



J. BROOKS HOFFMAN '36 HEALTH CENTER | BLAIR ACADEMY
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COVID-19 RETURN-TO-SCHOOL FORM

Student's Name: _____ DOB: _____

Date of symptom onset: _____ Date of positive COVID-19 test result (if applicable): _____

- **Fever is defined as >100.4F, and "resolved" means the student has a temperature below 100.4F WITHOUT the use of medication.**
- **If fever was never present, the other guidelines must still be followed.**
- **If testing is PENDING, please complete the form only after results are available.**
- **A student may not return while a test is pending.**

PLEASE SELECT ONE (PER CDC/NJDOH GUIDELINES):

_____ Student found to have another source of symptoms, COVID-19 testing was NOT done, and may return to school 24 hours after fever has resolved and other symptoms improve.

_____ Student NOT found to have another source of symptoms, COVID-19 testing was NOT done, patient may return to school 24 hours after fever has resolved and other symptoms improving, with a MINIMUM of 10 days from the onset of symptoms.

_____ Student had a NEGATIVE test for COVID-19, as well as another source of symptoms, and may return to school 24 hours after symptoms have resolved, per doctor's note.

_____ Student had a NEGATIVE test for COVID-19, but considered still at risk, so may not return to school until 24 hours after fever has resolved and other symptoms improving, with a MINIMUM of 10 days from the onset of symptoms.

_____ Student had a POSITIVE test for COVID-19 and must stay home until 24 hours after fever has resolved and other symptoms improve, with a MINIMUM of 10 days from the onset of symptoms.

_____ Student is **asymptomatic**, has a POSITIVE test for COVID-19, and must stay home for 10 days from the date of the test. If symptoms develop, the student must THEN stay home until 24 hours after fever resolves and other symptoms are improving, with a MINIMUM of 10 days from the date of the test.

*For a student who tests positive, two negative PCR tests at least 24 hours apart will release them out of isolation. However, contacts **MUST** finish out their 14 day quarantine.*

_____ Student has a known exposure to someone with COVID-19 and must quarantine for 14 days from the date of the last exposure, regardless of test results. *(If selected, there is not an expectation that the student has this form completed by their medical provider. The Director of Health Services will complete the documentation. Requirement for return to school for quarantine patients includes a negative COVID-19 rapid antigen or PCR test within 72 hours prior to return. The results must be reviewed and approved by the Health Center prior to return to school.)*

In addition, any student who has tested positive and is symptomatic for COVID-19 must be examined and cleared by a cardiologist and present a note of clearance to the Health Center for review.

The recommendation is that most mildly ill patients can have PCP follow up with EKG.

Hospitalized patients (or those with abnormal EKG at PCP) would be referred to cardiology.

[Returning To Play After Coronavirus Infection: Pediatric Cardiologists' Perspective](#)



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Based on current CDC/DOH guidelines, the patient's exam and results for any tests that may have been performed, this patient may return to school once any fever has resolved x 24 hours (without the use of medication) and other symptoms are improving.

The earliest this patient may return to school is: _____

This statement is valid based on relevant information on the date below, but may change based on new symptoms, exposures, or results. The patient's family has been instructed to notify the office for any changes.

Health Care Provider's Name (print): _____

Health Care Provider's Signature: _____

Today's Date: _____

Office Stamp:



RETURN TO BLAIR ACADEMY AFTER CONFIRMED OR SUSPECTED COVID-19^{2,3}

LABORATORY CONFIRMED CASE WITH SYMPTOMS:

- **Symptom-Based Strategy:**

Person should remain on home isolation **at least until 10 days** have passed since symptoms first appeared **AND at least 24 hours** have passed since fever has resolved without the use of fever-reducing medications **AND** improvement in symptoms.

LABORATORY CONFIRMED CASE WITHOUT SYMPTOMS:

- **Time-Based Strategy:**

Person should remain on home isolation at least **until 10 days** have passed since the date of their first positive COVID-19 test **AND** have remained asymptomatic (if symptoms have occurred, then this strategy no longer applies).

- **Test-Based Strategy:**

*For the student who tested positive, **two negative PCR tests at least 24 hours apart** will release them out of isolation. Please note, close contacts **MUST finish out their 14 day quarantine as per NJDOH guidance.***

NEGATIVE TEST, BUT SYMPTOMS SUSPICIOUS FOR COVID-19:

- If the person has tested negative for COVID-19, but is currently experiencing symptoms, the recommendation is to stay home and practice social distancing until **24 hours after the fever has ended without the use of fever reducing medications and symptoms improve.** After this time, the person may resume regular activities.

