

Ocean Academy
COVID-19 2020-2021 School Reopening Plan
July 30, 2020

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Updated 8/12/2020

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COVID-19 Return to School Health Plan

Ocean Academy Health Office
Cindy Zumbo, DVM, BSN, RN, CSN-NJ

The purpose of this plan is to outline Ocean Academy's Health Office return to school guidelines and re-opening after the COVID-19 pandemic. These guidelines have been carefully considered to address and promote the safety, health, and welfare of our students, staff, and families. These procedures are subject to change in accordance with current updates, recommendations, and public health mandates.

Screening Guidelines (for students, staff, and visitors)

High-Risk Symptoms Requiring Absence and/or Immediate Pickup if at School

- **Fever** of 100.4 F or higher
- **Respiratory symptoms** (shortness of breath, coughing, sneezing, congestion, runny nose, sore throat)
- **Gastrointestinal symptoms** (nausea, vomiting, diarrhea)
New unexplained loss of taste or smell
- **Tested positive for COVID-19**
- **Close exposure to a confirmed COVID-19 case**
- **Travelled out of state** (see Addendum A for Travel Advisory List) **or country in past two weeks**

When to Return:

High-Risk Symptoms

According to CDC and NJDOH guidelines, **your child will need to stay home for:**

At least 24 hours after fever has resolved (without medication like Tylenol or Motrin), AND

- Other symptoms have improved, AND
- It has been at least 10 days **since** onset of symptoms.

Students **may return in fewer than 10 days** after meeting one of these conditions:

- With verified medical documentation of alternate diagnosis as reason for symptoms
OR
- With documentation of negative COVID-19 test.

You may **seek emergency medical care** if your child experiences warning signs such as:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse, or
- Bluish lips or face.

(updated 8/12/2020)

- For staff: Refer to Ocean Mental Health Policy “Return to Work Protocols for Employees Diagnosed with Coronavirus/COVID-19” (Addendum B)
- Refer to NJ DOH Policy: Timeframe for Self-Isolation/Quarantine Based on Testing Result (Addendum C)
- Refer to NJ DOH Policy: NJ Residents Who Tested Negative for COVID-19: Instructions and Next Steps (Addendum D)
- Refer to CDC “When You Can Be Around Others After You Had or Likely Had COVID-19” (Addendum E)
- If COVID-19 positive student: parent/guardian to contact the Ocean County Health Department’s Communicable Disease unit (and/or if student lives in another county, their local health department) and follow guidelines
 - (a) Communication must be followed up with the school nurse
 - (b) Nurse will collaborate with public health staff, parents, and OA administration
 - (1) Educate parents on recognizing warning signs about when to consult a higher level of care
 - (2) Maintain communication with family and monitor symptoms while the student is home for safe return to school (see below)
 - (3) Notify principal and administrative assistant when students are sent home and when they may return
- Student will see Primary Care Provider (PCP), have return to school note, negative testing and/or other recommendations as indicated by PCP
- Consider virtual classroom instead of in-person during quarantine if possible
- Telehealth with school psychiatrist if indicated

Ten Critical Areas of Operation—per NJ DOE

1. General Health and Safety Guidelines

- Social distancing will be maintained with a space of 6 feet between persons
- Masks shall be worn by staff and visitors at all times
- All students are strongly encouraged to wear face coverings and are required to do so when social distancing cannot be maintained, unless doing so would inhibit the student’s health
- Masks are required to be worn in hallways, bathrooms, all school offices, and all common areas

2. Classrooms, Testing, Therapy Rooms, Instruction, Technology and Opt-out/Opt-back

- Ocean Academy will be following an A/B schedule to accommodate in-person instruction
 - (a) 50% of the students will represent group A and attend in person classes Monday and Wednesday, with virtual learning remaining days

