



Message from School Nurses

March 5, 2021

Dear Parents and Families:

Hunterdon County is in the **Moderate Covid Activity (Yellow)**. This week there is a **change to the length of quarantine times**. We encourage families with close contacts to a positive to quarantine for 14 days as it is ideal. If it is a hardship, guidelines in yellow permit a 10 day quarantine, see below.

The COVID screening form is to be completed on the days of in person learning. Any symptoms that are COVID-19 compatible must be reported if the child is NOT in school.

- Call the attendance line for any absence or switch to virtual including a reason. Reasons that will be accepted for a switch to virtual include: illness, presence of symptoms, or quarantine. Any other reason stated may not be accepted. Here is the attendance line # (908) 534-2113 ext. 1.
- An individual with COVID-19 symptoms will be excluded for 10 days without testing. If testing is done and negative you may return the next day after providing proof of a negative test.
- Close contacts of a positive case must be quarantined for 10 days since last contact. If you would like to return in-person before 10 days you may return on day 8 if proof of a negative COVID test (done on days 5-7 post contact) is presented to the Health Office.
- Please see the nurses [Health office webpage](#) for available testing options. Rapid tests are acceptable.

For school settings, **NJDOH recommends** everyone with the following COVID-like symptoms should be promptly isolated from others and excluded from school.

- At least two of the following symptoms: chills, rigors (shivers), myalgia (muscle aches), headache, sore throat, nausea or vomiting, diarrhea, fatigue, congestion or runny nose;
- OR**
- At least one of the following symptoms: cough, shortness of breath, difficulty breathing, new olfactory disorder, new taste disorder. fever (measure or subjective)

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.