



## 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 [Webpage](#) 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 COVID-19 compatible 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.

- 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)

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 [Click here](#).









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

To access the Hunterdon County COVID Dashboard, please [Hunterdon Dashboard](#).

**Thank you in advance,  
The Readington Township School Nurses**

**Why You Can't Test Out of COVID-19 Quarantine\*** 

\*Quarantine = staying home/away from others for 14 days after close contact with someone with COVID-19 to make sure you don't get sick/infect others.

Possibly exposed to COVID-19?	Quarantine at home for 14 days.	You cannot test out of quarantine.	Even if you test negative, stay home for 14 days.
			
A negative test only shows you are not infected on the day tested during the 14 day quarantine.	You can still test positive and/or become sick during the 14 day quarantine.	It is important to complete the entire 14 day quarantine.	After 14 days if you have no symptoms, your quarantine is over.
			

For general questions about COVID-19 call 211 or 1-800-222-1222. Download the COVID AlertNJ app: [covid19.nj.gov/app](https://covid19.nj.gov/app). October 7, 2020

To access the COVID-19 Activity Level Report, please [Weekly reports](#)