- (b) 50% of the students will represent group B and attend in person classes Tuesday and Thursday, with virtual learning the remaining days
 - (c) All instruction for Ocean Academy students will take place virtually on Friday's
- Students and staff will be encouraged to wash hands frequently
 - Social distancing must be maintained to the maximum extent possible
- (a) Classroom size has been minimized and students to go on alternating A/B and virtual hybrid schedule, in order to maintain distancing
 - (b) Staff and students will be in-serviced by school nurse on first day of school regarding social distancing measures, safety, and PPE
- Hand sanitizing stations have been installed in front of each classroom, office, and bathroom
 - Use of shared objects will be minimized. Shared objects will be cleaned and disinfected regularly
 - Per CDC guidelines, ventilation has been updated in the Health Office (including the bathroom) as well as in the newly created Isolation Room
- (a) Air from these rooms is vented to outside the building with fresh air return
 - (b) Both rooms have a dedicated system where the units automatically turn on when the room is entered, via a motion detector and touchless switch
 - (c) Necessary exhaust and intake ductwork to the outside was installed along with a fresh air /heat exchanger
- Windows will be opened as much as possible, weather permitting and allowing for students or staff with allergies/asthma
 - Plexiglass desk dividers will be installed at each desk to further separate students

To every extent possible, instruction and assignments are aligned to meet the students Individualized Education Plan. Class assignments have been modified by a Teacher of the Handicapped and the Supervisor of Curriculum and Instruction in order to accommodate the varying levels of learning of our students in accordance to their IEP. Teachers deliver live lessons as well as small group and individual instruction through Google Meet allowing students to gain more individualized support. Related services including Speech, OT and counseling are being provided to the greatest extent possible through Telehealth.

For September Ocean Academy will be providing a hybrid schedule of virtual and in-person instruction. Students will follow an A/B schedule where Group A will attend classes in the building Monday/Wednesday, Group B will attend classes in the building Tuesday/Thursday the remaining 3 days will be virtual. Students were scheduled on days where related services will be in the building in order to provide in-person services for Speech OT and counseling.

During the week of March 9, 2020, a survey regarding technology was sent home with each student. In addition, it was e-mailed to all families and posted in the Ocean Academy's virtual backpack. The results of the survey determined that all students had access to internet and had access to an electronic device. Chromebooks were made available and delivered to students that had requested them, to help ensure access. For the students who preferred to complete assignments on paper rather than Google classroom, bi-weekly packets were created and delivered to students. Staff is in constant contact with families to ensure the delivery and pick up of packets is done within a timely manner. Students are receiving online

instruction provided by their assigned teacher in each course for which they were enrolled prior to the closure. Google classroom has been set up for students to receive and submit assignments, log their daily attendance and to participate in live lessons utilizing Google Meet.

Ocean Academy will use the same platform for September instruction. Ocean Academy purchased Chromebooks for each student that will accommodate their educational needs while receiving both in-person instruction and virtual learning. Educational programs to follow curriculum are being installed on the new Chromebooks and will be delivered to all students prior to the first day of school.

Teachers at Ocean Academy in conjunction with the Supervisor of Curriculum and Instruction have used both formative and summative assessments to monitor and maximize student growth and learning to the greatest extent possible. Teachers are required to provide ongoing feedback regarding student understanding and mastery of the skills. Teachers have been encouraged to be flexible regarding timelines for completion of work to ensure that individual student and family needs are met. Teachers are obligated to maintain open communication with parents and students to ensure that they are supporting student growth and learning. Case Managers and Administration will determine the extent of learning loss due to the closure and create individual remediation plans upon the return to school. Teachers, Case Managers and Administration are working individually with any/all at currently risk. Currently, we do not anticipate the need for credit recovery. If the need becomes necessary, Ocean Academy will provide online credit recovery.

On 7/10/2020, Ocean Academy sent a survey to families announcing the reopening guidelines and allowing them to opt for the proposed hybrid model or full virtual learning. At this time Ocean Academy will have to adopt a hybrid model of an A/B schedule and remote learning due to limited spacing issues to adhere to the CDC/DOE guidelines. Two families opted for full virtual learning due to medical reasons and provided medical documentation. Families were informed that when opting for a full virtual schedule they would need to commit to two full marking periods through 1/28/21.

