



2021-2022 School COVID Policy – Updated January 19, 2022

On January 10, 2022, the NJDOH updated the recommendations for isolation to focus on when a person is most infectious. Everyone who tests positive for COVID-19 infection, regardless of vaccination status, should isolate for at least 5 full days and take additional precautions during and after isolation as follows:

- **Stay home for 5 days (day 0 is the first day of symptoms or if no symptoms, the day of the positive test)**
- If symptoms resolve, isolation can end after 5 full days (i.e on day 6)
- If symptoms persist (fever or if other symptoms have not improved), continue to isolate until fever free for 24 hours and other symptoms have improved.
- Well-fitting masks must be worn around others at home and in public through day 10.
- Avoid travel until a full 10 days after your first day of symptoms or, if asymptomatic, the positive test.

Persons who are not fully vaccinated need to quarantine after close contact, defined as within 6 feet for more than 15 minutes. Those ages 18 and older must have had a booster to be exempted from quarantine. Below are the guidelines:

- Stay home and away from others for at least 5 days (day 0 is date of exposure).
- Get a COVID-19 test at least 5 days after exposure. If negative, quarantine is done.
- If positive, follow isolation recommendations
- Wear a well-fitted mask around others at home and in public through day 10
- Monitor for symptoms: fever, cough, shortness of breath or other COVID symptoms for 10 days after last close contact.
- Delay travel until at least 5 days, and until you have a negative test and are without symptoms

AVOID HIGH RISK ACTIVITIES- NO SPORTS OR GYM through day 10. Wear a mask in the cafeteria to avoid exposing others except when eating and limit time without a mask to less than 15 minutes.

Persons who are fully vaccinated or have had COVID-19 within the last 90 days do not need to quarantine, but should wear a well-fitted mask around others for 10 days, and get tested at least 5 days after the last close contact.