

## Message from School Nurses January 22, 2021

Dear Parents and Families:

Hunterdon County remains in the **High Covid Activity** (Orange). **This week there is a change to the exclusion criteria for in person attendance.** Please see the nurses <u>Webpage</u> for available testing options. Rapid tests are acceptable.

## What this means for you:

COVID screening is to be completed on the days of in person instruction. Any symptoms that are <u>COVID-19 compatible</u> must be reported to the office on days when the child is NOT in school due to the A/B rotation.

- Call attendance line for any absence or switch to virtual including a reason
- Report any symptoms
- Two or more symptoms and your child stays home
- An individual with COVID-19 symptoms will be excluded for 10 days. If the ill individual tests positive for COVID-19, the close contacts will be excluded for 14 days. Here is the Information to review or answer any questions:

**Symptom Based Exclusion:** Parents should not send students to school when sick. The daily pre-screening form is mandatory and must be completed by 7:00 am for HBS/RMS and by 8:00 am for TBS/WHS. Symptomatic individuals must quarantine for 10 days from onset of COVID like symptoms. If you wish to return to school prior to the 10-day period of isolation, we will require a negative COVID-19 test to be provided to the health office.

For school settings, **NJDOH recommends** that students and staff with the following symptoms be promptly isolated from others and excluded from school.

• <u>At least two of the following symptoms:</u>chills, rigors (shivers), myalgia (muscle aches), headache, sore throat, nausea or vomiting, diarrhea, fatigue, congestion or runny nose;

## OR

• <u>At least one</u> of the following symptoms: cough, shortness of breath, difficulty breathing, new olfactory disorder, new taste disorder. fever (measure or subjective)

This infographic explains that those who are close contacts of a positive case and need to quarantine cannot "test out" of quarantine. If a student is exposed or travels to a high-risk

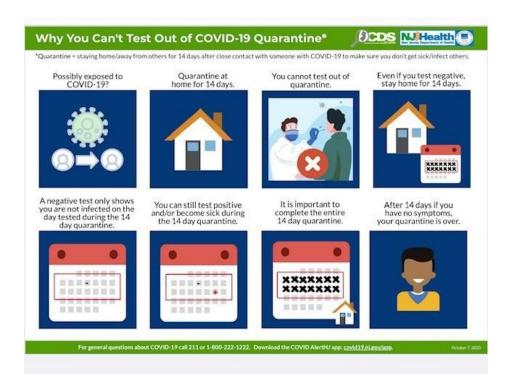
area the individual needs to quarantine. Testing negative in a quarantine period does not negate the need to quarantine.

The **NJ Travel Advisory** is strongly discouraging any non-essential travel at this time to anywhere outside NJ and advising travellers to self-quarantine for 10 days. The district will be enforcing the 10-day quarantine for travel to a restricted location. This includes travel by train, bus, car, plane and any other method of transportation. This data is updated frequently. To view the latest information, please <u>Click here</u>.

Here's the NJ211 info: https://www.nj211.org/coronavirus-covid-19

To access the Hunterdon County COVID Dashboard, please <u>Hunterdon Dashboard</u>.

Thank you in advance,
The Readington Township School Nurses



To access the COVID-19 Activity Level Report, please Weekly reports