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Affiliated with Gateway School, Carteret, NJ & Alpha School, Eatontown, NJ

Dear Parents, Guardians and Staff members,

We are all looking forward to our students returning to school after an extended period of virtual learning. As part of our reopening plan, we want to emphasize that students and staff with symptoms of COVID-19 (including mild symptoms) should not attend school. These symptoms include: *Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea/ vomiting, and diarrhea*

All staff and students will have a temperature check upon entry. A temperature of 100.4 degrees or above will prompt staff to take the student immediately to an isolation room and the student will be offered a mask to wear. The nurse will be notified and assess the student. Any staff or student with a temperature of 100.4 or above, or symptoms related to COVID-19 must go home. The student must remain in isolation until picked up and the family will be advised to seek medical advice. Please make arrangements to have someone available in case your child needs to be picked up and advise them that an ID may need to be shown at the door.

A physician’s return to school note does not supersede the protocols for return to school, including that the student must be fever free for 72 hours without the use of fever reducing medications and no longer have symptoms. You must speak with the nurse before you send your child back to school.

**All students or staff members who;**

* **Have been diagnosed with COVID-19,**
* **Live with a household member diagnosed with COVID-19**
* **Have been in close contact with someone with COVID-19 within the last 14 days**

**may NOT attend school. They cannot be admitted to school again until the criteria for lifting transmission-based precautions and home isolation have been met.**

**CDC criteria include:**

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| ***When You Can be Around Others After You Had or Likely Had COVID-19:***  *If you have or think you might have COVID-19, it is important to stay home and away from other people. Staying away from others helps stop the spread of COVID-19. If you have* [*an emergency warning sign*](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html#seek-medical-attention) *(including trouble breathing), get emergency medical care immediately.*  *When you can be around others (end home isolation) depends on different factors for different situations.*  *Find CDC’s recommendations for your situation below.*   * ***I think or know I had COVID-19, and I had symptoms***   *You can be with others after:*  *3 days with no fever and*  *Respiratory symptoms have improved (e.g. cough, shortness of breath) and*  *10 days since symptoms first appeared*  *Depending on your healthcare provider’s advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others when you have no fever, respiratory symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart.*   * ***I tested positive for COVID-19 but had no symptoms***   *If you continue to have no symptoms, you can be with others after:*  *10 days have passed since test*  *Depending on your healthcare provider’s advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others after you receive two negative test results in a row, at least 24 hours apart.*  *If you develop symptoms after testing positive, follow the guidance above for “I think or know I had COVID, and I had symptoms.”*   * ***I have a weakened immune system (immunocompromised) due to a health condition or medication. When can I be around others?***   [*People with conditions that weaken their immune system*](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/groups-at-higher-risk.html#immunocompromised) *might need to stay home longer than 10 days. Talk to your healthcare provider for more information. If testing is available in your community, it may be recommended by your healthcare provider. You can be with others after you receive two negative test results in a row, at least 24 hours apart.*  *If testing is not available in your area, your doctor should work with* [*an infectious disease expert at your local health department*](https://www.cdc.gov/publichealthgateway/healthdirectories/index.html) *to determine if you are likely to spread COVID-19 to others and need to stay home longer.*   * ***For Anyone Who Has Been Around a Person with COVID-19***   *It is important to remember that anyone who has close contact with someone with COVID-19 should stay home for 14 days after exposure based on the time it takes to develop illness.* |
| Reference: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprevent-getting-sick%2Fwhen-its-safe.html> |
| *Close Contact: people exposed to people with known or suspected COVID-19 at less than 6 feet for 15 or more minutes*  *No Fever: temperature < 100.4 without the use of fever reducing medications* |

Please notify your school nurse if your student, anyone in your household, or if your child has been in close contact with someone diagnosed with COVID-19 to ascertain when their home isolation period may be ended.

**Call 732-370-1150 to speak with or leave a message for the nurse EVERYDAY your child is absent from school (unless they are participating virtually) explaining the reason for the absence in order that we can monitor the general health of our students.** You may also email the nurse at [alphanurse@alphaschool.com](mailto:alphanurse@alphaschool.com) to explain the absence, but please do not use classroom DOJO.

If your child has seasonal allergies or asthma that may cause symptoms similar to those of COVID-19 such as cough, sore throat, reddened eyes, congestion or runny nose, have your pediatrician communicate with the school nurse so she may take that into consideration when assessing for COVID-19 symptoms.

We are taking every precaution to protect all our school community and hope that this information is helpful for families to understand when to keep their children home. Please feel free to contact me with any further questions.

Sincerely,

Linda Barich, RN, BSN, NJ-CSN

Alpha School Nurse