



School Nurse



from your

The Lopatcong Township Elementary and Middle School's are following the current COVID-19 Public Health Recommendations for K-12 Schools.

When to keep your child home:

Parents should not send students to school when sick. Please watch for symptoms and keep your child home at the first sign of illness.

The CDC reports symptoms of COVID may include:

- 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 or vomiting
- Diarrhea

*Isolation criteria for individuals who **TEST POSITIVE** for COVID-19:*

- Your child **must stay home** for at least 5 full days after the onset of symptoms (day of symptom onset is day 0).
- Positive test date is Day 0 for those who did not develop symptoms.
- If they have no symptoms or symptoms are resolving **after 5 full days** and they are fever-free (without the use of fever-reducing medication) for 24 hours, they can return to school.
- They will be asked to wear a mask while in school for an additional 5 days (including participation in any extracurricular activities). (Days 6-10).
- Masks should be well fitting and should cover the mouth and nose completely.
- They will need to eat lunch in a separate area where they can take their mask off and remain six feet from other students.
- Isolation Guidelines for COVID apply to both unvaccinated and vaccinated individuals.

- Please report all positive cases to your child's School Nurse.
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- Students unable to wear a mask may not return to school until Day 11.

If your child has been exposed:

- Although quarantine is not required, it is **recommended** that individuals who were exposed to COVID wear a well-fitting mask for 10 days after exposure.
- If COVID symptoms develop, students should immediately get tested and follow isolation recommendations.
- Exposed persons, regardless of vaccination status, are **strongly recommended** to get tested 5 full days after exposure, on day 6 (date of exposure is considered day 0). If testing is unavailable, school attendance can continue. **If the test is positive, they must follow isolation recommendations.**

Masks are optional in District Buildings but they may be worn by any individuals who are concerned about disease transmission.

Additionally, students who become sick at school may be asked to wear a mask until discharged to their parent or guardian

[General Guidelines for the Control of Outbreaks in School and Child Care Settings School Exclusion List](#)

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