



Medical Information from Our School Nurses

Revised May 2022

Kenilworth School Exclusion Procedures

Key terms for understanding our Exclusion Procedures

Quarantine is used to keep someone *who might have been exposed to COVID-19* away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

Isolation is used to separate people infected with COVID-19 from people who are not infected. People who are in isolation should stay home until it's safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific "sick room" or area and using a separate bathroom (if available).

Close Contact: close contact is defined as being within 6 feet of someone with suspected or known COVID-19 for 15 or more minutes during a 24-hour period. Contact must take place within a 48 hour time period of symptoms starting or positive test. In certain situations, it may be difficult to determine whether individuals have met this criterion and an entire cohort, classroom or other group may need to be considered exposed.

Exception: In the K-12 indoor classroom setting, the close contact definition *excludes students* who were within 3 to 6 feet of an infected student where both the infected student and the exposed student(s) correctly and consistently wore well-fitting masks the entire time. This exception does not apply to teachers, staff, or other adults in the indoor classroom setting who are **not** vaccinated.

Testing: At home Covid-19 tests are acceptable at this time. Either a Rapid or PCR test is sufficient. Proof of test results need to be submitted to the school nurse.

Test-To-Stay: Test to stay (TTS) allows asymptomatic close contacts who meet the criteria for quarantine to continue in-person learning. Participation in TTS should be limited to individuals who meet the criteria for quarantine and:

- Do NOT have any signs or symptoms of Covid-19.
- Are able and willing to follow modified quarantine testing protocols.
- Monitor for symptoms daily until 10 days after their last exposure to someone with Covid-19.
- Comply with the TTS testing protocol.

Testing may be performed using home tests or at a testing location using a rapid test. Students should be tested immediately following the notification of being a close contact. After the first test is negative, the student may continue to attend in-person instruction and then take another test on day 5 after exposure. If the final test is negative, no further TTS testing is required. If symptoms develop, please keep your child home and notify the school nurse. Another test may be necessary at that time.

For all of the situations and responses below, please contact your school nurse for more guidance.

Situation	Response
Individual tests positive for COVID-19	Individuals regardless of vaccination status, must complete a 5-day isolation period after the onset of symptoms or if asymptomatic after the positive test (10-day quarantine for PreK students). Day 1 is the day after symptoms start, or the day after the positive test. If symptoms are gone or much improved after 5 days, the individual may return to school on Day 6. On days 6-10, a mask should be worn around others at home and school as much as possible. If symptoms are still prevalent after 5 days, the individual should continue to isolate until symptoms are much improved or gone. The individual must also be fever free for 24 hours without fever reducing medication. Retesting and/or a negative test is not needed to return to school.
Household Contacts Not Able to Isolate	Anyone who is a household contact of a positive COVID-19 case and is unable to fully separate themselves from the case (young children, siblings, etc.) should start their 5-day quarantine period on the day after the household member would have completed their 10-day isolation period.
Close Contact to a positive case	Exposed close contacts must stay home for 5 days. Day 1 is the day after exposure. If no symptoms develop, close contacts may return to school on day 6. If symptoms develop, you must get tested on day 5 or later. If negative, their quarantine is over. If positive, see above. If you choose to get tested whether symptomatic or not, the student must stay home until results are back and submitted to the school nurses. **PreK students ONLY** if able to isolate in household from the positive case: May complete a 7-day quarantine with a negative test taken between days 5-7 (rapid or

	PCR). If you choose to not get the child tested, the child can complete a 10-day quarantine from last contact with the positive case.If unable to isolate, please see above**
Return to school	<p>Sick school community members can return to school if they meet the following criteria:</p> <ul style="list-style-type: none"> • Receive a differential diagnosis other than COVID-19 (e.g. strep throat, ear infection, etc.) along with a negative Covid-19 test. • If at least ONE of the following symptoms are present, keep the child home: fever, cough,shortness of breath or difficulty breathing, new loss of taste or smell. A negative Covid-19 test is mandatory to return to school whether vaccinated or not. • If at least TWO of the following symptoms are present, keep the child home: fever, chills, rigors, muscle aches, headache, sore throat, nausea or vomiting, diarrhea, fatigue, congestion, or runny nose. A negative Covid-19 test is mandatory to return to school whether vaccinated or not. • In addition to above requirements, any student with a temperature greater than or equal to 100.0 F must stay home 24 hours after resolution of the fever, without fever reducing medication, regardless of Covid-19 test results.
If an individual travels Internationally (vaccinated or unvaccinated):	Such individuals must get a viral Covid-19 test done on days 3-5 of returning to NJ, and stay home until results are back. If you choose not to get tested, you must quarantine for 5 full days after travel. If your test is positive, you must isolate for 5 full days after test

