

November 10, 2020

Dear Parents/Guardians,

We hope this email finds you and your family feeling well. Please know that the Hasbrouck Heights Administration along with your school nurses are carefully following the local trends in the COVID outbreak and specifically how it affects our students and staff in the Hasbrouck Heights School District.

Please review the CDC guidelines on their websites for guidance on managing COVID issues. These guidelines were written to reduce the transmission of the COVID virus during this world-wide pandemic. **These guidelines are to be taken seriously and followed as described. A break in the quarantining process results in local spikes in transmission.** Please review these guidelines with your child and make sure your child is adhering to them if they apply.

What does it mean if I am told by the school nurse that my child should Self-Quarantine for 14 days?

This means that your child is considered a “close contact” with a COVID + person. The 14 day quarantine begins the day after your child had his/her last contact with the COVID + person. Your child will be asked to work virtually for school and should **stay home**. Your child should not participate in any social events until the end of the 14 day period. Failure to do so may result in passing the COVID virus on to family or friends.

What does it mean if I am told by the school nurse that my child should Self –Isolate for 10 days?

If your child has tested + for the COVID virus, he/she will be asked to self-isolate in your home for 10 days. Your child should not share meals, bathroom or common space of 6 ft or less with any family members. If your child is unable to isolate, please have a mask available for him/her to wear when in your presence. Wear masks, wash hands and surfaces frequently and stay distant for the entire 10 days. Your child will be asked to work virtually for school and should **stay home**. Your child should not participate in any social events until the end of the 10 day period. Failure to do so may result in passing the COVID virus on to family or friends. **All family members that share the household and any close contacts of the COVID + child will need to self-quarantine for 14 days.**

Please reach out to us if you have any questions.

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Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease.

<https://www.cdc.gov/quarantine/aboutlawsregulationsquarantineisolation.html>

<https://www.nj.gov/health/cd/topics/ncov.shtml>

