

Holmdel Township School District Quarantine Guidelines Chart-

Please see the updated 5-17-21 travel guidelines on page 2.

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

Travel Update May 17, 2021

As per Governor Murphy's new directive, we will no longer mandate a travel quarantine for students and staff traveling domestically. A travel quarantine will still be required for international travel.

Please note: it is still recommended to delay travel until fully vaccinated and to continue to follow your destination's travel guidelines. Please continue to self-monitor your symptoms for 14 days after any travel and get tested should you feel sick.

Village Elementary School- Ms. Frances Flannelly
fflannelly@holmdelschools.org
732-946-1831 ext. 5049

Indian Hill School- Ms. Marguerite Dalton
mdalton@holmdelschools.org
732-946-1045 ext. 4425

W.R. Satz School- Ms. Alyssa Rescinio
arescinio@holmdelschools.org
732-946-1808 ext. 3434

Holmdel High School- Ms. Shirley Campuzano
scampuzano@holmdelschools.org
732-946-1832 ext. 2445