

LRHS Health Guidelines

Revised March 16, 2021

Changes will be highlighted in yellow

Resource Document: New Jersey Department of Health COVID-19 Public Health Recommendations for Local Health Departments for K-12 Schools: [COVID-19 Public Health Recommendations for Local Health Departments for K-12 Schools](#)

Lakeland Regional High School continues to prioritize its educational and safety goals throughout the reopening process. The following is a brief overview of protocols relative to COVID-19 infection which will be used to guide the district in ensuring appropriate follow-up measures are appropriately implemented. These directives are taken from the resource document: **New Jersey Department of Health COVID-19 Public Health Recommendations for Local Health Departments for K-12 Schools** (link provided above.)

Preparing for Illness/COVID-19 Symptoms

- Parents should not send students to school when sick.
- For school settings, CDC recommends that students and staff with the following symptoms be promptly isolated from others and excluded from school:
 - At least **two** of the following symptoms: fever, chills, rigors (shivers) myalgia (muscle aches), headache, sore throat, nausea or vomiting, diarrhea, fatigue, congestions or runny nose, OR
 - At least **one** of the following symptoms: cough, shortness of breath, difficulty breathing, new olfactory disorder, and new taste disorder.
- **If a family member in the same household has a COVID test pending - all family members should quarantine until the test results come back.**

When Illness Occurs Within the School Setting

- Children and staff with COVID-19 symptoms will be respectfully placed away from others in identified isolation areas until they may be sent home.
- Individuals will be referred to a healthcare provider for evaluation on whether COVID-19 testing is needed; testing is recommended for persons with COVID-19 symptoms.
- District will contact the parent for permission to notify the local health department and provide specific information.
- Areas used by the individual who is sick will be closed off, cleaned, and disinfected per district protocols, waiting 24 hours before cleaning and disinfection. If it has been more than 7 days since the individual was at school, cleaning and disinfection is not necessary.

When Someone Tests Positive for COVID-19

- Parents and staff should notify school nurse if they test positive for COVID-19; district will notify local health department and provide specific information (with consent), if known:
 - Contact information for the individual who tested positive for COVID-19.
 - The date the individual developed symptoms and was last in the building.
 - Types of interactions with others, i.e., close contact, length of contact.
 - Any other information to assist local health department with the determination of next steps.
 - As long as routine cleaning and disinfecting have been done regularly (at least daily) additional cleaning measures are not necessary unless the COVID-19 positive person is in school on the day district administration is notified of the positive test.

School Closures

The following scenarios have been provided to help inform district decisions, made in conjunction with local health departments, for when school should temporarily close due to potential outbreaks/risks of COVID-19 infection:

SCENARIO	CLOSURE as of March 16, 2021
1 confirmed case in the school	School remains open*; students and staff in close contact with positive case are excluded from school for 10 days .
2 or more cases in the same classroom (outbreak limited to one cohort)	School remains open*; students and staff in close contact with positive case are excluded from school for 10 days . Recommendations for whether the entire classroom would be considered exposed will be based on public health investigation.
2 or more cases within 14 days, but are linked to a clear alternative exposure unrelated to the school setting and unlikely to be a source of exposure for the larger school community (i.e., in same household, exposed at the same event outside of school.)	School remains open*; students and staff in close contact with positive case are excluded from school for 10 days .
2 or more cases within 14 days, linked together by some activity in school, but who are in different classrooms (outbreak involving multiple cohorts)	Recommendations for whether school closure is indicated will be based on investigation by local health department.

A significant community outbreak is occurring or has recently occurred (i.e., large event or large local employer) and is impacting multiple staff, students, and families served by the school community	Consider closing school for 10 days , based on investigation by local health department.
2 or more cases are identified within 14 days that occur across multiple classrooms, are not linked to exposures outside the school setting, and a clear connection between cases cannot be easily identified but in-school transmission is suspected	Recommendations for whether school closure is indicated will be based on investigation by local health department (10 day school closure may be implemented).
Very high risk of community transmission (refer to COVID-19 Regional Risk Level Matrix)	Recommend fully remote learning until COVID-19 transmission decreases.

According to the CDC, for COVID-19, **close contact** is defined as any individual who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated.

Travel Advisory

The district has consulted our local boards of health and our school physician as we revise our travel protocol. Students, staff, and faculty traveling outside of the New Jersey, New York, Pennsylvania, Delaware, and Connecticut areas must follow these guidelines:

If you have traveled outside of the above region, you should quarantine at home for 10 days. You may return to school/work on the **11th day if you have not or are not currently experiencing Covid-like symptoms.**

Scenario: Gerard Aвило's (grade 11) family goes to visit the University of New Hampshire and returns to his house in Wanaque on April 9. Gerard can return to school on April 20 which is 11 days after his return on April 9. While he is quarantining, he can participate in remote learning.

Due to the new variants and possible limitations to receiving Covid testing, the district is not recommending or endorsing testing to shorten the imposed quarantine period.