



Jonathan Hart, Ph.D., Superintendent

Jason M. Bohm, CPA, Business Administrator/Board Secretary

[jhart@readington.k12.nj.us](mailto:jhart@readington.k12.nj.us)

[jbohm@readington.k12.nj.us](mailto:jbohm@readington.k12.nj.us)

P.O. Box 807 • 52 Readington Road • Whitehouse Station, NJ 08889 • (908)-534-2195 • (908) 349-3042 fax

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Dear Readington Parents and Guardians,

Yesterday, the New Jersey Department of Health released new, updated guidance regarding the time frames for isolation and quarantine related to COVID-19. This letter outlines these time frames and provides other updates.

### **Isolation Period**

Isolation is used to separate people with confirmed or suspected COVID-19 from those without COVID-19. The majority of COVID-19 transmission occurs early in the course of illness, generally in the 1-2 days prior to onset of symptoms and the 2-3 days after. Persons who have COVID-19 symptoms should be tested for COVID-19 with a viral test. Everyone who tests positive for COVID-19 infection or who have symptoms of COVID-19 (including those waiting for test results or who haven't been tested), regardless of vaccination status, should isolate for at least **5 full days (reduced from 10)** and take additional precautions during and after isolation. Date of symptom onset or positive test is considered day 0. These additional precautions include wearing a mask, avoiding travel, and avoiding high-risk activities on days 6-10. High risk activities include visiting nursing homes, going to the gym, eating at a restaurant, and other activities that do not permit mask-wearing.

### **Quarantine Period**

Quarantine is a strategy used to prevent transmission of COVID-19 by keeping people who have been in close contact with someone with COVID-19 apart from others. Persons having close contact with someone who is in their isolation period would be considered exposed, should be tested for COVID-19, and may need to quarantine, depending on vaccination status and if recently recovered. During quarantine, exposed cases stay home and away from others for at least **5 days (reduced from 10)** after the last close contact with a person who has COVID-19. The date of exposure is considered day 0.

### **Who does not need to quarantine?**

Individuals in the following groups do not need to quarantine.

- Adults 18 years or older who completed a primary series of the COVID-19 vaccine and have received all recommended vaccine doses, including boosters.
- Children and adolescents ages 5-17 who completed the primary series of COVID-19 vaccines.
- Persons who had a confirmed case of COVID-19 within the past 90 days (see below for details).

### **Finding a Vaccine for your Child**

There are a number of clinic opportunities at the County Complex on Route 12 in Flemington. Specifically, there is an opportunity for pediatrics only on Wednesday, January 19 from 5:00pm-7:00pm. More details can be found at the [Department of Health website](#).

**What proof is needed to show a confirmed case of COVID-19 within the past 90 days?**

In order to show proof that one has had and recovered from COVID-19 in the past 90 days, one must submit lab tests confirming the individual's name and testing date. Availability of lab tests is limited and home tests may be the only option. If this is the case, an at-home test will be accepted if it is accompanied by one of these secondary documents:

- a positive COVID lab test of a household member within 14 days to accompany the home test of the student/child who tested positive with the home test, and/or
- a note from a physician confirming the positive test or making the COVID-19 diagnosis with a date.

**NEW: Student COVID Reporting Form**

Our School Nurses will be collecting COVID positive information from parents. If you need to contact the school to report a positive COVID case of your child, please fill out the [Student COVID Reporting Form](#). This will assist us in gathering information and contact tracing.

Today, we ask all parents of currently quarantined or isolated children to recalculate your child's isolation or quarantine period. If your child is at **day 6 or greater in either category (quarantine or isolation)**, please send your child back to school tomorrow as long as your child's symptoms are improving and they are fever free. Overall, this adjustment to the quarantine period is good news, as it allows students to return to school earlier.

Very truly yours,



Jonathan Hart, Ph.D.  
Superintendent of Schools