

COVID-19 UPDATE 1/07/22

The entire State of NJ is in the **RED** matrix, which is a very high activity level as defined by the NJDOH. Please keep your child home if ill. Mitigation strategies continue including: masking, physical distancing, cleaning and disinfecting, both contact tracing and quarantine times are calculated in collaboration with our local health department.

At this time, the LBICSD will continue to follow the 12/15/21 COVID-19 Public Health Recommendations for Local Health Departments for K-12 Schools

- Persons who have close contact with someone with COVID-19, regardless of vaccination status should be tested 5-7 days after the last exposure. Fully vaccinated persons do not need to quarantine.
- Depending on local conditions and capacities, community settings/facilities may choose to continue implementing a 14-day quarantine duration.
- While a 14-day quarantine period is optimal, the CDC options to shorten quarantine include:

7-Day quarantine with testing. Not yet fully vaccinated persons can end quarantine after Day 7 after receiving a negative COVID-19 test result collected between Day 5 and Day 7. Quarantine cannot be discontinued earlier than after Day 7.

10-Day quarantine without testing. Not yet fully vaccinated persons can end quarantine after Day 10 if they haven't been tested for COVID-19.

- The LBICSD is accepting an *alternative diagnosis* if supported by clinical evaluation and a negative COVID test.
- Home-based testing is being accepted by the district **IF**: the test collection is observed by an authorized telehealth proctor. Self-administered and self-read tests are not considered valid at this time. Please follow-up with your healthcare provider for additional testing if you test positive on a self-administered, self-read test for further evaluation.

In K-12 schools, home-based tests:

- May be used for screening asymptomatic staff/students with no known exposure.
- May be used to shorten quarantine from 10 to 7 days after travel.
- **Should not** be used to determine whether symptomatic individuals may return to school (unless performed with direct healthcare oversight or performed in a testing laboratory).
- **Should not** be used to shorten quarantine from 10 to 7 days after exposure to a COVID-19 case (unless performed with direct healthcare oversight or performed in a testing laboratory).

An example of a home-based test with an authorized telehealth proctor is the NJ.gov testing vendor known as VAULT. This test is without cost and is saliva-based. Results may be delayed due to volume. **You must not eat, drink, smoke, or chew anything for 30 minutes before your testing session.**

Reference: [12/15/21 NJDOH K-12 Schools](#), [12/10 CDC Travel Update](#)