

From: Michael Fetherman <mfetherman@mlschools.org>
Subject: Updated COVID Quarantine and Isolation Timelines
Date: January 11, 2022

Dear ML Learning Community,

The New Jersey Department of Health has [updated recommendations for COVID-19 isolation and quarantine timelines for K-12 schools](#). Our nursing staff will be communicating with families, staff members, etc. to align current quarantine and isolation protocols with the latest guidelines. *We thank you in advance for your patience as our team navigates this detailed process.*

The following summary captures the essential updated elements. Please reference the link above for complete details.

Summary of Updated Recommendations for Isolation and Quarantine Timelines for K-12 Schools:

Persons who test positive for COVID-19 and are symptomatic or persons with COVID-19 symptoms who weren't tested or who are waiting for test results:

- Stay home and isolate from other people for at least 5 full days (day 0 is the first day of symptoms).
- If symptoms resolve (fever-free for 24 hours and other symptoms improve), isolation can end after 5 full days (i.e., on day 6).
- 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).
- If no symptoms develop, isolation can end after 5 full days (i.e., on day 6).
- 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.

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).

As always should you have any questions or concerns, please feel free to contact your school nurse, building administrator or me.

Sincerely,
Michael J. Fetherman
Superintendent of Schools