Vaccination-Related Protocols

Covid Guidelines for fully vaccinated individuals (defined as ≥ 2 weeks following receipt of the second dose in a 2- dose series, or ≥ 2 weeks following receipt of one dose of a single-dose vaccine) **are as follows:**

- Fully vaccinated do NOT need to quarantine after having close contact with someone with COVID-19, as long as they remain asymptomatic.

- They should still monitor for symptoms of COVID-19 for 10 days following an exposure. If they experience symptoms, they should isolate themselves from others, be clinically evaluated for COVID-19, including COVID-19 testing.
- People who are fully vaccinated do not need to self-quarantine after domestic travel, but should self-monitor for symptoms and self-isolate if symptoms develop.
- Fully vaccinated individuals who travel internationally should be tested for COVID-19 before and after arrival into the U.S. Testing should be done 3-5 days after returning to the United States, but no quarantine is needed if the test is negative.
- **Proof of vaccination is required to determine your quarantine status.**
- **All of the above is subject to change according to transmission levels at any given time.**

Covid Guidelines for individuals who tested positive for COVID-19 and who clinically recovered from COVID-19 in the past 3 months are as follows:

- Individuals do not need to quarantine after having close contact with someone who has tested positive for COVID-19 as long as they remain asymptomatic.
- They should still monitor for symptoms of COVID-19 for 10 days following an exposure. If they experience symptoms, they should isolate themselves from others, be clinically evaluated for COVID-19, including COVID-19 testing.
- Individuals who travel internationally, should be tested for COVID-19 before and after arrival into the U.S. Testing should be done 3-5 days after returning to the United States, but no quarantine is needed if the test is negative. Testing and quarantine for these individuals is no longer recommended for domestic travel. In either case, individuals should self-monitor for symptoms and self-isolate if symptoms develop.
- **Proof of testing positive for Covid-19, in the last 3 months, is required to determine your quarantine status.**

Fully vaccinated or individuals who have recovered from Covid-19 should continue to:

- Practice prevention measures when visiting with unvaccinated people.
- Avoid large-sized in-person gatherings.
- Get tested if experiencing COVID-19 symptoms.

Possible Policy Updates

We will continue to monitor local health data and any updates to state recommendations and federal guidance from the Centers for Disease Control and Prevention.

As we did last year, we will make adjustments if and when circumstances warrant it. We will share any updates with parents through email, the district website, and social media.

Medication

All medications to be administered in school must be given to the school nurse at the beginning of the school year. Orders from your physician must be complete and accompany the medication. No incomplete documentation will be accepted. Medication and nebulizer equipment will be accepted, but routine **nebulizer treatments will not be administered in school.**

Nebulizer treatments will only be given when deemed medically necessary by the nurse. Inhalers will be accepted, and can be used in school in an isolated area approved by the Nurse.



By law, new Physicians' orders are necessary every school year for all medication to be administered in school. Whether it be over the counter medication (Motrin, Tylenol, Benadryl, eye drops, etc.), or prescription medication, new forms and a supply of medication need to be dropped off to your school nurse. The forms are required to be filled out by your doctor; they can be found [here on the district website](#).

Please contact one of our nurses to set up an appointment for September 1st or 2nd between 9:00am-12:00pm. (If you are not able to drop off your child's medicine(s) these days, please contact one of our nurses to set up another appointment time.)

When Do I Keep My Child Home From School?

If your child is exhibiting any of the following illnesses/symptoms, please keep him/her home from school. Depending on the nature of their illness, and if it is suspected that any illness is COVID-19 related, restrictions may be different. Please contact your school nurse for guidance.