(updated 8/12/2020)

3. Transportation

- Transportation from home to school and back is the responsibility of the sending district
- OA is working with all sending schools to ensure the buses are cleaned and safe for transport. Students are required to wear masks, have their temperature taken and answer COVID screening questions prior to getting on the bus. This information will be documented daily
- Social distancing shall be maintained on buses to the maximum extent possible
- If social distancing is not possible, students will be required to wear face coverings while on buses
- Best practices will be adapted for cleaning and disinfecting all vehicles used for transporting students
- For Ocean Academy vehicles, OMH transportation policies and protocol will be followed

4. Student Flow, Entry, Exit, and Common Areas

- Student, staff, and visitors must be screened prior to entry. This will take place in the foyer by a designated screener trained by the school nurse

- (a) Weather permitting, this may be done outside of building, allowing for proper social distancing
- Physical guides will be placed to help ensure staff/students remain 6 feet apart
 - (a) Tape will be placed on floors and marks on sidewalks
 - (b) Signage will be placed on walls in strategic areas
- Masks are required to be worn in hallways, bathrooms, all school offices, and common areas
- Health Office will maintain social distancing and proper hygiene in order to keep school safe and limit potential spread of infectious disease
 - (a) Must wash hands or use hand sanitizer upon entering and leaving the office
 - (b) Student must wear school-mandated mask or face covering, unless indicated otherwise
 - (c) 6-foot distancing of visitors to office
 - (d) If congested, line will be outside the Health Office and student will be on designated marking on ground to wait—only one person in Health Office at a time
 - (e) Students will need a pass from teacher to go to Health Office
 - 1. Students who take daily or PRN (as-needed) medication must come to the Health Office at their allotted time; the school nurse will no longer go to the classroom to get the student
- Only medically indicated visits should see the nurse
 - (a) Teachers and other staff will be provided with band aids, gloves, masks, and other supplies from the nurse prior to the start of school year
 - (b) Teachers and other staff will continue to receive first aid training through Relias, as well as in-services from the nurse

5. Screening, PPE, and Response to Students and Staff Presenting Symptoms

- Temperature and symptoms will be checked **outside** of the office with brief triage to ensure correct isolation or care area provided for student
- Will be isolated from triage area if presenting with high-risk COVID symptoms, and be escorted to the isolation room
- Parent/guardian will be called, and arrangements will be made for immediate pickup of student
- If a student is being picked up, parent or guardian should remain in the car and call OA when they arrive. Nurse will escort the student to the vehicle

6. Contact Tracing

- The school nurse has established contacts at the Ocean County Health Department (OCHD) Disease Control unit, and has received guidance and documents (See Addendums C and D)

- (a) If there is a known or suspected case, the nurse will collaborate with OCHD as well as the principal, other administrators within OA and OMH, and any other staff deemed appropriate, in order to keep the school community safe from the spread of contagious disease

OCHD= (P) 732-341-9700 x7504

(F) 732-678-0065

www.ochd.org

- Plan interventions proactively for communicable disease outbreaks on multidisciplinary teams. These teams must consider local and national recommendations to mitigate the spread of infectious disease
- The nurse will take an approved course in contact tracing. Other staff members may also consider taking this course, in order to develop contact tracing policies and procedures in accordance with OCDH

7. Facilities Cleaning Practices

- Existing required cleaning practices for Ocean Academy will be continued, along with any new specific requirements of local and state Health Departments, CDC, and DOE, using EPA approved disinfectants
 - A regular schedule for increased routine cleaning and disinfection—especially of frequently touched surfaces and objects—will be developed
 - Bathrooms will be sanitized daily and between use as much as possible.
 - During school closure, custodial/maintenance staff will continue with cleaning and disinfection of the building
- (a) All touch points throughout the building (door handles, keyboards, computer mouse, phones, switches, water fountains, desks, tablets, etc.)
- (b) An airless spray gun will be used to clean all surfaces
- (c) EPA-approved cleansers and disinfectants will be used
- (d) Increased weekend deep cleaning schedule will be instituted

8. Meals

- Daily breakfast and lunch will be provided for Ocean Academy students. Students will remain in their classrooms, and breakfast and lunch will be delivered to them
- Students will no longer eat or congregate in the Multipurpose Room
- Food handlers must wash their hands after removing gloves and after directly handling used food service items

9. Recess/Physical Education

- Gym classes will be held in students' classroom or outside, weather permitting
- Students will be 6 feet apart. All staff will wear masks
- Outdoor spaces will be inventoried and marked off to ensure separation between students
- No gym equipment will be used until OA receives an update with guidance from the CDC and DOE.
- Students will be encouraged to wear comfortable clothing and safe footwear to schools on gym days, so they can participate in PE without needing to change

10. Extracurricular Activities and Use of Facilities Outside of School Hours

- This is not applicable to Ocean Academy at this time
- If this were to change, policy and procedure would be written complying with applicable social distancing requirements and hygiene protocol

11. Policy and Funding

Sending districts are responsible for yearly tuition and door to door transportation. If a student requires 1 to 1 services, the sending district provides funding as well.

