

PALISADES PARK BOARD OF EDUCATION

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As per Executive Order No. 251, all students and staff are required to wear masks.

Given evidence regarding transmission of the Delta variant, the CDC recommends universal indoor masking for all teachers, staff, students, and visitors in K-12 schools, regardless of vaccination status. On August 5, 2021, the CDC issued new indoor masking guidance for individuals in K-12 school settings. While exemptions for individuals with certain medical conditions will be handled on a case-by-case basis, as per the executive order, it is expected that all students will wear a mask on a daily basis.

What type of mask should my child wear?

The most effective fabrics for cloth masks are tightly woven such as cotton and cotton blends, breathable, and in two or three fabric layers. Masks with exhalation valves or vents, those that use loosely woven fabrics, and ones that do not fit properly are not recommended. Masks should be washed after every day of use and/or before being used again, or if visibly soiled or damp/wet. Disposal 3-ply surgical masks are also available to your child through the school nurse's office.

What should I do if I suspect my child is sick?

Parents/caregivers are strongly encouraged to monitor their children for signs of illness every day as they are the front line for assessing illness in their children. Students experiencing **ANY** COVID-19 compatible symptoms must stay home from school and activities, and you must contact the school nurse for guidance.

Definition of COVID-19 Compatible Symptoms:

● **At least two of the following symptoms:** fever (measure or subjective), chills, rigors (shivers), myalgia (muscle aches), headache, sore throat, nausea or vomiting, diarrhea, fatigue, congestion, or runny nose;

1 OR At least one of the following symptoms: cough, shortness of breath, difficulty breathing, new olfactory disorder, or new taste disorder.

**For students with chronic illness, only new symptoms or symptoms worse than baseline should be used to fulfill symptom-based exclusion criteria. (The Road Back, August 2021)*

What are the COVID-19 exclusion criteria if my child tests positive for COVID-19?

*If your child tests positive, students must stay home from school and activities, and you must contact the school nurse for guidance. COVID-19 exclusion criteria for persons who have COVID-19 compatible symptoms or who test positive for COVID-19 are notes below:

● Ill individuals with COVID-19 compatible symptoms who have not been tested or individuals who tested positive for COVID-19 should stay home until at least 10 days have passed since

symptom onset and at least 24 hours have passed after resolution of fever without fever reducing medications and improvement in symptoms.

- Persons who test positive for COVID-19 but who are asymptomatic should stay home for 10 days from the positive test result.
- An alternate diagnosis (including a positive strep test or influenza swab) without a negative COVID-19 test is not acceptable for individuals who meet COVID-19 exclusion criteria to return to school earlier than the timeframes above.
- Students who are awaiting results of a COVID test MUST STAY HOME UNTIL A RESULT IS RECEIVED AND YOU HAVE CONTACTED YOUR SCHOOL NURSE and PROVIDED A COPY OF THE DOCUMENTED TEST RESULT.

COVID-19 compatible symptoms	Green	Yellow	Orange
<p>*Students must stay home from school and activities, and you must contact the school nurse for guidance.</p> <p>*Persons with COVID-19-compatible symptoms should undergo COVID-19 testing.</p>	<p>Ill individuals without potential exposure to COVID-19 should follow the NJDOH School Exclusion List to determine when they may return to school.</p>	<p>If ill students have potential COVID-19 exposure OR if community transmission is moderate or high, they should continue to be excluded according to the COVID-19 Exclusion Criteria.*</p>	<p>If ill students have potential COVID-19 exposure OR if community transmission is moderate or high, they should continue to be excluded according to the COVID-19 Exclusion Criteria.*</p>

*Reference: [COVID-19 Public Health Recommendations for Local Health Departments for K-12 Schools 2](#)

What happens if my child becomes ill at school?

Children and staff with COVID-19 symptoms should be separated away from others until they can be sent home. When a student or staff member comes to the health office and presents symptoms typical of the COVID-19 disease, following the New Jersey Department of Health (NJDOH) guidelines, students will be moved to the designated isolation space. This isolation will be supervised in a reasonable manner, maintaining appropriate physical distancing and appropriate PPE will be worn to protect the staff member. The parent will be notified and instructed to pick up the child promptly. Should the parent not be reached, the emergency contact person will be contacted to pick up the child. When the parent arrives at the school for pickup, the parent will be asked to wait outside while the student is escorted out of the building maintaining a physical distance. For the health and safety of the school community, this pickup must be contactless. Upon being sent home, the student's family should consult with their personal physician in order to determine the appropriate diagnosis and recommended treatment

plan, which may include a required COVID-19 test. Parents must keep children home when sick. Please be certain to update your contact information in Genesis. Whether staying home with symptoms or a quarantine, household members should be separated by room, use separate items, and bathrooms, where possible. Anyone who has been told to quarantine should not come onto any Palisades Park school campus or public site, or engage in any after school sports or PTA activities.