- Generalized COVID-19 symptoms-
 - If at least **ONE** of the following symptoms are present, keep the child home: cough, shortness of breath or difficulty breathing, new loss of taste or smell.
 - If at least **TWO** of the following symptoms are present, keep the child home: fever, chills, rigors, muscle aches, headache, sore throat, nausea or vomiting, diarrhea, fatigue, congestion, or runny nose.
- A temperature of 100 degrees Fahrenheit or higher-The student must stay home 24 hours after resolution of the fever without fever reducing medication.
- Cough-Routine nebulizer treatments will not be administered in school until further notice. A doctor's clearance note and a negative Covid test may be required to return to school.
- Diarrhea or Vomiting-The student must stay home until 24 hours after the last episode of diarrhea or vomiting.

- Rash-Depending on the type of rash, medical clearance may be necessary. Please contact Harding or Brearley nurse for further instructions.
- Head Lice- Students with **live** lice are not permitted in school. Please contact a district nurse for further instructions.
- Eye redness or discharge-A clearance note, from a physician, may be required to return to school 24 hours after starting treatment.



A Reminder About COVID-19 Symptoms

There is not a single symptom that is uniquely predictive of a COVID-19 diagnosis. A COVID-19 viral test is needed to confirm if someone has a current infection. Symptoms may appear 2-14 days after exposure to the virus and include the following:

- Fever 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

Food Allergies & Snack Guidelines

- When sending in snacks for your children, please make sure they are nut free.
- Some examples of acceptable snacks are: goldfish crackers, pretzels, yogurt, fruit, vegetables, and fruit snacks.
- If you would like to celebrate your child's birthday, it must be with a non-food item.

- Please consider sending a water bottle to school each day with your child. Water bottle filling stations will be open; the bubblers on our water fountains will be turned off.
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Additional COVID-19 Related Protocols

Quarantine Rooms: Each school building has a designated area for any student exhibiting signs and symptoms of COVID-19. This enables us to separate a student who is sick from the rest of the school population. This room is supervised, and the student stays there until their parent or guardian picks them up. Quarantine rooms are a precaution and does not mean a student has tested positive for COVID-19.

Respiratory Medication Administration: No **routine** nebulizer treatments will be administered in school until further notice. Nebulizer treatments will only be given if deemed medically necessary by the nurse, and will be administered in the Quarantine Room. Inhalers can be used as needed, but must be done in an isolated area.

Daily Pre-Screening Measures

Daily pre-screenings are no longer required. Monitor your child for any signs or symptoms of COVID-19 and notify your school nurse accordingly. Students who are sick **MUST STAY HOME**. Although we do not require daily pre-screening, we will follow strict quarantine procedures for students who close contact with someone with COVID-19.

Vaccination Requirements

All immunizations must be current for the 2021-2022 school year. As per the New Jersey Department of Health, students who are not up-to-date on their immunization requirements and/or do not meet eligibility for provisional admission, will not be allowed to attend school in-person until immunization(s) are received or applicable exemptions are filed.

Please provide COVID-19 vaccination documentation to district nurses. This will help determine quarantine status related to any positive cases. All vaccination records will be kept confidential in accordance with FERPA

Contact Information



Harding School Principal

Ron Bubnowski
908-276-5936 Ext. 1512
ronald_bubnowksi@kenilworthschools.com

Brearley School Principal

Jeremy Davies
908-931-9696 Ext. 2303
jeremy_davies@ksdnj.org

Harding School Nurse

Collin Bishop
908-276-5936 Ext. 1530
collin_bishop@kenilworthschools.com

Brearley School Nurse

Melissa Condo
908-931-9696 Ext. 2316
melissa_condo@kenilworthschools.com

District Nurse

Meaghan Bottino
meaghan_bottino@kenilworthschools.com
908-276-5936 Ext. 1530

Athletic Trainer

Ryan Jayne
ryan_jayne@kenilworthschools.com
908-931-9696 Ext. 2178

Harding School Main Office

908-276-5936 Ext. 1510

Brearley School Main Office

908-931-9696 Ext. 2300