



# *East Ramapo Central School District*

105 South Madison Avenue, Spring Valley, NY 10977

*A Unified Community Educating the Whole Child ...*

**Dr. Clarence Ellis**  
*Superintendent of Schools*

**Jessica Alexander**  
*Assistant Superintendent for  
Student Support Services*

**Janeen Dilkes, FNP**  
*Coordinator of Health Services*

From: Janeen Dilkes, FNP-BC  
To: All Employees  
Cc: Dr. Ellis, Executive Cabinet  
Date: September 21, 2023  
RE: UPDATED COVID-19 GUIDANCE

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Due to the recent surge in COVID-19 infections the following guidance, based on CDC guidelines regarding isolation and quarantine, are as follows:

1. If an individual tests positive for COVID-19, they must isolate and remain home for 5 days following the results. (5 days from the date of the test)
2. After 5 days, if the individual is asymptomatic, i.e. fever-free without medication, **they may return to work/school, however, they must wear a mask for 5 more days.**
3. A negative COVID-19 test is **NOT** required to return to work or school.
4. If the individual continues to have symptoms, they must remain at home until they are symptom-free for 24 hours.
5. No quarantine is required for individuals exposed to household or other contacts who have tested positive.
6. All employees **MUST** have a test from a lab, Urgent Care or doctor's office, not a home test, and must provide their results to Personnel, in order to qualify for COVID-19 days. Rapid tests are sufficient.

Any further questions or concerns, please contact Janeen Dilkes, Coordinator of Health Services at [jdilkes@ercsd.org](mailto:jdilkes@ercsd.org) or 845-577-6049.