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COVID-19 GUIDELINES UPDATE
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REMINDERS

Staff should remain home if:

- Have tested positive for COVID-19
- Are sick
- Are not fully vaccinated and have had close contact with a person with COVID-19 in the past 14 days.

**A reminder that close contact is defined as someone who was less than 6 feet away from someone with COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period.*

Exposed close contacts who have no COVID-19 symptoms and are not fully vaccinated: Should be tested immediately. If negative, they should quarantine at home according to the COVID-19 Exclusion Table after exposure and should be tested again 5-7 days after their last exposure or immediately if symptoms develop.

Exposed close contacts who have no COVID-19 symptoms and are fully vaccinated: Do not need to quarantine or be excluded from work unless they experience symptoms. However, fully vaccinated individuals should be tested 5-7 days following an exposure and monitor for symptoms of COVID-19 for 14 days following an exposure.

Unvaccinated individuals who have been diagnosed with COVID-19 in the past 90 days and who have completed the isolation period: Do not need to be excluded from work if:
1) they have engaged in domestic and/or international travel; or 2) if they have had close contact with someone with COVID-19 and are asymptomatic.

**If any close contact experiences symptoms (regardless of vaccination status), 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.*

Alternative Diagnosis

Evaluation by a health care provider is necessary to confirm a diagnosis of COVID-19, establish an alternative diagnosis, and to determine the need for COVID-19 testing. Clinical evaluation and/or testing for COVID-19 may be considered for ANY COVID-19 compatible symptoms, depending on suspicion of illness from a health care provider.

Individuals with COVID-19 compatible symptoms and no known exposure to a COVID-19 case in the last 14 days, regardless of vaccination status, may follow the NJDOH School Exclusion List to determine when they may return to work only if they have an alternative diagnosis (i.e., strep throat, influenza, worsening of chronic illness) supported by clinical evaluation.

***All tests must be PCR/Molecular. Rapid tests will not be accepted as proof of testing.**

TRAVEL

The CDC recommends delaying travel until you are fully vaccinated.

Domestic Travel

For those traveling to or from New Jersey, domestic travel is considered to be any travel lasting 24 hours or longer to any U.S. states or territories other than Pennsylvania, New York, and Delaware.

Unvaccinated individuals who do travel should get tested 1-3 days before their trip and 3-5 days after travel. Even if they test negative, the CDC recommends unvaccinated individuals stay home and self-quarantine for 7 days after domestic travel, and for 10 days if they are unable to test.

Fully vaccinated individuals and those who have recovered from COVID-19 in the past 3 months do not need to get tested or self-quarantine after travel. However, the CDC recommends fully vaccinated individuals self-monitor for COVID-19 symptoms, and isolate and get tested if they develop symptoms.

International Travel

After arrival to the United States, all travelers should get tested with a COVID-19 viral test 3-5 days after travel, self-monitor for COVID-19 symptoms, isolate, and get tested if they develop symptoms. Unvaccinated travelers should stay home and self-quarantine for a full 7 days, even if they test negative, and for 10 days if they are unable to test.

For more information regarding travel, refer to the [CDC's guidance for international travel](https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel/index.html) (<https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel/index.html>) or the [NJ Department of Health's travel page](https://www.nj.gov/health/cd/topics/travel.shtml) (<https://www.nj.gov/health/cd/topics/travel.shtml>).

**** Please note that guidelines are subject to change as things continue to evolve and per further guidance from the CDC, NJDOE and NJDOH.***