

Dear Parents and Families:

Hunterdon County and all of New Jersey is currently considered to be at **Moderate Covid Activity** (Yellow) The exclusion criteria changes with the color of the map.  
[COVID-19 Activity Level Report](#)

**Symptom Based Exclusion:** Parents should not send students to school when sick. The daily pre-screening form is mandatory and must be completed by 7am for HBS/ RMS and 8am for TBS/ WHS.

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: fever (measure or subjective), 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.

If you do not quarantine for 10 days, in order to return to school you will be asked to provide a doctors' note with a negative Covid-19 test and a diagnosis other than Covid.

Lastly, there is a new infographic explaining that those who are close contacts and need to quarantine cannot "test out" of quarantine. *If a student is exposed or travels to a high risk area and needs to quarantine for two weeks, obtains testing and it comes back negative, this student still needs to finish the 2 week quarantine period. 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 any state on the advisory list. Under the 14-day quarantine travel advisory announced by the Governors of New Jersey, New York and Connecticut, individuals traveling to or returning to New Jersey from states with increasing rates of COVID-19 are advised to self-quarantine for 14 days. This includes travel by train, bus, car, plane and any other method of transportation. This list is updated frequently.

<https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/which-states-are-on-the-travel-advisory-list-are-there-travel-restrictions-to-or-from-new-jersey>

[Hunterdon County COVID Dashboard](#)

## 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

Thank you in advance,  
The Readington Township School Nurses