

NJDOH and NJDOE revised COVID-19 Quarantine and Isolation Guidelines for Schools

Here's what you need to know:

Isolation/Quarantine Time has been reduced to 5 days - Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first day after symptoms developed or the day after the positive test sample was collected.

Quarantine - if exposed to COVID-19 and are not fully vaccinated or within 90 days of recovering from COVID-19, quarantine is at least 5 full days (i.e., may return on day 6) as long as no symptoms have developed.

If you test positive for COVID-19 or have symptoms regardless of vaccination status

- Isolate at home for at least 5 days (i.e., may return on day 6) as long as you are fever free for 24 hours without medication and symptoms are greatly reduced.
- End isolation after 5 full days if asymptomatic
- If severely ill with COVID-19, isolate for a full 10 days (i.e. may return on day 11)
- Wear a mask until day 10 has passed

Additional Masking Requirements Specific to Days 6-10

- During days 6-10, students **MUST** eat lunch in a space that is 6 feet away from others. Masks **MUST** be worn when not actively eating or drinking.
- During days 6-10, students are permitted to participate in Physical Education but must be masked the entire time. Mask breaks are permitted as long as the student separates themselves from classmates and teachers.
- During days 6-10, students are permitted to participate in after school activities, but must be fully masked at all times. If the activity or sport requires unmasking for safety reasons, the student **MUST** wait until day 11 before participating or check with their teacher/coach for specific expectations.

If it is demonstrated that the additional masking requirements are not strictly adhered to by an individual, that individual will be asked to quarantine at home for the remainder of the 10 days

For more information, please visit:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation-background.html>