

# Montgomery Township School District

## January 2022- Updated Quarantine/Isolation Protocols

Effective today, January 13, 2022, Montgomery Township School District implemented the January 12, 2022 [New Jersey Department of Health COVID-19 Public Health Recommendations for Local Health Departments for K-12 Schools](#).

The updated isolation and quarantine recommendations are outlined below. Due to increased contact tracing and the care of our students in the buildings, the nursing offices are unable to field individual questions regarding changes in isolation/quarantine status at this time. Please refrain from sending sick/symptomatic students to school as all COVID-related absences are excused. Please carefully review the information contained in this communication.

### Scenario 1: COVID positive (*Regardless of vaccination status*)

- Isolate at home for at least 5 full days: Day 0 is the first day of symptoms; If asymptomatic, Day 0 is the day of the positive test
- If they have NO symptoms or symptoms are resolving at Day 6, they can return to school with additional precautions on Day 6.
  - Wear a mask at all times for an additional 5 days (includes situations in school that otherwise allow for masks to be removed)
  - A negative test is **NOT** needed to return after day 5
  - **Your child will be required to sit in an isolated area while they eat their lunch. Once they have finished eating, they can go back to the cafeteria and sit with their peers with their mask on.**
  - Individuals who are unable to wear a mask when around others should continue to isolate themselves for a full 10 days.
  - If your child participated in after school/school sponsored activities/events they must remain masked for an additional 5 days.
    - *Students involved in school sports who are 12 and older do need clearance by their physician and need to complete a 7 day graduated return to play.*

### Scenario 2: Close contact of a COVID Positive Individual & are Fully Vaccinated or had a confirmed case of COVID-19 within the last 90 days (tested positive using viral test)

*\* Fully Vaccinated is defined as 2 weeks after completion of a two-dose mRNA series (Moderna or Pfizer) or one dose of the Janssen (J&J) vaccine*

- Do Not need to quarantine
- Wear a mask around others, in and outside of school, for 10 days from the date of their last close contact with someone with COVID-19 ( date of contact is considered day 0).
- Recommend testing at least 5 days after having close contact with someone with COVID-19 unless they had confirmed COVID-19 in the last 90 days and subsequently recovered.
- If you develop symptoms, stay home and follow COVID-positive isolation guidelines.

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### Scenario 3: Close Contact of COVID Positive Individual (UNVACCINATED ONLY)

- 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. You may return to school on Day 6.
- Wear a mask around others, in and outside of school, for 10 days from the date of their last close contact with someone with COVID-19 (date of contact is considered Day 0).
- Individuals who are unable to wear a mask when around others should continue to quarantine for a full 10 days.
- Recommend testing at least 5 days after having close contact with someone with COVID-19.
- If you develop symptoms, stay home and follow COVID-positive isolation guidelines. Please contact your child's school.

### Scenario 4: Live-In/ Household Contact of COVID Positive Individual (unvaccinated only)

- Isolate the index case.
- 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.
  - Wear a mask around others, in and outside of school, for 10 days from the date of the last close contact with someone with COVID-19 (date of contact is considered Day 0).
  - Individuals who are unable to wear a mask when around others should continue to quarantine for a full 10 days.
- If the individual testing positive CAN NOT be isolated, please have them wear a well-fitted mask in the household through day 10, in which case the quarantine period would start on the day after the household member completed their 5-day isolation period. (unvaccinated household contacts would then have a 10 day quarantine)
- If the index case CAN NOT isolate or wear a mask; all household contacts start their quarantine period on the day after the household member would have completed their 10- day isolation period, (unvaccinated household contact would then have a 15 day quarantine).
- Recommend testing immediately and again at least 5 days after having close contact with someone with COVID-19.
- If you develop symptoms, stay home and follow COVID positive isolation guidelines. Please contact your child's school.

### Scenario 5: Live-In/ Household Contact of COVID Positive Individual (vaccinated)

- Please refer to scenario 2

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**Scenario 6: COVID Compatible symptoms: (no known exposure) who have not been tested and do not have an alternative diagnosis from their healthcare provider should:**

- Isolate at home for at least 5 full days: Day 0 is the first day of symptoms
- If symptoms are resolving at Day 6, they can return to school with additional precautions on Day 6.
  - Wear a mask at all times for an additional 5 days (includes situations in school that otherwise allow for masks to be removed)
  - Individuals who are unable to wear a mask when around others should continue to isolate themselves for a full 10 days.
  - If your child participated in after school/school sponsored activities/events they must remain masked for an additional 5 days.

### TRAVEL: Domestic and International

*\*\*\*Domestic Travel: For those traveling from New Jersey, domestic travel is considered to be any travel lasting 24 hours or longer to any U.S. states or territories other than Pennsylvania, New York, and Delaware.*

<p style="text-align: center;"><b><u>Vaccinated</u></b></p> <p><i>*For students: Fully Vaccinated is defined as 2 weeks after completion of a two-dose mRNA series (Moderna or Pfizer) or one dose of the Janssen (J&amp;J) vaccine</i></p> <p><i>* And/or if you have had confirmed COVID-19 within the last 90 days (tested positive using viral test)</i></p>	<p style="text-align: center;"><b><u>Unvaccinated</u></b></p>
<ul style="list-style-type: none"> <li>• No quarantine</li> </ul> <p>Recommended:</p> <ul style="list-style-type: none"> <li>• Self-monitor for COVID-19 symptoms</li> <li>• If you develop symptoms, stay home and follow COVID positive isolation guidelines. Please contact your child's school, staff please contact HR.</li> </ul>	<ul style="list-style-type: none"> <li>• Stay home and self-quarantine for a full 5 days after travel</li> </ul> <p>Recommended:</p> <ul style="list-style-type: none"> <li>• Get tested with a COVID-19 viral test 3-5 days after travel</li> <li>• Self-monitor for COVID-19 symptoms</li> <li>• If you develop symptoms, stay home and follow COVID positive isolation guidelines. Please contact your child's school, staff please contact HR.</li> </ul>