

November 2022

Dear Parents/Guardians,

We would like to review the current health protocols as they apply to basic health concerns, Flu and COVID-19. We are currently seeing increasing cases of Flu, COVID-19 continues to be a concern, and other respiratory illnesses are also circulating. Continue to monitor your children and **keep sick students home!**

Vaccination for both Flu and Covid-19 are encouraged as the best way to prevent serious illness. These vaccines can be received at the same visit. Hand washing and staying home when sick are important ways to keep our schools healthy.

Please review the following important reminders and updates and contact your child's school nurse if you have any questions.

Flu and basic illness protocols:

- **Flu and basic illness protocols have always remained in place.** COVID-related protocols are in addition to, not in place of, these basic illness protocols.
 - **When must students stay home:** Students who have fever, vomiting or diarrhea should not come to school until they have been unmedicated and symptom free for a minimum of 24 hours. Additionally, they should be tolerating their normal diet before returning to school.
 - **Students should feel well:** Students who are generally unwell should not attend school. Extreme fatigue, excessive nasal discharge, and severe stomach aches are examples of situations when students should stay home. Fever is not the only criteria!
 - **Illnesses requiring antibiotics:** Students with contagious illnesses that require antibiotic treatment (ie: strep throat) should not return to school until they have received at least 24 hours of the prescribed antibiotic.
 - **PE excuses and other injury related issues:** Parents can excuse their children for up to 3 consecutive days from PE. Longer excuses require a doctor's note. Students cannot use orthopedic equipment (ie: crutches, boots, splints) without providing a doctor's note that indicates these items are necessary and the child has been medically assessed.
 - **Medications at school:** ALL medications require written doctor orders and parental approval. School nurses cannot administer any medication without orders. Students are not allowed to carry ANY medication, including over-the-counter medicines such as ibuprofen, Tylenol and cough drops (except certain emergency medications when written orders have been submitted).
 - **Reporting absences:** All absences must be reported on the [Attendance Matters form](#), available on the district homepage and each school's website.

COVID-like illness definition:

- **Common symptoms (any 2 of these symptoms meets "COVID-like" criteria):** nasal congestion/runny nose, fever, headache, sore throat, nausea/vomiting, diarrhea, chills, muscle aches, fatigue *Absence of fever does not exclude the possibility of Covid!*
- **Significant symptoms (any 1 of these symptoms meet "COVID-like" criteria):** Cough, loss of sense of taste or smell, shortness of breath/difficulty breathing
- **Do Not send students with COVID-like illness to school.**

- **We cannot assume that any illness that meets this criteria is “just a cold” or “just allergies”:** A negative test or doctor’s note indicating an alternate diagnosis is required for returning to school. Chronic conditions such as allergies require medical documentation.

COVID related isolation, quarantine, and return to school:

- **Positive COVID cases:** A 5-day home isolation is required for individuals who test positive for COVID, followed by 5 additional days of strict mask wearing. Students must be feeling well and symptoms resolved to return to school. If symptoms persist, the isolation period is extended.
- **COVID-like illness:** Testing or a doctor’s note that provides an alternate diagnosis is required for ALL illnesses that meet COVID-like criteria. If testing is not done, a 5-day isolation period is necessary.
- **Home testing:** Home testing requires two tests performed at least 24 hours apart
- **Close contact with an individual who has tested positive for COVID:** Quarantine is not required. If not up to date with Covid vaccines, a mask must be worn when at school.
- **If waiting for test results:** Students must remain at home when waiting for COVID test results. Please refer to the district [flow charts](#) for further guidance regarding school attendance.

****Students with 2 Common (yellow) OR 1 Significant (orange) Symptoms Should Not Be Sent To School****

Fever (≥100.4°F)	Muscle or Body Aches	Chills
Shivers	Sore throat	Nausea or Vomiting
Fatigue	Headache	Congestion or runny nose
Diarrhea	Difficulty Breathing	Cough
Shortness of breath	New loss of taste	New loss of smell

**For more information in regards to staying home, as well as when a student may return to school, please view the [Student Exclusion Flow Charts](#)

Communication between the home and school is vitally important and parental vigilance is key to keeping our schools healthy. Please reach out to us any time you have any questions or concerns.

Stay Healthy!

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