symptoms develop within one week of the positive test, the 10-day isolation period starts over with day 0 being the first day of symptoms. Follow recommendations for ending isolation for persons who have COVID-19 symptoms

### **Students who have a positive COVID-19 exposure in their household:**

- Stay home and away from other people for at least 10 full days (day 0 is the day of the positive test).
  - The student may be tested 5 full days after the exposure (i.e. on day 6), and return to school on day 8 after the school receives a copy of the negative test, as long as they remain symptom free.

- If the student is not tested, he/she must quarantine for the full 10 days (return to school on day 11)
- If the student develops symptoms during the quarantine period, the 10-day isolation period starts over with day 0 being the first day of symptoms. Follow recommendations for ending isolation for persons who have COVID-19 symptoms

### **Which students do not need to quarantine?**

Individuals in the following groups who had close contact\* with someone with COVID-19 do **NOT** need to quarantine but should wear a well-fitting mask around others for 10 days and get tested at least 5 days after the last close contact. If the test is positive or if COVID-19 symptoms develop, follow isolation recommendations.

- Children and adolescents 5-17 years old who completed the primary series of COVID-19 vaccine.
- Students who had confirmed COVID-19 within the last 90 days (positive viral test). Positive test result must be on file in the school nurse's office.

### **Who should quarantine?**

Individuals in the following groups who had close contact\* with someone with COVID-19 **DO** need to quarantine and should take additional precautions during and after quarantine:

- Students who are not fully vaccinated (haven't completed a primary vaccine series).

*\*Close contact is someone who was less than 6 feet away from a confirmed infected person for a cumulative total of 15 minutes or more over a 24-hour period.*

### **During quarantine:**

- Stay home and away from other people for at least 5 days (day 0 through day 5) after the last close contact with a person who has COVID-19. The date of the exposure is considered day 0.
- If COVID-19 symptoms develop, get tested and follow isolation recommendations.
- If asymptomatic, get tested on day 6 after the last close contact. If the test is positive, follow isolation recommendations. If the test is negative, the student may return to school on day 8.
- If testing is not available, you can end quarantine after day 10.

## Remote Learning Access

A student will be approved to learn remotely if:

- He/She was exposed to a confirmed positive case of Covid in the school building, and has been directed to quarantine by the school administration or health office.
- There is a confirmed positive case of Covid in their household (copy of positive test result must be provided) and the school administration or health office has directed them to quarantine.
- The student has tested positive (copy of positive test result must be provided) and is in quarantine.

Remote learning will NOT be available for students who:

- Need to quarantine as a result of travel.
- Were exposed to a positive case outside of their immediate household (visiting relative, friend outside of school, teammate, etc). The student will need to quarantine if they were in close contact, but the student will not be eligible for remote access unless the student tests positive as a result of this exposure. Remote learning will be available once the school receives a copy of the student's positive test result.
- Have a non-Covid related illness or injury.