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Reduction in Quarantine Time Period

1 message

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To: bbelthoff@rih.org

Mon, Jan 11, 2021 at 3:37 PM



Ramapo Indian Hills Regional H.S. District

Reduction in Quarantine Time Period

Parents and Guardians,

As you are aware, the district has been implementing a 14 day quarantine period for those individuals that have been determined to be in direct contact with a positive Covid-19 case. **On December 2, 2020** the [Centers for Disease Control and Prevention](#) released [guidance](#) with options to shorten the quarantine due to COVID-19 close contact time period, which may reduce the burden and increase willingness to adhere to public health recommendations. It is important to recognize that while 14 days is the maximum incubation period for SARS-CoV-2, the median incubation is about 5 days.

As such, the following procedures will go into effect immediately, retroactive to Monday, January 4th to include all students and staff directed by the district to quarantine

- Quarantine can end **after Day 10** without testing **and** if no symptoms have been reported during daily monitoring
- When COVID-19 testing resources are [sufficient and available](#) , persons exposed to COVID-19 should consider testing
 - Quarantine can end after Day 7 if a diagnostic specimen test result is negative **and** if no symptoms were reported during daily monitoring. The specimen should be collected between day 5-7 (not earlier than day 5), but quarantine cannot be discontinued earlier than after Day 7. The person should remain in quarantine until the results are received and are negative. If the test result is delayed, quarantine should be continued until after Day 10

IMPORTANT: Readmittance to school and quarantine completion can only occur after day 7 if the above testing requirements are met and a copy of the negative diagnostic specimen test is provided to the school nurse

[Assessment of Day-7 Postexposure Testing of Asymptomatic Contacts of COVID-19 Cases](#)

On December 24th, The New Jersey Department of Health updated their [Travel Advisory](#). If your child returns from traveling to any U.S. state or territory outside of New York, Connecticut, Pennsylvania, and Delaware and are not otherwise exempt from quarantine under the DOH travel restrictions, the following quarantine requirements must be met

- 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**

Additional Considerations:

Quarantine can be shortened only **if persons remain asymptomatic** throughout the shortened quarantine period and if they **continue to monitor for symptoms** through Day 14. Prevention recommendations like social distancing, mask use, hand hygiene, cleaning and disinfection, and avoiding crowds through Day 14 should be followed.

If persons under quarantine develop symptoms of COVID-19 they are advised to immediately self-isolate and contact the local health department (LHD) and their healthcare provider to report this change in clinical status.

Sincerely,

Anthony Riscica, Interim Superintendent
Ramapo Indian Hills Regional High School District

Dr. Greg Vacca, Principal
Indian Hills High School

Travis Smith, Principal
Ramapo High School

Ramapo Indian Hills H.S District
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