Resources

- a. NASN Care of Ill Students/Staff in School Setting in Response to COVID-19: https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/03182020_NASN_Considerations_for_School_Nurses_Regarding_Care_of_Students_and_Staff_that_Become_Ill_at_School_or_Arrive_Sick.pdf
- b. Centers for Disease Control and Prevention. (2020, April 10). Interim guidance for administrators of US K-12 schools and childcare programs. Plan, Prepare, and Respond to Coronavirus Disease 2019 (COVID19): <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-schools.html#confirmed-case>
- c. American Academy of Pediatrics 2019 Novel Coronavirus (COVID-19) webpage (2020, June 26): <https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/2019-Novel-Coronavirus.aspx>
- d. Readiness and Emergency Management for Schools https://rems.ed.gov/Resources_Hazards_Threats_Biological_Hazards.aspx
World Health Organization rolling updates on COVID-19 <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen>
- e. Centers for Disease Control and Prevention, Coronavirus Disease 2019 (COVID-19) <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.
- f. Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About, <https://www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf>
- g. Discontinuation of Isolation for Persons with COVID-19 Not in Healthcare Settings: Interim Guidance <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>
- h. CDC Algorithm and Flow Chart for School Closure Considerations: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/considerations-for-school-closure.pdf>
- i. Mayo Clinic Guidance on non-COVID19 Fevers: <https://www.mayoclinic.org/diseases-conditions/fever/symptoms-causes/syc-20352759>
- j. How to Reuse PPE: <https://www.registerednursing.org/how-reuse-ppe/>
- k. CDC Optimizing PPE: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/index.html>
- l. CDC Healthcare Infection and Preventions FAQs for COVID-19: Clinical Questions about COVID-19: Questions and Answers (@@), July 6): https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-faq.html?deliveryName=USCDC_2067-DM26308
- m. Discontinuing home isolation guidelines from the CDC (2020, July 20): https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html?deliveryName=USCDC_2067-DM27395
- n. CDC How to Manage Your COVID Symptoms at Home: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
- o. AAP COVID-19 Planning Considerations for Return to In-Person Education in Schools: <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/covid-19-planning-considerations-return-to-in-person-education-in-schools/>
- p. Interim U.S. Guidance for Risk Assessment and Work Restrictions for Healthcare Personnel with Potential Exposure to COVID-19 (2020, June 18): <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>
- q. State of New Jersey Department of Health, New Jersey COVID-19 Dashboard: https://www.nj.gov/health/cd/topics/covid2019_dashboard.shtml
- r. State of New Jersey Department of Health: How to Report a Disease: <https://www.nj.gov/health/cd/reporting/>

- s. State of New Jersey Department of Health: COVID-19: Information for Schools:
https://www.nj.gov/health/cd/topics/covid2019_schools.shtml
- t. CDC Schools and Childcare Programs: Plan, Prepare, and Respond (July 24, 2020):
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html>
- u. CDC Information for Pediatric Healthcare Providers (2020, July 17):
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/pediatric-hcp.html>.
- v. CDC COVID-19 PPE for Healthcare Personnel: https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19_PPE_illustrations-p.pdf
- w. Ocean County Health Department. Coronavirus (COVID-19) Information:
<https://www.ochd.org/covid19/>
- x. CDC: When You Can be Around Others After You Had or Likely Had COVID-19 (2020, July 16):
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
- y. COVID-19: Information for Public Health Professionals:
https://www.nj.gov/health/cd/topics/covid2019_professionals.shtml

Addendum A (Updated 9/29/2020)

Travel Advisory List and Self-Quarantine Policy

In accordance with current NJ Department of Health (NJDOH) recommendations, any staff or student from Ocean Academy who has traveled to a state or country with significant spread of COVID-19 must self-quarantine for 14 days. As per the NJDOH, the purpose of this is to save lives and prevent the spread of COVID-19.

