

Delbarton School Illness Policy 2020-21

We ask you to keep your son home if he is ill and contact the school nurse and the attendance line with details about the illness-related absence and/or COVID-19 diagnosis, testing or exposure. School nurse Deirdre McAuliffe can be reached at 973-539-3231 x 3080

SYMPTOMS AND CONDITIONS REQUIRING ABSENCE FROM SCHOOL:

Infectious Disease/COVID-like Symptoms	Other Conditions:
<ul style="list-style-type: none"> • Fever or fever-like symptoms <ul style="list-style-type: none"> ○ Temperature above 100.0 F, with or without the presentation of fatigue/body aches/chills/rigors. ○ New onset of headache, especially with a fever • Respiratory symptoms <ul style="list-style-type: none"> ○ Cough, congestion, runny nose, sore throat, shortness of breath not appeared to be related to allergies or asthma. • Gastrointestinal symptoms <ul style="list-style-type: none"> ○ Diarrhea, vomiting, or severe nausea. • New unexplained loss of taste or smell • Student reported or has been notified that they have been in close contact with a sick individual with COVID-like symptoms OR a positive COVID-19 case • Student or family member has been tested for COVID and awaiting negative results. 	<ul style="list-style-type: none"> • Confirmed non-COVID viral infectious disease, eg influenza or mono • Contagious infections requiring antibiotic treatment eg. Strep throat or pink eye • Undiagnosed, new, and/or untreated skin rash or condition • Doctor’s note requiring an individualized plan of care to stay home due to medical concerns. • Out of country, or out of state travel in past 2 weeks, based on NJ list of states requiring quarantine – call 511 or https://covid19.nj.gov/faqs/nj-information/travel-information/which-states-are-on-the-travel-advisory-list-are-there-travel-restrictions-to-or-from-new-jersey

PROCEDURE FOR RETURNING TO SCHOOL:

Infectious Disease Symptoms	Other Conditions:
<ul style="list-style-type: none"> • If <u>presenting</u> with symptoms, please test student for COVID-19. (PCR testing strongly recommended.) If you choose not to test student, he must stay home for 10 days minimum AND at least 24 hours since last fever without medication AND symptoms have improved. • If notified to self-quarantine due to a <u>close exposure to a COVID + case or person with symptoms</u>, stay home and monitor symptoms for 14 days. • If <u>NEGATIVE</u> for COVID-19, remain home for 24 hours (1 full day), or as instructed by your doctor, and return once symptom-free without the use of fever-reducing medication. Please reconsider testing if symptoms worsen. • If <u>POSITIVE</u> for COVID-19, student must stay home for 10 days since symptoms first began, AND 24 hours (1 full day) without use of fever-reducing medication AND improvement in symptoms. 	<ul style="list-style-type: none"> • After the first 24 hours of various antibiotic treatments for contagious infections (i.e. strep throat, pink eye, etc.) • Doctor’s note requiring an individualized plan of care to stay home due to medical concerns as specified. • 2-week quarantine ends without illness after out-of-state travel or close contact quarantine • NOTE: Negative COVID 19 test does not exclude you from local/state mandated 14-day quarantine. <p style="text-align: right;"><i>Updated 11/23/2020</i></p>

Timeframe for Self-Isolation/Quarantine Based on Testing Result

The purpose of **quarantine** is to keep people who might have been exposed (but not sick) to COVID-19 away from others. **Isolation** is to keep sick people and those infected with the COVID-19 virus away from those who are not infected. Self-quarantine/isolation reduce the spread of COVID-19.

It is expected that any person getting a COVID-19 diagnostic test (nasal swab or saliva) will self-quarantine after specimen collection **AND** are advised of the results of their test, unless otherwise directed by those administering the test. These recommendations are not for individuals who got a serologic test (antibody). Depending on the test result, see below for the length of time that the individual should self-isolate/self-quarantine. If an individual who tests COVID-19 positive has a weakened immune system (immunocompromised) due to a health condition or medication, they may need to isolate longer than 10 days. They should speak to their healthcare provider for more information.

	Symptomatic Tested +	Symptomatic Tested –	Asymptomatic Tested +	Asymptomatic Tested –	Asymptomatic Tested –	Asymptomatic Not/Never tested
	Or Symptomatic and close contacts* of known COVID-19 case but not tested			No COVID-19 household* or close contacts* or traveler from impacted area*	But is a household* or close contact* or traveler from impacted area*	But is a household* or close contact* or traveler from impacted area*
Timeframe for Self-Quarantine or Self-isolation	10 days since symptoms first began AND 24 hours (1 full day) fever-free without use of fever-reducing medications AND improvement in symptoms	At least 24 hours (1 full day) after symptoms go away NOTE: If person is a household or close contact, or a traveler from impacted area, they should complete 14-day quarantine	10 days after specimen collection, assuming no symptoms develop [^]	No self-quarantine days required	14 days from last known close contact with a known COVID-19 case. NOTE: Household contacts of a COVID-19 case should self-quarantine for 14 days AFTER their last close contact with the case [^] . Many household contacts will not be able to avoid continued close contact with others in the household. In these cases, household contacts should continue to quarantine until 14 days AFTER the COVID-19 case’s isolation ends. If, however, the COVID-19 case can successfully isolate in a separate bedroom away from others in the home, household contacts should quarantine for 14 days from the date of their last close contact with the COVID-19 case.	

COVID-19 incubation period is 2-14 days. Symptoms often appear 5-6 days after exposure but may appear up to 14 days after exposure. A person is considered infectious two days before they test + or develop symptoms. However, some individuals do not develop symptoms and may expose others without knowing.

***Household contacts** are individuals who live in the same house as a COVID-19 case. **Close contacts** are individuals who were within 6 feet of a COVID-19 case for 15 minutes over a 24-hour period or had direct contact with the infectious secretions of a COVID-19 case (e.g., were coughed on). Walking past a COVID-19 case or just being in the same building does NOT qualify as being a close contact. **Traveler from impacted area** refers to states/territories/countries with increasing COVID-19 cases with a positive test rate higher than 10 per 100,000 residents or areas with 10% or higher positivity rate over a seven-day rolling average.

^Asymptomatic individuals who develop symptoms during their self-quarantine timeframe, should self-isolate and refer to the “Symptomatic, Tested +” column.

Refer to NJDOH Discontinuation of Transmission-Based Precautions and Home Isolation Guidance for more information. Updated guidance recommends a symptom time-based strategy for return to work. Re-testing is not recommended for most persons because it can result in prolonged isolation of persons who continue to shed detectable SARS-CoV-2 RNA but are no longer infectious.

NOTE: Recommendation for self-isolation/quarantine is to stay/sleep in a separate room from others living in the home and use separate bathroom (if possible). This includes not being in close contact with household members (i.e., not sharing meals and spending time together in common areas) or going to work or out in public other than for health care. Wash hands often and clean and disinfect household items.

To locate a testing site near you: covid19.nj.gov/testing