

MTPS COVID-19 GUIDELINES - **WHEN TO STAY HOME**

The chart below follows NJDOH guidance. Please notify your school nurse and administrator(for staff members) if you or your student needs to stay home.

STUDENT/STAFF MEMBER IS SICK		CLOSE CONTACT
2 OF THE FOLLOWING:	1 OF THE FOLLOWING:	Within 6 ft. of infected/confirmed positive person, 15 minutes or more of cumulative exposure in a 24 hr. period.
<ul style="list-style-type: none"> ● HEADACHE ● CHILLS ● SORE THROAT ● NAUSEA ● CONGESTION/RUNNY NOSE ● RIGORS (SHIVERS) ● MYALGIA (MUSCLE ACHES) ● FATIGUE 	<ul style="list-style-type: none"> ● FEVER (100.4 or greater) ● VOMITING ● DIARRHEA ● COUGH ● SHORTNESS OF BREATH ● DIFFICULTY BREATHING ● LOSS OF TASTE OR SMELL 	<ul style="list-style-type: none"> ● Someone in your household is diagnosed with COVID-19 – you are a close contact and must quarantine (see below). ● Someone in the household has <u>COVID-19 symptoms</u>, stay at home until the ill person tests and obtains results. ● PENDING COVID-19 TEST RESULT – You or a family member are getting tested. Stay at home until test results are obtained.

HOW LONG TO STAY IN COVID 19 ISOLATION or QUARANTINE?

- If you are **NOT SICK** but have had **CLOSE CONTACT** with a positive COVID-19 case, the CDC and NJDOH recommend a 14 day quarantine. Due to Burlington County’s current **HIGH risk level** on the [CALI report](#), the CDC’s shortened quarantine time frames are NOT an alternative.
- If you are **NOT SICK** but **LIVE WITH SOMEONE** who has COVID-19: Stay home and away from the sick person for 14 days.
- If you are **CARING FOR SOMEONE** with COVID-19, or if the sick person cannot be separated from others at home, you should stay home while the sick person completes 10 days of ‘isolation’ and then you must complete your 14 days of quarantine.
- If you are **SICK AND DO NOT PLAN TO GET TESTED** you may return after 10 days, symptoms improved, and 24 hours with no fever (and no fever reducing medication).
- If you are **SICK** and **TEST POSITIVE** for COVID-19: Stay home for 10 days AND at least 24 hours with no fever and symptom free.
- If you are **SICK** and **TEST NEGATIVE** for COVID-19: Stay home for 24 hours fever free and until your symptoms improve and you feel better.
- If you are **NOT SICK** and **TEST POSITIVE** for COVID-19: Stay home for 10 days after the date of testing.
- If you have **traveled** outside of the immediate region a 10 day quarantine is strongly recommended. See NJDOH link: <https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/are-there-travel-restrictions-to-or-from-new-jersey>

Please contact your school nurse with any questions or concerns.