



HOLMDEL TOWNSHIP PUBLIC SCHOOLS

Office of the Superintendent

January 11, 2021

Dear Holmdel Community,

We understand there has been some confusion around the district with regard to COVID and quarantine periods. In order to clear up any confusion, we reviewed the current CDC and NJ Department of Health guideline recommendations ([here](#)) with our District Medical Officer, our Director of Student Services, and our nurses. The following guidelines that are aligned with the CDC and NJDOH and recognize that Monmouth County is in the “orange zone” will be followed by the Holmdel School District as we continue to grapple with the pandemic and reinforce our efforts to reduce transmission, thereby, enabling the District to maintain our in-person full day programs open.

CONFIRMED CASES - pp 13-14 of guideline recommendations ([here](#))

If your child tests positive for COVID 19, your child must complete a 10-day quarantine and be fever free for 24 hours and free of symptoms in order to return to school.

If your child is exposed to a confirmed positive COVID 19 case he/she must be quarantined for 14-days, regardless of a negative test result, and be fever free for 24 hours and free of symptoms to return to school.

PRESUMED (Symptomatic) CASES pp. 13-14 of guideline recommendations ([here](#))

We can no longer accept letters from a doctor stating your child just has a cold or a sinus infection without a negative COVID (lab) test. If your child tests negative for COVID, your child can return to school when he or she is fever free for 24 hours and free of symptoms.

If your child is exposed to someone with COVID like symptoms, your child will be quarantined until the COVID status of the presumed positive child is known. This means that if the sick person tests negative, your child does not have to quarantine and can return to school. If the sick person tests positive, your child must finish the 14-day quarantine. If the ill person does not get tested, we have to treat your child as a positive COVID case and your child must complete a 14-day quarantine and be fever free for 24 hours and free of symptoms to return to school.

To clarify, the reason someone who is positive or symptomatic has a shorter quarantine than someone who is exposed is due to the **incubation period**. This means that it takes anywhere from 2-14 days from exposure for COVID to build up inside a person’s body before he/she becomes ill. Therefore, anyone exposed to COVID must wait the entire 14-day incubation period to ensure he/she does not have COVID. People who are already positive or symptomatic have already surpassed their incubation period and therefore we quarantine them for only 10-days and 24 hours fever and symptom free because that is when they are infectious to others.

TRAVEL

If you travel outside of Connecticut, Pennsylvania, and New York for more than 24 hours your child will be placed on a 14-day quarantine.

We thank our nurses for putting this information together, and hope that this helps to clarify any questions you may have. As always, feel free to contact your building nurse (contact information below) with specific questions related to COVID and our quarantine procedures.

Sincerely,



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