



STUDENT COVID-19 Daily Symptom Checker

If you have **1** or more symptoms in **Group A**, or **2** or more symptoms in **Group B**

The student **NOT** attend school and notify:

[Collingswood Nursing Services](#) or [Oaklyn Nursing Services](#)

GROUP A 1 or more symptoms	GROUP B 2 or more symptoms
<ul style="list-style-type: none"> <input type="checkbox"/> Fever (100.0 or higher)** Keep home until 24 hours fever-free without medication, If Increase illness: Refer to your doctor for evaluation/testing <input type="checkbox"/> *Cough (new uncontrolled cough that causes difficulty breathing, for students with chronic allergic/asthmatic cough, a change in their cough from baseline) <input type="checkbox"/> Shortness of breath <input type="checkbox"/> Difficulty Breathing <p>**Must stay home until 24 hours free of fever, vomiting, diarrhea without medication.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Sore throat <input type="checkbox"/> Runny nose/congestion <input type="checkbox"/> Chills/Shivers <input type="checkbox"/> New lack of smell or taste <input type="checkbox"/> Muscle pain/aches <input type="checkbox"/> Nausea or vomiting** <input type="checkbox"/> Headache <input type="checkbox"/> Diarrhea** <input type="checkbox"/> Fatigue <p>For persons with chronic illness, only new symptoms or symptoms worse than baseline should be used to fulfill symptom-based exclusion criteria.</p>

NJ Department of Health COVID-19 Illness, Exposure and Exclusion	
Individuals who:	THEN, stay home and away from others until:
Have symptoms of COVID-19 AND have tested positive (by PCR, rapid molecular or antigen testing) OR have not been tested (i.e., monitoring for symptoms at home)	At least 10 days have passed since their symptoms first appeared AND They have had no fever for at least 24 hours (one full day without the use of medicine that reduces fever) AND Symptoms have improved (e.g., cough, shortness of breath)
Have NO symptoms and have tested positive	10 days have passed from the collection date of their positive COVID-19 diagnostic test AND they have not developed symptoms.
Have symptoms and have tested negative	24-hours after their fever has ended without the use of fever reducing medications and other symptoms improve.
Are identified as a close contact of a case	Close contacts of a COVID-19 case should be excluded until the exclusion criteria for a close contact has been met even if the close contact tested negative.

NJ Department of Health UPDATES: [NJ COVID-19 Information for Schools](#)

Fully vaccinated people who have close contact with someone with COVID-19 do **NOT** need to quarantine if they meet all the criteria:

- Are fully vaccinated (≥ 2 weeks following receipt of the second dose in a 2-dose series), **OR**
- Are ≥ 2 weeks following receipt of one dose of a single-dose vaccine), **AND**
- Have remained **asymptomatic since the current COVID-19 exposure.**

PLEASE SEE SIDE TWO OF THIS DOCUMENT.



**Minimum Quarantine Timeframes by
Regional Transmission Rate (COVID Activity Index Level)**

Low Risk	Moderate Risk	High Risk	Very High Risk
14 days quarantine is the best way to prevent COVID-19 transmission			
<p>10 days without testing OR 7 days with negative test results collected at 5-7 days</p>	<p>10 days without testing OR 7 days with negative test results collected at 5-7 days</p>	<p>14 days for group settings and organized activities 14 days for individuals unless it causes <u>significant</u> economic or other hardship <u>ONLY IF 14 days is not feasible</u>, follow 10 days without testing OR 7 days with negative test results collected at 5-7 days</p>	<p>14 days for group settings and organized activities 14 days for individuals unless it causes <u>significant</u> economic or other hardship <u>ONLY IF 14 days is not feasible</u>, follow 10 days without testing OR 7 days with negative test results collected at 5-7 days</p>

- An alternate diagnosis (including a positive strep test or influenza swab) without a negative COVID-19 test is **not acceptable** for individuals who meet COVID-19 exclusion criteria to return to school earlier than the above timeframes.
- Fully vaccinated persons who have close contact with someone with COVID-19 do **NOT** need to be excluded from school if they are asymptomatic **but should be referred for testing 3-5 days after exposure.**
- NJ Dept. of Health ([link](#)) [NJ COVID-19 Information for Schools](#)
- COVID-19 testing is available at no cost to everyone in New Jersey. ([Link](#))

NJ Department of Health Travel Advisory:

As of May 17, 2021, New Jersey's travel advisory is no longer in effect. ([Link](#))



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