What should I do if my child is absent?

Parents should contact the school nurse to report their child’s absence and their symptoms and obtain recommendations for when their child may return to school. An evaluation by a healthcare provider and/or COVID testing may be necessary.

What if my child is in close contact with someone with COVID-19?

If your child is determined to be a close contact of someone with COVID-19, you will be notified by the School Nurse or by a notification from the Superintendent’s office. In my notification, the date of your child’s exposure and specific directions regarding your child’s quarantine will be Per the CDC, 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. 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.
provided.

***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 (laboratory-confirmed or a clinically compatible illness) 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.**

(Updated [Quarantine Timeframes](#) are determined by the guidelines set forth by the NJ Department Health in consultation with the Palisades Park Board of Health based on the level of COVID-19 community transmission in our region.

COVID-19 Weekly CALI/ Variant Surveillance Reports	Green	Yellow	Orange
Length of Quarantine for Close Contacts	Exposed close contacts should be excluded from school for 10 days (or 7 days	Exposed close contacts should be excluded from school for 10 days (or 7 days	Exposed close contacts should be excluded from school for 14 days.

	with negative test results collected at 5-7 days)	with negative test results collected at 5-7 days)	
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Is there currently a Travel Quarantine?

Yes. The CDC recommends travel be deferred until persons are fully vaccinated. New Jersey residents traveling out of state or internationally should check travel advisories (including quarantine) at their destination location.

- **Please inform the building principal if your child has traveled or will be traveling so arrangements can be made to provide continuity of learning.**

NJ Travel Advisory	RECOMMENDED MINIMUM QUARANTINE TIMEFRAMES
Vaccinated Students	<ul style="list-style-type: none"> ● Fully vaccinated individuals with an FDA-authorized vaccine OR who clinically recovered from COVID-19 in the past 3 months do not need to be tested for COVID-19 before or after travel to New Jersey and do not need to self-quarantine, but should self-monitor for symptoms and self-isolate if symptoms develop.
Unvaccinated Students	<ul style="list-style-type: none"> ● Unvaccinated individuals who do travel should get tested 1-3 days before their trip, 3-5 days after travel, and stay home and self-quarantine for 7 days after domestic travel.

What should I do if my child has been vaccinated?

Vaccination is currently the leading public health prevention strategy to end the COVID-19 pandemic. Promoting vaccination can help schools safely return to in-person learning as well as extracurricular activities and sports. (The Road Back, August 2021)

If your child has been vaccinated, we are requesting that you provide a copy of the card to your child’s school nurse to assist with quarantine determinations. To be excused

from a quarantine, your child will need to be fully vaccinated and evidence of the vaccination will need to be presented to the school nurse.

Exposed close contacts who are fully vaccinated and have no COVID-like symptoms:

- Do not need to quarantine, be excluded from school, or be tested following an exposure to someone with suspected or confirmed COVID-19.
- Should still monitor for symptoms of COVID-19 for 14 days following an exposure.
- If they experience symptoms, they should isolate themselves from others, be clinically evaluated for COVID-19, including SARS-CoV-2 testing and inform their health care provider of their vaccination status at the time of presentation to care. (The Road Back, August 2021)
- Students are considered fully vaccinated (i.e., ≥ 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), AND have remained asymptomatic since the current COVID-19 exposure. (NJ DOH, March 2021)

For questions, please contact your respective School Nurse at the following:

Kristy Agresta, Palisades Park Jr./Sr. High School, kagresta@palpkschools.org

Melissa Vudegrovic, Lindbergh Elementary School, mvudegrovic@palpkschools.org

Diane Nickoloff, Early Childhood Center, dnickoloff@palpkschools.org

Since **public health is a shared responsibility**, please continue to wear masks when on school property for activities, including arrival and dismissal times. We all play a critical role in protecting our students, staff, and community from exposure to the COVID19 virus, as well as avoiding unneeded disruptions to the learning experience due to participation in extracurricular activities.

If your child is not feeling well, they must stay home from school and activities, and you must contact your school nurse for guidance.

The health and well-being of students and staff is always the district's highest priority, and we thank you in advance for your continued support and cooperation.