



MOUNTAINSIDE BOARD OF EDUCATION

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MRS. JANET WALLING – SUPERINTENDENT OF SCHOOLS

December 14, 2020

Mountainside Parents/Guardians,

Over the past few weeks the school nurses and I have shared a variety of information regarding adjustments to health protocols and quarantine expectations. In addition, the CDC and NJDOH have recommended recent updates and adjustments. I am aware that this information can be overwhelming, and sometimes a bit confusing. In an effort to assist you, we have compiled the following important reminders for your reference:

- If **any** person in your household has taken a COVID test and is awaiting the result, **students should not come to school** and every household contact of that person should quarantine until the test result comes back and is negative.
- Exclusion from school will be enforced for individuals with COVID-19 compatible symptoms until they have a negative COVID-19 test or have met the criteria for discontinuing home isolation (10 days from the onset of symptoms).
 - COVID-19 Compatible Symptoms are defined as:
 - Two of the following: fever, chills, shivers, fatigue, body aches, headache, sore throat, congestion or runny nose, nausea or vomiting, diarrhea
 - ONE of the following: cough, shortness of breath, difficulty breathing, new loss of taste or smell
- **An alternate diagnosis will no longer be accepted** for return to school when individuals meet the COVID-19 exclusion criteria listed above.
 - They will not be allowed to return to school until they have a negative COVID-19 test or meet the criteria for discontinuing home isolation (10 days from the onset of symptoms).
- **Siblings** or household contacts of individuals who have COVID-19 compatible symptoms (as outlined above) will be excluded from school for 14 days from date of the last contact or until a COVID-19 negative test is received from the symptomatic individual.
- **Travel Quarantine Adjustment - Please note the NJ Department of Health has shortened their travel quarantine timeline. Students will be allowed to return to school after a 10 day quarantine.**
 - Based upon the recommendation of your health professionals, the District will not shorten this timeframe to less than 10 days for students, even if a negative test is provided.
 - There is no change to the exposure quarantine, which remains at 14 days.
- Please contact the school nurse for guidance and information regarding any circumstances or questions that you may have related to COVID-19 and the information above.

As of today (12/14/2020) the District has the following number of active cases: Beechwood - 0 / Deerfield – 3

Thank you for your efforts in following our district protocols. We will continue to closely monitor local and regional health information to determine any additional changes that may be necessary in order to best maintain the health and safety of our students and staff. Please remain vigilant in your approach to dealing with this health concern, especially during the upcoming holidays.

Janet Walling