



WEST ORANGE PUBLIC SCHOOLS

COVID-19 Guidance for Parents/Guardians/Caretakers

TABLE OF CONTENTS

COVID-19 Compatible Symptoms/Guidance.....	3
Quarantine Guidance for Close Contacts.....	4
Protocol for Return to Work/School When An Individual Tests Positive for COVID-19.....	5
Travel Guidelines.....	6

**The updated guidance is based on the most recent recommendations from the New Jersey Department of Health titled, [“COVID-19 Public Health Recommendations for K-12 Schools, Childcare and Youth Camps,”](#) dated 08/29/2022.*

COVID-19 COMPATIBLE SYMPTOMS / GUIDANCE

SITUATION	GUIDANCE
<p>Students with COVID-19 compatible symptoms are defined in NJDOH K-12 school guidance as follows:</p> <ul style="list-style-type: none"> ● At least two of the following symptoms: fever (measured or subjective), chills, rigors (shivers), myalgia (muscle aches), headache, sore throat, nausea or vomiting, diarrhea, fatigue, congestion or runny nose; OR ● At least one of the following symptoms: cough, shortness of breath, difficulty breathing, new olfactory disorder, new taste disorder. 	<p>For any individual with COVID-19 symptoms who have not been tested (with a PCR test) and do not have an alternative diagnosis from their healthcare provider, should:</p> <ul style="list-style-type: none"> ● Stay at home for at least 5 full days after symptom onset or after the positive test. ● Individuals who have no symptoms, or symptoms are resolving after 5 days and are fever-free for 24 hours, can return to school and wear a mask for an additional 5 days.

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QUARANTINE GUIDANCE FOR CLOSE CONTACTS

Quarantine is no longer recommended for people who are exposed to COVID-19, regardless of vaccination status. Therefore, NJDOH is discontinuing its recommendation for a Test to Stay Program. However, asymptomatic students and staff who were exposed to COVID-19 should continue to test and wear a mask for 10 days.

In consultation with the district physician, as well as local and state health officials, household contacts no longer need to quarantine if they remain asymptomatic. It has not been our recommendation to isolate close contacts from others at lunch.

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PROTOCOL FOR RETURN TO WORK/SCHOOL WHEN AN INDIVIDUAL TESTS POSITIVE FOR COVID-19

If a staff member and/or student tests positive for COVID-19, the following protocol should be followed in order for the staff member and/or student to return to work/school.

- For those individuals who test positive, regardless of vaccination status, should stay at home for at least 5 full days after symptom onset (Day 0) or after the positive test (Day 0). Individuals who have no symptoms, or symptoms are resolving after 5 days and are fever-free for 24 hours (without the use of fever-reducing medication), can return to school and wear a mask for an additional 5 days.

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TRAVEL GUIDELINES

Domestic Travel

It is recommended to delay domestic travel until you are [up to date](#) with your COVID-19 vaccines. Be sure to use the domestic travel checker to help you follow all state and local recommendations and requirements. Everyone, regardless of vaccination status, should be sure to follow steps to continue to protect others during travel. Some states require proof of vaccination to enter, so please [check your destination](#) prior to travel.

- For those traveling to New Jersey, domestic travel is defined as lasting 24 hours or longer to states or US territories other than those connected to New Jersey, such as Pennsylvania, New York, and Delaware.
- [Domestic Travel Requirements](#)
- [Domestic Travel Checker](#)

International Travel

It is recommended to delay international travel until you are [up to date](#) on your COVID-19 vaccines. If you have proof of vaccination, take it with you. Some destinations require proof of vaccination to enter, so please [check your destination](#) prior to travel. You can upload your vaccination card to your phone via the secure [Docket App](#).

- Non-U.S. Citizens and Non-U.S. Immigrants must be fully vaccinated with a primary series of an accepted COVID-19 vaccine to travel to the United States by plane.
- After returning to New Jersey:
 - Get tested with a PCR or antigen test 3-5 days after travel and self-monitor for symptoms.

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