



WHITE PLAINS PUBLIC SCHOOLS
HEALTH SERVICES
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Magaly Racioppo
Nurse Coordinator

Dear White Plains City School District Families,

Welcome to the 2022-2023 school year. As you know, the CDC's COVID-19 guidelines for schools have been updated. We will be following the updated guidelines, which are endorsed by New York State Department of Health. Listed below are the new guidelines you should be aware of.

- Your child will no longer need to quarantine if exposed to someone with COVID-19, regardless of vaccination status.
- If exposed, you are strongly recommended to wear a well fitted mask for 10 days, and test on day 5 or if exhibiting symptoms.
- While masks are recommended in indoor settings and congregate areas, they are not mandated.
- If your child is COVID-19 positive, they must stay home and isolate from others for 5 days. Isolation days should be as follows:

When you have COVID-19, isolation is counted in days, as follows:

- If you had [no symptoms](#)
 - **Day 0 is the day you were tested** (not the day you received your positive test result)
 - **Day 1 is the first full day** following the day you were tested
 - If you develop symptoms within 10 days of when you were tested, the **clock restarts at day 0 on the day of symptom onset**
- If you had [symptoms](#)
 - **Day 0 of isolation is the day of symptom onset**, regardless of when you tested positive
 - **Day 1 is the first full day** after the day your symptoms started

Ending Isolation will be as follows:

- **End isolation based on how serious your COVID-19 symptoms were.**
 - If you had no symptoms, you may end Isolation after day 5.
 - When returning to school after COVID-19, your child must wear a well-fitted mask from days 6-10.
- If you had symptoms, you may end isolation after day 5 if:
 - You are fever-free for 24 hours (without the use of fever-reducing medication)
 - Your symptoms are improving
 - When returning to school after COVID-19, your child must wear a well-fitted mask from days 6-10.
- If you still have fever or your other symptoms have not improved, continue to isolate until they improve.

If your child has COVID-19, please inform your school nurse. The nurse may be able to assist you in determining when your child can return to school.

Parents do not have to show proof of a negative COVID-19 test, upon your child's return to school after having COVID-19. Your child can return so long as they are not in school for 0-5 days and are feeling well enough to return to school.

Please consult with your health care provider for any medical guidance, especially if your child is having respiratory symptoms, moderate to severe symptoms, or your child has underlying medical condition.

In an effort to keep our school district safe, please keep your child home if they are sick. If sending your child to school, please COVID test them if they are experiencing minor symptoms that do not require them to stay home.

We will have disposable masks as well as rapid COVID-19 tests available, upon request, in the main offices as well as in every health office throughout the district.

We look forward to working with you and your child/children to keep everyone safe and healthy this school year. Please do not hesitate to contact your school nurse or myself with any additional questions.

Respectfully,
Maggie Racioppo
Nurse Coordinator
914-422-2011