



IMPORTANT TRAVEL QUARANTINE UPDATE

The County Health Officer at the Board of Health has waived the mandatory 10 day travel quarantine for all district students, *and is now allowing individuals return to school after completing a full 7 day travel quarantine if they can provide a negative COVID test that was obtained on day 3, 4 or 5.* Please note the following as it relates to travel quarantine:

- Day one of the quarantine is the day after the individual arrives back in New Jersey, and all students would then be cleared to return to school on day 8.
- A travel quarantine is still required even if you have received the COVID vaccine, and both the PCR or a rapid COVID test are acceptable. If testing is not available then all individuals must complete a full 10 day quarantine.
- If you are currently quarantining post travel and are able to obtain a negative COVID test on day 3, 4, or 5 of your quarantine, please contact me at 908-273-1333 Ext 6447 or Kdiakos@summit.k12.nj.us to present the negative test result and to confirm the new return to school date. When emailing please include your child's full first and last name and class in the subject line, as well as cc your child's teacher.

Please do not hesitate to reach out if you have any questions or concerns.

Kind regards,

Kali Diakos BSN, RN, CSN
Lincoln-Hubbard School Nurse

Please see below is the formal statement from the Board of Health:

GENERAL TRAVEL GUIDANCE: NJ residents returning from any U.S. state or territory beyond the immediate region (New York, Connecticut, Pennsylvania, and Delaware) should self-quarantine at their home following recommendations from the CDC:

- If travel is unavoidable, travelers should consider getting tested with a viral test (not an antibody test) 1-3 days before the trip and again 3-5 days after the trip.
- If travelers test positive, they should self-isolate for at least 10 days and should postpone travel during that time.
- If travelers test negative, they should quarantine for a full 7 days after travel.
- If testing is not available (or if the results are delayed), travelers should quarantine for 10 days after travel. It is also recommended to take these actions for 14 days after returning from travel to protect others from getting COVID-19:

• Stay at least 6 feet/2 meters (about 2 arm lengths) from anyone who did not travel with you, particularly in crowded areas. It's important to do this everywhere — both indoors and outdoors.

• Wear a mask to keep your nose and mouth covered when you are in shared spaces outside of your home, including when using public transportation.

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- If there are people in the household who did not travel with you, wear a mask and ask everyone in the household to wear masks in shared spaces inside your home.
- Wash your hands often or use hand sanitizer with at least 60% alcohol.
- Avoid being around people who are at increased risk for severe illness.
- Watch your health: Look for symptoms of COVID-19, and take your temperature if you feel sick.

NOTE: Individuals who are fully vaccinated are still recommended to quarantine after all travel beyond the immediate region