NEGATIVE TEST AND NO SYMPTOMS, BUT LIVING WITH A COVID-19 POSITIVE PERSON:

- Even though a person has tested negative and may have no symptoms, living with a person with COVID-19 means that they may have been exposed to the virus. For this reason, it is recommended that that person must monitor themselves for symptoms. The COVID-19 positive person who lives with others has a self-isolation of 10 days from the time symptoms began **AND** 24 hours being fever-free without fever reducing medicine. "Household members" who have been living with a COVID-19 positive person are recommended to self-quarantine for **14 days AFTER** the COVID-19 positive person's self-isolation ends. This is because it may take 2-14 days for symptoms to develop.

NEGATIVE TEST AND NO SYMPTOMS, BUT CLOSE CONTACT OF A COVID-19 POSITIVE PERSON:

- If a person is identified as being a close contact of a COVID-19 person, it is recommended that they self-quarantine for 14 days from the last date of exposure with the person, even if they tested negative. This is because it may take 2-14 days for symptoms to develop. While they are self-quarantining, they must monitor themselves for symptoms. (Close contacts are individuals who were within 6 feet of a lab confirmed COVID-19 case for a prolonged period (about 10 minutes or more) or had direct contact with the infectious secretions of a COVID-19 case (e.g., were coughed on). Walking past a lab confirmed COVID-19 case or just being in the same building does NOT qualify as being a close contact.)



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Dear Parent or Guardian,

Your student has met criteria for our sick day policy. We ask that you please keep the Health Center informed of illness-related absences and/or COVID-19 diagnosis or exposure, and contact the Health Center for any questions at **908-362-2010** or healthcenter@blair.edu.

SYMPTOMS AND CONDITIONS REQUIRING ABSENCE FROM CAMPUS:

Infectious Disease Symptoms:

- Fever or fever-like symptoms
 - Temperature above 100.0 F or with or without the presentation of fatigue/body aches/chills/rigors.
- Respiratory symptoms
 - Cough, congestion, runny nose, sore throat, shortness of breath not appeared to be related to allergies or asthma.
- Gastrointestinal symptoms
 - 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 positive COVID-19 case

Other Conditions:

- Confirmed non-COVID viral infectious disease
 - Ex: influenza or rhinovirus
- Contagious infections requiring antibiotic treatment
 - Ex: 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.

PROCEDURE FOR RETURN TO SCHOOL

Infectious Disease Symptoms:

- If presenting with symptoms, please contact your health care provider and test student for COVID-19 RNA COVID-19 and/or provide doctor's note for other treatment-specific guidelines. If you choose not to test student, student must stay home for 10 days minimum and return when symptom-free for 24 hours without the use of antipyretics.
- If positive for COVID-19, and symptomatic, patient must have an EKG and may need a cardiology consultation and clearance prior to returning to school and resuming any activity on campus.
- If notified to self-quarantine due to a close exposure to a COVID + case, stay home and monitor symptoms for 14 days. Follow your health care provider and CDC guidance.
- ***Requirement for return to school for quarantine patients includes a negative COVID-19 rapid antigen or PCR test within 72 hours prior to return. The results must be reviewed and approved by the Health Center prior to return to school.***
- In addition, you can call the New Jersey Department of Health coronavirus hotline at **1-800-962-1253** or
- Text: NJCOVID to **898-211** or
- Text: your **zip code** to **898-211** for live text assistance for specific guidance.
- If NEGATIVE for COVID-19, please remain home for 24 hours symptom-free without the use of medication. Please reconsider testing if symptoms worsen.
- If POSITIVE for COVID-19, student must stay home for 10 days minimum and return when symptom-free for 24 hours

Other Conditions:

- If confirmed that student has non-COVID viral illness please provide a doctor's note to confirm and student may return once 24 hours symptom-free without the use of medication.
- 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.



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REFERENCES:

¹[Returning To Play After Coronavirus Infection: Pediatric Cardiologists' Perspective](#)

²https://www.nj.gov/health/cd/documents/topics/NCOV/COVID-QuickRef_Discont_Isolation_and_TBP.pdf

³https://www.nj.gov/health/cd/documents/topics/NCOV/COVID_Instructions_Persons_Who_Test_Negative.pdf

[What to Do If You Are Sick](#)

[Quarantine If You Might Be Sick](#)

[Isolate If You Are Sick](#)

[Duration of Isolation and Precautions for Adults with COVID-19](#)