

# Holmdel Township School District Quarantine Guidelines Chart

**If your child:**

**HAS COVID-19 SYMPTOMS**

These symptoms may indicate COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue • Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**Get Tested Immediately**

He/she should get tested right away and stay home except to get medical care.

**TESTS POSITIVE for COVID-19**

**10-day Quarantine Required**

To return to school on the 11th day your child must:

- Quarantine for 10 days since symptoms started or tested positive (as stated above)
- Have no fever for 24 hours (without fever-reducing medication)
- See symptoms improving

Once you meet all of the above criteria your child is off quarantine and can return on the 11th day or later.

**IDENTIFIED as a DIRECT CONTACT**

*If you have had COVID - 19 in the past 90 days OR you have been fully vaccinated and it has been greater than 2 weeks since your last vaccine. You will not be required to quarantine if this is the case, but you should still monitor for symptoms and get tested right away if you develop any.*

**Since we have entered the Yellow (Moderate Risk) zone, we can follow the following guidelines:**

- 10-day Quarantine with no testing. Return on day 11.
- Or**
- 7-day Quarantine with a negative PCR test done on Day 5. Return on day 8.
- Continue to monitor for symptoms for 14 days after exposure.

To follow these guidelines the individual must remain without symptoms. If the individual has already received a negative test, but they begin showing symptoms they will need to stay home and get tested.

Please note: 14 days is always preferred as the best way to prevent Covid-19 transmission. However, when 14 days is not feasible the above options can be used.

**Please also note that if Monmouth County re-enters the Orange (High Risk) zone we will have to go back to a 14-day quarantine for direct contacts.**

**TRAVEL GUIDELINES**

If your child travels anywhere outside of New Jersey, New York, Pennsylvania, Connecticut, or Delaware area (NJ and surrounding area).

*Fully vaccinated individuals age 16 and above:  
You no longer need to quarantine or get tested before/after domestic travel if you are fully vaccinated. A person is considered fully vaccinated two weeks after receiving the last recommended dose of the vaccine.*

**10-day Travel Quarantine**

Upon return to New Jersey- You must quarantine for a full 10 days- No COVID-19 test required. You will be permitted to return to school on Day 11,

**7-day Quarantine**

Upon return to New Jersey- In order to shorten the quarantine, you must take a COVID-19 test (must be a PCR test) on day 5. If we receive your negative result by Day 7 and you and everyone in your household do not have symptoms, you will be permitted to return to school on Day 8.

*The incubation period for COVID-19 is 14 days. When your child returns to school on day 8 or day 11, please continue to monitor your child for symptoms and get him or her tested if he/she develops any symptoms during the remaining days of the 14-day quarantine.*

*updated 5-4-21*

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