The link to the states which are on NJ's Travel Advisory List is updated frequently and should be checked regularly, as it changes according to health data. This link is on the NJ COVID-19 Information Hub and can be found here:

<https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/which-states-are-on-the-travel-advisory-list-are-there-travel-restrictions-to-or-from-new-jersey>

For a list of Frequently Asked Questions (FAQ's) regarding the NJ Travel Advisory, please see the following link:

https://nj.gov/health/cd/documents/topics/NCOV/Travel_advisoryFAQs_6-25-2020.pdf

If you are traveling internationally, please check the [CDC's COVID-19 travel recommendations by destination](#). Many countries are still categorized as a Level-3 high COVID-19 risk, and the CDC recommends avoiding all nonessential travel to these countries.

The link is as follows:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html>

OceanMHS

RETURN TO WORK PROTOCOLS FOR EMPLOYEES

DIAGNOSED WITH CORONAVIRUS/COVID-19

- I. **Universal precautions should be followed at all times in every situation.**
- II. **All staff should don a facemask when in common areas of agency and/or**
- III. **community. The mask is designated for individual staff and can be stored in a paper bag.**
- IV. **Each staff member is responsible to self-monitor for symptoms of COVID-19 including but not limited to dry cough, sore throat, fever, GI symptoms. If staff does have symptoms, then the staff are not to report to work, and notify their PCP, and obtain a COVID-19 testing if possible.**
 - If symptomatic, and test results are positive for COVID-19, staff is to remain home in isolation, and may return to work when:
 - A. 14 days have passed since the onset of symptoms, and/or no symptoms have been present for at least 7 days, **whichever is longer.**
 - B. Staff will wear a mask at all times at work for 14 days upon return to work due to potential to continue to shed the virus for up to 28 days.
 - If staff has a positive COVID-19 test result and does not have any symptoms, may return to work when:
 - A. At least 14 days have passed since the date of the first positive COVID-19 test result.
 - B. Have not had any subsequent illness and remain asymptomatic.
 - C. Staff will wear a mask at all times at work for 14 days upon return to work due to potential to continue to shed the virus for up to 28 days.



Timeframe for Self-Isolation/Quarantine based on Testing Result

The purpose of quarantine is to keep people who might have been exposed (but not sick) to COVID-19 away from others. Isolation is to keep sick people and those infected with the COVID-19 virus away from those who are not infected. Self-quarantine/isolation are voluntary practices to reduce the spread of COVID-19.

It is expected that any person getting a COVID-19 diagnostic test (nasal swab or saliva) will self-quarantine after specimen collection AND are advised of the results of their test, unless otherwise directed by those administering the test. These recommendations are not for individuals who got serologic test (antibody). Depending on the test result, see below for the length of time that the individual should self-isolate/self-quarantine.

	Symptomatic Tested +	Symptomatic Tested –	Asymptomatic Tested +	Asymptomatic Tested – No COVID-19 household* or close contacts*	Asymptomatic Tested – But is a household contact* or close contact*	Asymptomatic Not/Never tested But is a household* or close contact*
Timeframe for Self-Quarantine or Self-isolation	24 hours (1 full day) fever-free without use of fever-reducing medications AND improvement in symptoms AND 10 days since symptoms first began (whichever is longer)	At least 24 hours (1 full day) after symptoms go away NOTE: If a household or close contact, should complete 14 day quarantine	10 days after specimen collection, assuming no symptoms develop [^]	No self-quarantine days required	14 days from last known exposure with the COVID-19 + person NOTE: Self-quarantine for individuals with household contacts who are COVID-19 positive begins AFTER the end of self-isolation of the household contact ends	

* Household contacts are individuals who live in the same house as a lab confirmed COVID-19 case. Close contacts are individuals who were within 6 feet of a lab confirmed COVID-19 case for a prolonged period (about 10 minutes or more) or had direct contact with the infectious secretions of a COVID-19 case (e.g., were coughed on). Walking past a lab confirmed COVID-19 case or just being in the same building does NOT qualify as being a close contact.
[^]Asymptomatic positive individuals who develop symptoms during their self-quarantine timeframe, should self-isolate and refer to the Symptomatic, Tested + column.

NOTE: Recommendation for self-isolation/quarantine is to stay/sleep in a separate room from others living in the home and use separate bathroom (if possible). This includes not being in close contact with household members (i.e., not sharing meals and spending time together in common areas) or going to work or out in public other than for health care. Wash hands often and clean and disinfect household items.

