



September 7, 2021

Dear Farmingdale Families,

Welcome back to a new school year! We wanted to share with you the latest [COVID-19 guidance](#) as it pertains to your child.

Individuals with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with the following symptoms may have COVID-19:

- Fever (100.4 or higher) 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 or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as it learns more about COVID-19.

Students or staff sent to the Health Office with above symptoms will be evaluated and temperature verified. If assessment reveals symptoms consistent with Covid-19, the staff member or student will be isolated and sent home. ***The parent/guardian or designated emergency contact is expected to pick up the student within 30 minutes of initial contact.***

As per NJDOH guidance, students and staff with the following symptoms will be excluded from school:

- At least **two** of the following symptoms: fever (measure or subjective), chills, rigors (shivers), myalgia (muscle aches), headache, sore throat, nausea or vomiting, diarrhea, fatigue, congestion or runny nose;
- At least **one** of the following symptoms: cough, shortness of breath, difficulty breathing, new olfactory disorder (smell), new taste disorder.

RETURN TO SCHOOL AFTER COVID RELATED SYMPTOMS REQUIREMENTS:

- Documented **proof of negative PCR COVID-19 test and** remain fever free for 24 hours without fever-reducing medication **and** symptoms have improved.

OR

- If **COVID-19 testing is positive or no testing was done or no visit to their Healthcare provider has occurred**, the person needs to stay home for a 10 day isolation period **and** 24 hours fever free without anti-fever medicine **and** other symptoms have improved.

COVID-19 Exclusion Criteria for Close Contacts:

The NJDOH will continue to use a weekly COVID-19 color matrix to determine the quarantine or exclusion period for close contacts of a positive student or staff based on county transmission levels as follows:

- **High (orange)** exposed close contacts should be excluded from school for 14 days.
- **Moderate or Low (yellow or green)** exposed close contacts should be excluded from school for 10 days (or 7 days with negative test results collected at 5-7 day).

As of today, we are currently at a **high or orange** transmission level.

Knowing the hardship that a 14 day quarantine can put on students, parents and staff The Farmingdale School District will offer the following option for students/staff that wish to shorten the quarantine time:

- Excluded for 10 days without a PCR test and 7 days if a negative PCR test (administered during day 5 or later) is provided to our school nurse before return.

Please understand that the Farmingdale School District reserves the right to extend the quarantine (back to the 14 day Department of Health guidance) if local cases continue to rise and/or our district data speaks to the need to increase the quarantine.

Vaccinated Students/Staff:

Exposed close contacts who are fully vaccinated and have no COVID-like symptoms:

- Do not need to quarantine or be tested following an exposure to someone with suspected or confirmed COVID-19.
- Should still monitor for symptoms of COVID-19 for 14 days following an exposure.
- If they experience symptoms, they should isolate themselves from others, be clinically evaluated for COVID-19, including testing and inform their health care provider of their vaccination status

If your child has been fully vaccinated against COVID-19, please provide a copy of the card to Mrs. Kokolus to assist in contact tracing and quarantining.

Your continued support and cooperation is appreciated. Feel free to reach out with any questions.

Warmly,
Mrs. Edith Conroy
Mrs. Katy Kokolus, RN, BSN, CSN-NJ