



January 11, 2022

Dear Westwood Regional Families and Staff Members:

Last night, we received updated guidance from the New Jersey Department of Health (NJDOH). As a result, **effective immediately**, we are making some significant changes to our existing Covid practices and protocols. Here is an overview:

ISOLATION (APPLIES TO INFECTED PERSONS)

Persons who tested positive for COVID-19 and are symptomatic or persons with COVID-19 symptoms who were not tested or who are waiting for test results:

Stay home and isolate yourself from other people for at least 5 full days (day 0 is the first day of symptoms).

- a. If symptoms resolve (fever-free for 24 hours and other symptoms improve), isolation can end after 5 full days (i.e., on day 6).
- b. If symptoms persist (fever or if other symptoms have not improved), continue to isolate until fever-free for 24 hours and other symptoms have improved.

Persons who test positive for COVID-19 but have no symptoms:

Stay home and isolate yourself from other people for at least 5 full days (day 0 is the day of the positive viral test).

- a. If no symptoms develop, isolation can end after 5 full days (i.e., on day 6).
- b. If symptoms develop within one week of the positive test, the 5-day isolation period starts over with day 0 being the first day of symptoms. Follow recommendations for ending isolation for persons who have COVID-19 symptoms

QUARANTINE (APPLIES TO CLOSE CONTACTS EXPOSED TO SOMEONE WITH COVID-19)

Who does not need to quarantine?

Individuals in the following groups who had close contact with someone with COVID-19 do **NOT** need to be quarantined, but should wear a well-fitting mask around others for 10 days and get tested at least 5 days after the last close contact. If the test is positive or if COVID-19 symptoms develop, follow the isolation recommendations above.

- **Adults** ≥ 18 years old who completed a primary series of COVID-19 vaccine AND have received all recommended vaccine doses, **including boosters** and additional primary shots for some immunocompromised people.
- Children and adolescents 5-17 years old who completed the primary series of COVID-19 vaccines.
- Persons who had confirmed COVID-19 within the last 90 days (positive viral test).

Who should quarantine?

Individuals in the following groups who had close contact with someone with COVID-19 **DO** need to quarantine and should take additional precautions during and after quarantine:

- **Adults** ≥ 18 years old who completed a primary series of COVID-19 vaccine **but have NOT received a recommended booster shot when eligible.** *This is a significant change for staff members to understand.*
- Persons who are not fully vaccinated (haven't completed a primary vaccine series).

During quarantine

- Stay home and away from other people for at least 5 days (day 0 through day 5) after the last close contact with a person who has COVID-19. The date of the exposure is considered day 0.
- If COVID-19 symptoms develop, get tested and follow isolation recommendations.
- If asymptomatic, get tested at least 5 days after the last close contact .
 - If the test is positive, follow isolation recommendations.
 - If the test is negative, you can end quarantine after day 5.
 - If testing is not available, you can end quarantine after day 5 (as long as there were no COVID-19 symptoms throughout the 5-day period).

Please contact your School Nurse if you have questions about the new recommendations.

Any staff member or student who is currently in isolation or being quarantined can come back to school after 5 days, not 10, if symptoms have resolved or have not developed.


Here is a chart that clearly outlines the parameters:

Original Return to School Date	Updated Return to School/End Quarantine Date
On/or before 1/17	1/12
1/18	1/13
1/19	1/14
1/20	1/15
1/21	1/16

1/22	1/17
------	------

Thank you for your patience and understanding as we navigate the ever-changing guidance from the NJDOH. We are immediately implementing these new recommendations because we want our students to benefit from in-person instruction without delay. However, staff and students are asked to please do the right thing and do not return to school if you are not feeling well. We have entire schools of children and adults to keep safe.

Sincerely,


Jill Mortimer, Ed.D.