

COVID-19 GUIDELINES AS OF 1/24/22

Students and staff 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 and take additional precautions during and after isolation.

As a reminder, students should stay home if they are experiencing COVID-19 compatible symptoms. They are defined in NJDOH K-12 school guidance using CSTE/CDC case criteria definition as those who have:

- At least two of the following symptoms: fever (measured 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.

Students and staff who test positive for COVID-19 and are symptomatic or display COVID-19 symptoms who weren't tested or who are waiting for test result:

- Individuals should stay home and isolate themselves from other people for at least 5 full days (day 0 is the first day of symptoms).
- If symptoms resolve (fever-free for 24 hours and other symptoms improve), isolation can end after 5 full days (i.e., on day 6).
- If symptoms persist (fever or if other symptoms have not improved), continue to isolate until fever-free for 24 hours and other symptoms have improved.

Staff and students who test positive for COVID-19 but have no symptoms:

- Individuals should stay home and isolate themselves from other people for at least 5 full days (day 0 is the day of the positive viral test).
- If no symptoms develop, isolation can end after 5 full days (i.e., on day 6).
- If symptoms develop within one week of the positive test, the 5-day isolation period starts over with day 0 being the first day of symptoms. Follow recommendations for ending isolation for persons who have COVID-19 symptoms.

Additional precautions during/after isolation (everyone)

- **MASK:** Continue to wear a well-fitted mask when around others at home and in public through day 10. For those ending isolation on day 5, this would be during days 6 through 10. Individuals who are unable to wear a mask when around others should stay home and isolate themselves from other people for a full 10 days.
- **TRAVEL:** Avoid travel until a full 10 days after your first day of symptoms or if asymptomatic, after the date of the positive test. If travel is necessary on days 6-10, wear a well-fitting mask when around others for the entire duration of travel. Individuals unable to wear a mask should not travel during the 10 days.
- **AVOID HIGH-RISK ACTIVITIES:** Avoid people who are immunocompromised or at high risk for severe disease, including nursing homes and other high-risk settings. Do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until a full 10 days.

1. These timeframes do not apply to people with severe COVID-19 or with weakened immune systems (immunocompromised).
2. Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.
3. The day of the positive test is the day tested, not the day the positive test result was received.

QUARANTINE (APPLIES TO INDIVIDUALS EXPOSED TO SOMEONE WITH COVID-19)

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.

- Individuals 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.
- Someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period.

Who does not need to quarantine?

Individuals in the following groups who had close contact with someone with COVID-19 do **NOT** need to quarantine but should wear a well-fitting mask around others for 10 days and get tested at least 5 days after the last close contact:

- Individuals who completed a primary series of COVID-19 vaccines
- Persons who had confirmed COVID-19 within the last 90 days (positive viral test).

Who should quarantine?

Individuals in the following groups who had close contact with someone with COVID-19 **DO** need to quarantine and should take additional precautions during and after quarantine:

- Individuals who are not fully vaccinated.

During quarantine

- Stay home and away from other people for at least 5 days (day 0 through day 5) after the last close contact with a person who has COVID-19. The date of the exposure is considered day 0.
- If COVID-19 symptoms develop, get tested and follow isolation recommendations.
- If asymptomatic, get tested at least 5 days after the last close contact.
- If the test is positive, follow isolation recommendations.
- If the test is negative, you can end quarantine after day 5.
- If testing is not available, you can end quarantine after day 5 (as long as there were no COVID-19 symptoms throughout the 5-day period).

Exception: individuals who recently recovered from COVID-19 (tested positive and recovered in the past 90 days) do not need to be tested.

Additional precautions during and after quarantine

- MASK: Continue to wear a well-fitted mask when around others at home and in public through day 10. For those ending quarantine on day 5, this would be during days 6 through 10.
- Individuals who are unable to wear a mask when around others should continue to quarantine for a full 10 days.
- MONITOR FOR SYMPTOMS: Watch for fever (100.4°F or greater), cough, shortness of breath, or other COVID-19 symptoms for 10 days after last close contact. If symptoms develop, get tested and follow isolation recommendations.