Addendum D



NJ Residents who Tested Negative for COVID-19: Instructions & Next Steps

Question	Instructions
<p>I had symptoms and tested negative for COVID-19.</p>	<p>If you tested negative for COVID-19 but are currently experiencing symptoms, the recommendation is to stay home and practice social distancing until 24 hours after your fever has ended without the use of fever reducing medications and other symptoms improve. After this time, you may resume regular activities. It is recommended that everyone wears a face covering when in public spaces. This protects you from anyone who may not feel sick (but might be asymptomatic) and able to spread the virus to others. Wash hands and clean and disinfect high-touch surfaces often.</p>
<p>I have no symptoms and tested negative for COVID-19 but <u>live with someone</u> who is COVID-19 positive.</p>	<p>Even though you tested negative and have no symptoms, living with a person with COVID-19 means that you may be exposed to the virus. For this reason, it is recommended that you monitor yourself for symptoms. The person who lives with you should practice self-isolation for 10 days from the time symptoms began AND 24 hours (or 1 full day) being fever-free without fever reducing medicine. You are recommended to self-quarantine for 14 days AFTER their self-isolation ends. This is because it may take 2-14 days for symptoms to develop.</p>
<p>I have no symptoms and tested negative for COVID-19 but was told I am a <u>close contact</u> of a person who is COVID-19 positive. Now what?</p>	<p>If you were identified as being a close contact of a COVID-19 person, it is recommended that you self-quarantine for 14 days from the last date of exposure with the person, even if you tested negative. This is because it may take 2-14 days for symptoms to develop. While you are self-quarantining, monitor yourself for symptoms. Close contacts are individuals who were within 6 feet of a lab confirmed COVID-19 case for a prolonged period (about 10 minutes or more) or had direct contact with the infectious secretions of a COVID-19 case (e.g., were coughed on). Walking past a lab confirmed COVID-19 case or just being in the same building does NOT qualify as being a close contact.</p>
<p>What if I tested negative but still feel sick?</p>	<p>If you test negative for COVID-19 but still have symptoms, it is likely you may have another respiratory virus. You should continue to self-isolate yourself from others, practice good hand hygiene and clean and disinfect surfaces in the home. If your symptoms worsen or don't get better after several days, you should call your health care provider. You should not return to work/school or go to public places until 24 hours (1 full day) after your fever has ended without the use of fever-reducing medications and other symptoms have improved.</p>
<p>What other actions should I take to protect my health?</p>	<p>As long as the virus that causes COVID-19 is spreading in your community, continue to practice social distancing, wash hands often and avoid touching your face, and clean and disinfect high-touch surfaces daily in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks, phones). Wear a face covering when in public places. This protects you from anyone who may not be sick (but may be asymptomatic) and able to spread the virus to others.</p>

For general information about COVID-19, call 1-800-962-1253 or 211. Or go to njcovid19.nj.gov or nj.gov/health

July 20, 2020

Addendum E

When You Can be Around Others After You Had or Likely Had COVID-19

Updated July 16, 2020

- 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 (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

- At least 10 days since symptoms first appeared **and**
- At least 24 hours with no fever without fever-reducing medication **and**
- Symptoms have improved

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 are 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 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 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

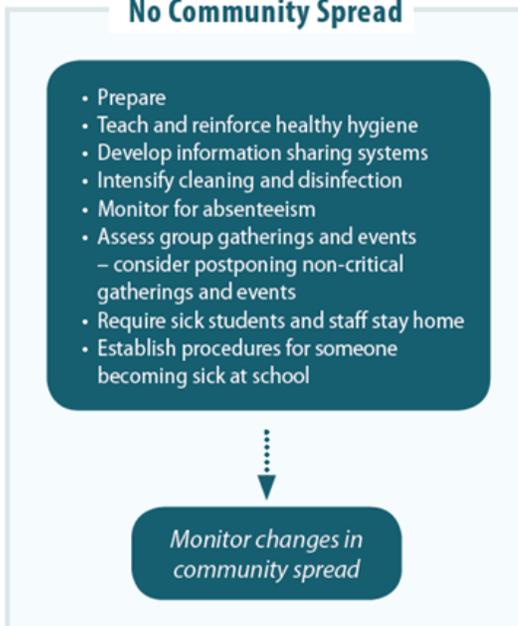
It is important to remember that anyone who has close contact with someone with COVID-19 should stay home for 14 days **after exposure** based on the time it takes to develop illness.

School Decision Tree

All Schools Regardless of Community Spread



No Community Spread



Minimal to Moderate OR Substantial Community Spread

