



Florham Park Public Schools

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February 18, 2021

RE: Quarantine/Isolation Requirements and Common COVID-19 Scenarios

Dear Parents/Guardians

We have recently had a few questions about the difference between “*quarantine*” and “*isolation*” as it relates to COVID-19. Please note that all actions and protocols the District has taken regarding COVID-19 have been and continues to be done in consultation with and following recommendations from our local health department, which are consistent with CDC and NJDOH guidelines.

Quarantine is keeping someone who may have been exposed to COVID-19 away from others. You should quarantine and stay home if you were in [Close Contact](#) (as per the NJDOH) with a person with COVID-19. Individuals in quarantine are to be kept home from school and from outside activities while they monitor their health, should [symptoms](#) display. **The Florham Park Health Department continues to recommend that students/staff quarantine for 14 days following exposure. Should this procedure change, the district will communicate to the school community.*

Isolation separates sick people with a contagious disease (COVID-19) from people who are not sick. Should you or someone in your household test positive for COVID-19, the COVID-19 positive individual must remain in complete isolation for a 10 day isolation period PLUS resolution of symptoms as set forth in the NJDOH and CDC guidelines. Anyone who is in the household of an infected person must quarantine beginning immediately upon knowing of the potential exposure and must continue to quarantine for a period of 14 days after the COVID positive person has completed their isolation period. There is a pathway available within a household for both the 10 day isolation period and the 14 day quarantine period to run concurrently. This can be achieved by the COVID-19 positive person to completely isolate from the other members of the household for the entire isolation period. This means staying in a completely separate room and when possible, using a completely separate bathroom and isolating from other people and pets. It is difficult to isolate from others within a household, so this pathway of quarantine and isolation running and overlapping over the same period of time may not be attainable and many circumstances inside a household may not allow for this properly practiced isolation. Please see NJDOH guidance on [How Can I Prepare for Self-Isolation?](#)

If you are UNABLE to fully isolate from your child, due to their age or other factors, for the 10 day isolation period, your child's 14 days of quarantining begins at the end of your 10th day of isolation (as long as you are no longer symptomatic). You should still wear a mask and keep at least a six-foot distance from others at all times.

Reminders:

- If you or a family member tests positive, contact the school nurse and the building principal to determine accurate dates of virtual learning and when your child is able to return to in person learning.
- If your situation changes, contact the school nurse and the building principal to reestablish your child's return date to in person learning.

Please reference the chart on the following page that explains common COVID-19 scenarios

We do understand that much guidance has been provided by the NJDOH and updates will continue to occur. Therefore, we appreciate your understanding and anticipated cooperation with District guidelines and procedures that have been and continues to be done in consultation with and following recommendations from our local health department.

Sincerely,

Steven Caponegro

Dr. Steven Caponegro

"Let nothing dim the light that shines from within." Maya Angelou

Attc: Common COVID-19 Isolation/Quarantine Scenarios (2/18/21)

cc: Mr. Thomas Cantisano, Florham Park Health Officer

Common COVID-19 Isolation/Quarantine Scenarios

(2/18/21)

SCENARIO	SCENARIO DETAILS	STUDENT ISOLATION or QUARANTINE
1	Student tests positive	Student will isolate for 10 days from positive test and return to in person learning on the 11th day <i>(as long as not displaying symptoms)</i>
2	Family member tests positive & can isolate themselves away from others in the home for 10 full days	Student will quarantine for 14 days starting the day after last known contact with positive family member and can return to in person learning on the 15th day <i>(as long as not displaying symptoms)</i>
3	Family member tests positive & CANNOT isolate themselves away from others in the home	Student will quarantine at home for both family member's isolation period of 10 days as well as an additional 14 day quarantine period of their own.
4	Family member (not FP student) is a close contact with someone who has tested positive for COVID-19	Student does NOT need to quarantine unless the family member starts showing symptoms. Student may continue in person learning.
5	Family member (not FP student) is a close contact and starts showing symptoms or tests positive	Student will then become a close contact and must start quarantine from the last day of known contact. Student will follow scenario 2 or 3 depending on your family's circumstances
6	<p>Travel - <i>The NJDOH continues to strongly discourage all non-essential interstate travel at this time.</i></p> <p>Students travel out of state/country for more than 24 hours. Excluding NY, CT, PA</p>	<p>Student will quarantine for 14 days starting the day after arriving home and may return to in person learning on the 15th day</p> <p><i>*The Florham Park Health Department continues to recommend students quarantining for 14 days. Should this procedure change, the district will communicate to the community.</i></p>
7	Travel - Family member (not student) travels out of state/country	Student will continue in person learning